



PARTNERS

OF THE SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

SPRING 2022

A Young Man with a Story

Spotlight on Lucas Gentina OTA/PTA

Most people at Saanich Peninsula Hospital have heard the name Lucas since he swam 2 kilometres across Elk Lake on January 17. Thanks to your generous support, Lucas raised in excess of \$11,700 for the Hospital Foundation to spend on new Broda chairs for residents in Long-term Care. It was our pleasure to spend time with Lucas finding out more about the man behind the swim.



IN THIS ISSUE

Spotlight on Lucas Gentina OTA/PTA	1	Save these Dates!	8
Getting to Know You - New President & CEO, Sarah Bragg	4	New Beds for Long-term Care	9
Twelve Angry Men & their Anonymous Donation	7	Volunteer Opportunities	10



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



Lucas with Long-term Care resident Ruth Elliot

Lucas very proudly told us that his father was an International Biathlon representative in his native Chile. Biathlon involves swimming and running and the number of medals his father achieved impressed him. He taught Lucas to swim at a very early age by being with him in the pool until he realised that his son was a born swimmer, and he encouraged him to be competitive. Lucas needed some time to recognise the gift he had inherited from his father. He thought other children were better swimmers until he too began to win events. (Soccer is the main sport for Chilean youth, not swimming.)

In 2005, Lucas and his parents arrived in Toronto. They did not speak English and 7-year-old Lucas was sent to school. As he learned the language, it was his responsibility to help his parents complete the necessary paperwork in order that they could become residents. Things were tough for young Lucas, but he was determined to receive a good education in a profession that would enable him to help people. He graduated from the highly commended Centennial College in Toronto after devoting as much time as he could to his studies, as he worked part-time jobs to pay for his tuition. Lucas graduated with Occupational Therapist Assistant (OTA) and Physiotherapist Assistant (PTA) qualifications. He applied for work in British Columbia and accepted a position as a Rehabilitation Assistant at Saanich Peninsula Hospital (SPH) almost three years ago.

When people still have their mental abilities but are unable to sit up unaided, there is more to their life than lying in bed all day. He wants to get them out of bed and into situations where they can socialize and join in the activities that are planned in Long-term Care.

What persuaded Lucas to chose SPH? There was an opportunity in Prince Rupert, but when he looked on a map and saw both fresh water and sea on the peninsula, the decision was made. Not only is he a dedicated swimmer, but he also loves scuba diving. He spoke to the owners of Frank Whites Dive Store in Victoria and before long was a registered Dive Master helping people to find the beauty of swimming under water and watching them grow to love their new hobby. He is a born teacher.

Why is it important for Lucas to raise money for new specialized chairs to be used by residents? He is adamant that when people still have their mental abilities but are unable to sit up unaided, there is more to their life than lying in bed all day. He wants to get them out of bed and into situations where they can socialize and join in the activities that are planned in Long-term Care. Lucas believes in being positive and nothing gives him greater satisfaction than seeing people respond when he chats with them. He encourages them to share their life story and is constantly amazed at what some people have done over the years. Negativity is a not a word in Lucas's vocabulary; team spirit and positivity are top of mind.



Lucas' next swim is scheduled to begin at 10 a.m. May 15, 2022.

He will be taken by boat from Deep Cove on the peninsula to Mill Bay on the other side of the Saanich Inlet. At slack tide he will enter the water and start swimming back to Deep Cove. The distance is 3.7 kilometres as the crow flies but as anyone familiar with the ocean knows, tides and currents can interfere with distance. Frank Whites Dive Store in Victoria is sponsoring Lucas and will have a boat supporting him during his swim. Lucas says they have helped him so much and "I love that shop with all my heart." Thank you Frank White and your team.

Lucas is hoping to raise enough money for at least four Neox and two Broda chairs. Each chair costs a minimum of \$4,000. This humble young man is an inspiration to all who meet him, and we hope with your support, his wish for his elderly friends at the hospital can be achieved. ■ [By Barbara Harwood](#)



“Getting to know you, getting to know all about you”

Sarah Bragg is the President and CEO of the Saanich Peninsula Hospital & Healthcare Foundation. We welcome Sarah to the SPHMF team! Although she has been working here for a few months, this is the first edition of *Partners* since she joined. Here’s a little introduction for our donors, until you get to meet in person.

Sarah officially assumed the position of President and CEO on October 1, 2021, and is excited to continue the great work of the Foundation which supports the Saanich Peninsula Hospital and thus, the future health of people living on the peninsula.

Sarah was born and raised in Ontario, and began her career as an operating room nurse in a very busy teaching hospital, prior to living in Calgary for more than 10 years. During her time in Calgary, she developed ground-breaking Prostate Cancer screening programs in the province of Alberta before working with the Children’s Wish Foundation in Alberta and Northwest Territories. With a move to British Columbia, Sarah was appointed as the Executive Director at Lady Minto Hospital Foundation on Salt Spring Island.

Sarah and her husband have a home on Salt Spring Island, but have children and a grandson on Vancouver Island with whom they share a lot of time hiking and visiting along with their rescue pup Opal. Sarah splits her time between Salt Spring Island and the peninsula. She says that: “Having the opportunity to combine my love of healthcare and a passion for hospital fundraising has been a real dream come true.”

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It is Sarah’s intention to focus her energy alongside the Board of Directors and staff of the Foundation, to help with the purchase of

state-of-the-art equipment, to upgrade the hospital to meet the needs of the growing population, while at the same time supporting all staff in their pursuit of excellence in patient care. She recognizes the value of our great community hospital and its value to present and future generations.

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The Foundation continues to be challenged by the pandemic, but Sarah credits the team for creating “nimble ways” to meet regularly both in person and by Zoom. Damage to the telephone system at the Hospital office has added to the necessity to adapt to new ways to connect and to stay focused as a team. Some of the work has been completed remotely with team members in different locations, but some meetings can take place at the Sidney office. In spite of innovative ways of connecting, Sarah says she is very much looking forward to being able to have in-person meetings with the donors who have continued their wonderful support throughout the pandemic challenge.

In her words, she feels “very lucky to be a part of the awesome team at the Foundation and the amazing Board of Directors who volunteer their time to the improvement of healthcare at Saanich Peninsula Hospital and the community. It is a privilege every day to see the amazing staff at Saanich Peninsula Hospital as they support the needs of the community.”

Sarah wants to recognize the overwhelming generosity again this year of the donors to the Foundation, and the following list of equipment

that donations have helped the Foundation to provide, demonstrates that generosity:

- A Siemens X-ray machine (\$700,000)
- A chemistry analyzer (\$100,00) and an automated slide reader (\$47,500) for the Lab
- An ECG cart (\$24,000) and a Stress Testing Care System (\$48,500) for the Non Invasive Cardiac Lab
- An ultrasound specifically designed for echocardiography
- Cardiac monitors for the Emergency Department (\$125,000)
- A Stryker OR table for the Operating Room (\$112,000)
- A flexible endoscopic examination system for Speech Therapy (\$45,000)
- A disinfecting washer for Acute Care (\$44,000)
- Tracheotomy suction equipment

“It is a privilege every day to see the amazing staff at Saanich Peninsula Hospital as they support the needs of the community.”

Sarah looks forward to getting to know the donors who can now see their donations are hard at work in the hospital. She is honoured to have this opportunity to exercise her calling while the Foundation Team is looking forward to another year of providing support to the entire hospital.

■ By Barbara Harwood with Sarah Bragg



Support Our Music Therapy Program!

Your generous gift to the Saanich Peninsula Hospital & Healthcare Foundation will ensure the hospital has a Music Therapist for patients in Long-term Care and Palliative Care. Music therapy promotes, maintains, and restores mental, physical, emotional and spiritual health.

SPECIAL CONTEST!

Join Seaside Magazine's Sue Hodgson for the sold-out Johnny Reid concert at the Mary Winspear Centre.

- ★ Dinner at 10 Acres Restaurant
- ★ Meet & Greet with Johnny
*if permitted by Covid-regulations
- ★ One ticket to the May 7th show

A minimum \$20 donation to our Music Therapy Program gets your name added for a chance to see Johnny.



DONATE

for a chance to join Sue at the Johnny Reid show

AND support our Music Therapy program!

*Scan the QR code for all the details
Or call our Sidney office*



your community, your health

250-652-7531   [sphf.ca](https://www.sphf.ca)

 SAANICH PENINSULA
HOSPITAL & HEALTHCARE
FOUNDATION



Twelve Angry Men and their anonymous donation to Saanich Peninsula Hospital & Healthcare Foundation.

Do you remember the 1957 film *12 Angry Men* starring Henry Fonda? Well the Saanich Peninsula has its own 12 angry men but they aren't in a courtroom. It was probably 30 years ago that a small group of men began to get together for coffee at a local coffee shop on a regular basis. A game was played and whoever guessed the secret number had to pay for coffee. This group grew to twelve of the most highly respected businessmen in Sidney. They have very different professions; some are retired, and some are still active in business, but they meet every morning from Monday to Friday for coffee and conversation, now in a new location since Covid closed their coffee shop. Their new location allowed for space and open air once restrictions were eased.

Who are they?

No one needs to know.

They prefer to remain anonymous.

Where do they meet?

No one needs to know.

How old are they?

None of your business!

Why did they choose to make a donation to the Saanich Peninsula Hospital & Healthcare Foundation?

Now a very definite answer... "We are men of a certain age and we may need the hospital facilities in the future."

Their way of collecting for the Foundation is unique:

- One man (the loser or winner depending on your perspective) puts \$20 on the table every weekday, and what is left after the coffee has been purchased, goes into the Foundation kitty.
- The Hospital Foundation benefits by receiving the cash and is most happy to respect the anonymity of the group.

A sincere "Thank You" comes to you all from members of the Saanich Peninsula Hospital and Healthcare Foundation.

■ By Barbara Harwood

A very big thank you to our **EVENT SPONSORS**
- you make a difference to the health of our community!



CENTRAL SAANICH
LIONS CLUB

SEASIDE
MAGAZINE YOUR SAANICH PENINSULA VOICE



The McNaughton Group

ScotiaMcLeod, a division of Scotia Capital Inc.



Save These Dates! See our website: sphf.ca for more info

April 1- 29

Donate to our music therapy program and you might be selected to see Johnny Reid live!

May 1

Bed Race on Beacon registration opens.

May 15

Lucas swims across the Saanich Peninsula.

May 18-June 29

Saanich Peninsula Hospital Spring 50/50! We all win!

May 29

Denis Muloin Bike Ride for Palliative Care.

July 1

Sidney Canada Day Parade.

August 29

Bed Races on Beacon
(Pending approval from the Town of Sidney).

September 1

Gala Tickets go on sale.

September 22

SPHHF AGM.

November 5

Annual Gala in-person at Church & State Winery, presented by Peninsula Co-op.

Denis Muloin 8TH ANNUAL
BIKE RIDE
FOR **PALLIATIVE CARE**

Sunday, May 29th, 2022



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

Donors provide the very best for our Long-term Care



A brand new Stryker bed with (L-R) Sarah Bragg, SPHMF President & CEO; Stephanie Cowland, Clinical Nurse Leader LTC; Zac Dalrymple, Stryker Canada; Valerie Watanabe, Physiotherapist LTC; Michele Holmes, SPHMF Board.

In 2020 you answered the call to help buy new beds for our Long-term Care residents. This month, thanks to you, the final beds have been installed. We are overjoyed to say that every single bed – 147 in total – in Long-term Care has now been replaced.

It was a proud day when Sarah Bragg, SPHMF CEO and Michele Holmes, SPHMF Board Director, visited the hospital to meet the team who have been instrumental in getting the new beds installed, and staff trained to use them. Shirley Finnegan (LTC Clinical Nurse Leader) explained how the beds



Volunteer Opportunities

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

BED RACES ON BEACON are back! - **Sunday, August 29th** (pending Town of Sidney approval). We would love volunteers to help organize the event and some volunteers to help us run the bed races on the day. We can't do this without your help!

THE ANNUAL GALA – Presented by Peninsula Co-op. Saturday, November 5th. BACK IN PERSON at the Church & State Winery. Again, we would love help in organizing the event and would appreciate help with set-up on the day.

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

are making a huge difference to both staff and residents. Nursing is a very physical job and these new beds, with their state-of-the-art control systems, allow a safer work environment. The beds can be raised and lowered in height as well as tilted into a sitting position. The mattresses will also help shift the bed's occupant from one side of their body to the other.

Some residents spend up to 80% of their time in bed and their comfort is so important to their quality of life. Valerie Watanabe (Physiotherapist LTC) pointed out how the new beds are able to be customized for their occupant. The temperature can be adjusted as can the



The campaign to renovate and upgrade Long-term Care has made a big difference to residents and staff thanks to our amazing donors.

firmness of the mattress; details like this reduce skin break down issues. The beds also reflect the fact that the size of the population has changed. Men in particular have become taller over the decades, and the new beds are sized to meet current needs.

Stephanie Cowland (Clinical Nurse Leader LTC) shared how the new beds, and the over bed tables and bedside tables that have been bought to accompany them have really boosted morale for residents and staff. The fact that donors have recognised the



importance of the equipment and furnishings in Long-term Care makes residents feel loved and respected. Stephanie also showed some of the other upgrades in Long-term Care that donor funds have enabled including a new Nurses Station and therapy tools like the wall mounted sensory lightbox.

Michele Holmes spoke for the whole Board when she said “we are super pumped that the community has provided such a wonderful thing for the hospital. Our community should be proud of what we do – we’re the only unit with 100% of these new beds!”

Thank you donors for making a difference, it is a gift that will keep on giving!



Your support matters more than ever.

Name:

Address:

City:

Postal Code:

Email:

Phone:

Enclosed is my tax deductible gift of:

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

Other amount: \$

Cheque enclosed Visa Mastercard

Card No.:

Expiry Date:

Signature:

I would like to make a monthly donation of

\$

by: Credit card Void cheque enclosed

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

PLEASE DIRECT MY GIFT TO:

New X-ray machine and other needed equipment

Wherever the need is the greatest

Other: _____

I have remembered the SPHMF in my will

I would like info on how to make a gift to the SPHMF in my will

A receipt will be issued to acknowledge your generosity.

BN 11913 0540 RR0001

Donations gratefully received by mail:

Hospital Office:

2166 Mt Newton X Rd.
Saanichton, BC V8M 2B2
Ph: 250-652-7531

Sidney Office:


9710 Third St.
Sidney, BC V8L 3A2
Ph: 250-656-2948

Convenient online donations:

www.sphf.ca

Connect with us online:

 @sphf.ca

 @sphfoundation

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NLSRP22

