



SUMMER 2015

PARTNERS

OF THE SAANICH PENINSULA HOSPITAL FOUNDATION



THE ANATOMY OF THE SAANICH PENINSULA HOSPITAL

“A Philosophy of Care”: Palliative Care at the Saanich Peninsula Hospital

Interviews with program directors Dr. Leah Norgrove, Maggi Moreton and Leanne Drumheller reveal what it is that makes palliative care at the Saanich Peninsula Hospital so exceptional.

It’s human nature to fear the end of our lives. We all know such a time is inevitable, however, and strive to make the most of our remaining days when faced with this end. Such is the ideology behind the Saanich Peninsula Hospital’s Palliative Care Program, whose dedicated team provides expert, compassionate care for individuals and their families facing serious, progressive illness, death and bereavement. Dr. Leah Norgrove, the

...continued on page 4

IN THIS ISSUE

The Anatomy of the Saanich Peninsula Hospital	1
Germs Really Won't Stand a Chance Following this Campaign Pledge	2
Campaign Update	3
Doctor Who No More	3
Carving Out Community Connections	6
SPHF Top 30 List	10
Golf Tournament	12
Donor News	14



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Germs REALLY Won't Stand a Chance Following this Campaign Pledge!

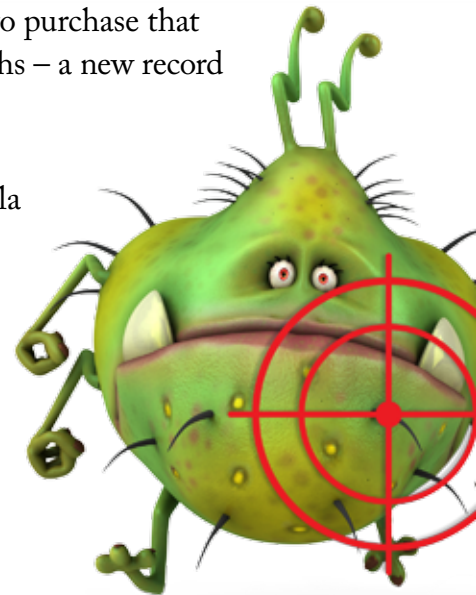
On April 30, 2015, a long-time donor to the Saanich Peninsula Hospital Foundation challenged the community to match a pledge of \$900,000 to this year's campaign to design and construct a new, state-of-the-art OR Sterilization Department in the Saanich Peninsula Hospital (the third and final phase of the hospital's Operating Rooms upgrades).

  **Make your donation worth double! With this match, every dollar you donate will be worth \$2 to the Foundation.**

When this pledge is added to the total, donors have now contributed over \$2 million to the campaign, with less than \$1 million left to raise.

Our donor, who wishes to remain anonymous, has made the donation in memory of a well-known philanthropist, David Freeze. During his lifetime, Mr. Freeze contributed generously to many worthy causes, both here and in Calgary, Alberta. Though he wished to remain anonymous at the time, Mr. Freeze contributed more than \$1 million to support the Saanich Peninsula Hospital. Perhaps his most memorable gift challenged the peninsula community to match his \$500,000 contribution to the first campaign to purchase a new CT Scanner at SPH, back in 2006. "This was a pioneering contribution", says Foundation President Gordon Benn. "Thanks to Mr. Freeze's bold invitation to the community, the Foundation raised the entire amount needed to purchase that first new CT Scanner in less than three months – a new record for SPHF at the time."

The donor has said that the Saanich Peninsula Hospital is "a wonderful community resource", with a committed and supportive community. The donor is equally certain that the residents of the Saanich Peninsula will rise to this new challenge with the same generosity as was demonstrated after Mr. Freeze's challenge. SPHF has 12 months to match this pledge of \$900,000. ■



Campaign Update – Barbara Mollberg (Clinical Coordinator, Surgical Services)



Barbara Mollberg, Clinical Coordinator of Surgical Services, speaks to the excitement felt throughout the hospital in anticipation of a cutting-edge new facility, the goal of this year's fundraising campaign.

The campaign to raise funds for a new Medical Device Reprocessing Department (MDRD) at Saanich Peninsula Hospital is well underway. To say that the MDRD Techs, OR/Surgical staff, Surgeons, Anesthetists and all SPH staff are excited is an understatement, as a new MDRD will enable wonderful changes in all areas of the hospital. A larger MDRD, with additional machinery, will not only improve efficiency in the department, but also will provide additional space that is desperately needed. The planned addition of a new cart washer to the MDRD is one of the most exciting features of the project. The cart washer will bring a new dimension to the department allowing staff more time to complete daily tasks.

The generosity of donations from the peninsula community is overwhelming and always touches the hearts of everyone at SPH. With continued support, we are sure to reach our goal of \$3 million within the one-year time frame given to the fundraising project! ■



Last issue, we interviewed Dr. Colin Tamboline to talk about doctor shortages. At that time we also let you know that the Foundation was working with one donor to develop physician incentives.

We're happy to report that, as of May 1st, 21 doctors have signed up for hospital-based medicine initiatives; that is, caring for inpatients (either their own patients or those who have come to hospital without a family doctor). Prior to the incentive offer, as few as 14 doctors covered inpatient care each month. With that few doctors, some described the Doctor of the Day workload as "close to full-time". This made it almost impossible to do both Doctor of the Day and maintain their regular family practice.

With greater numbers has come a lighter workload, happier doctors and happier SPH patients. We will continue to let you know how this program develops. ■



Dr. Leah Norgrove
PALLIATIVE CARE CONSULTANT



Maggi Moreton
CLINICAL NURSE LEADER

...continued from page 1

unit's Palliative Care Consultant, explained that their focus is on "quality of life, not length of life."

Leah went on to describe how the palliative care movement arose out of an absence of care, to address any feelings of abandonment or loneliness that patients may have previously experienced after having been diagnosed with an incurable illness. Palliative care is for any diagnosis of a life-threatening, advanced disease, and it tries to move away from mainstream medicine's tendency to try to fix, solve or diagnose every problem. By acknowledging head-on that a patient has a life-threatening disease, the individual and their family are better able to make the most out of their remaining time together. Leanne Drumheller, Counsellor for the unit, expressed gratitude towards patients who, in recognizing the finiteness of their last days, exemplify "living in the moment."

This is what Leah, Leanne, Clinical Nurse Leader Maggi Moreton and countless staff members and volunteers work tirelessly to facilitate in the Saanich Peninsula Hospital's 10-bed palliative care unit. Patients who require short-term symptom management or a longer stay of up to three months are provided with care that addresses not only the practical and physical sides of illness, but also the emotional, spiritual and psychological aspects of the death experience. Due to the hospital's intimate size, patients have easier access to whichever types of care they may need, such as acute care procedures, alongside palliative care's focus on comfort, unlike in some larger medical centres or hospices. Maggi explains that it's this "blend of care that allows people to have what they need for their journey at the end of their lives."

Close to home is where many wish to be in their last days, making SPH ideal for this area.



Leanne Drumbheller
COUNSELLOR



Shelagh Bell
VOLUNTEER

Not only is the hospital situated in a scenic, rural neighbourhood with the ocean nearby, but its location allows many patients to remain close to their loved ones so they can easily visit. “A lot of the people who come here have donated to the hospital along the way and feel like it is their hospital... they feel a connection to this place, so it makes it a little easier for them to accept that they need to be in hospital,” says Maggi. By maintaining connections between patients, families, medical staff and volunteers, a strong sense of community extends beyond the hospital’s walls and provides a comforting and supportive base for those who need it most.

It’s not only the hospital’s physical size and location that make its palliative unit unique, but the specialized training provided to nurses and volunteers makes for a deeper and more wholesome patient-caregiver relationship. Leah

noted that nurses and physicians often don't receive much palliative care training during their formal education, and many volunteers may not have had much experience caring for people who are dying. Our society is one that shies away from talking about death, leading Leah to believe that “there is a real need for ongoing training.” With their trio of expertise, and funding for professional development courses from SPHF, Leanne, Leah and Maggi teach both nurses and volunteers about all different aspects of how patients experience death. As a result, Leanne feels that “we become a family, and our patients really experience that, they feel part of something.”

It’s the combination of committed staff and volunteers that affords the best care possible. All three interviewees expressed thanks to the dedication of volunteers, naming them the “backbone of the program.” While nurses

...continued on page 9

Master Carver
Charles Elliott,
member of the
Tsartlip First Nation.

Carving Out Community Connections

It was one of those beautiful mornings that makes us all realize why we live on the Saanich Peninsula. The sun was brilliant and the sky so blue it reflected onto the calm sea with hardly a breath of wind. Accompanied by Sandy McElroy, our photographer, and Jane Fox, SPH Aboriginal Liaison Nurse, I set off on what was to become a most exciting and fascinating adventure to learn about the W̱SÁNEĆ Carving Project.

Western Forest Products donated the four old growth red cedar logs to the project. The poles will showcase the expertise of the men chosen to represent the four First Nation communities on the Peninsula. The logs came from Port Alberni and were blessed by Cheryl Thomas and Robert Dennis Jr. of the Huu-ay-aht First Nations upon delivery to each carving site.

We began our journey with Charles Elliott at the Tsartlip Village [WJOLE-EL-P] in Brentwood Bay. There are approximately fourteen hundred people in the Tsartlip Nation. Charles welcomed us into his workshop where the walls are covered with tools, beautiful pictures of wildlife and masks he carves when he is not busy with poles. He's the first of his family to be a carver and his modesty is indicative of his character.

Formerly employed by the Government as a Certified Log Scaler, Charles knows good logs from bad and was delighted to receive a beautiful piece of old growth red cedar, knot free. Good carvers only work on old growth timber. Such is the reputation of Charles; as a Master Carver, the University of Victoria sends students to him for mentorship. These young people benefit from his knowledge and years of experience. Charles receives no remuneration. Charles began carving at the age of twelve and has been selling his carvings for 49 years.

Charles explained the design of his pole. His pole has a marine theme to celebrate the Salish Sea which connects all living beings in this territory. The frog [WEXES] sitting at the bottom is a guardian creature who announces change and new beginnings. They are at home on land and water and connect the two worlds.

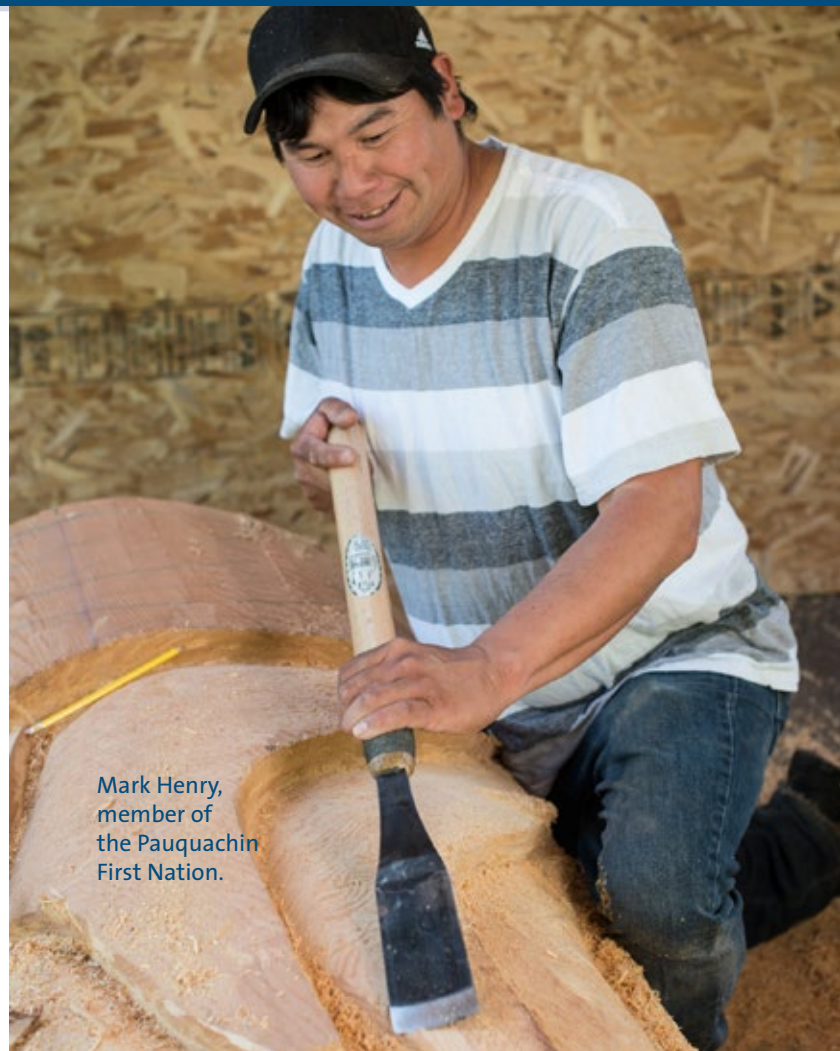
The orca [KELL-OLEMEC'N] is the ruler of the Salish Sea that surrounds the W̱SÁNEĆ Peninsula and is visible from the hospital. In Coast Salish culture, orcas are the most respected creature of the sea, revered for their intelligence and power. They also set a good example for humans, as they protect their young and stay true to their pod. The drummer

[WDILEM] and orca sing a traditional welcoming song to all people coming to the hospital. The kingfisher [T/ETĆELE], diving down from above, demonstrates its prowess as a fisherman and shore keeper in Coast Salish culture. Kingfishers watch over the shores from the skies, trees and cliffs, and protect other living beings by announcing the arrival of visitors with their call.

From Brentwood Bay we travelled towards Ardmore to visit Mark Henry of the Pauquachin First Nation [BOĶEĆEN]. Mark and his brother Herman are two of ten siblings, all of whom are working throughout BC. At forty years old, Mark is the youngest son and, according to Herman, has always worked with his hands. In order to get the inspiration he needed to carve his 15 foot pole, he spent two days simply walking around the Saanich Peninsula Hospital, listening and observing life there.

After spending time at the hospital, Mark had the vision needed to create the pole that would represent his people. The pod of orcas [qulġanumutsun] at the bottom of this totem represents the nurses who work together as a team to skillfully guide, teach and protect their young. The sun [sumshathet] that rises over our land and mountains is for the Elders, because they say they love seeing the sun come up every day. It provides warmth and hope and enables all living things to grow and thrive. The eagle [Yuhwelè] at the top is there to provide strength and vision to all those who come to the Saanich Peninsula Hospital.

Like Charles, Mark uses a small chainsaw to remove the large pieces of the log, but the real artistry is done by hand. Mark explained that it takes about three months to finish a pole.



Mark Henry,
member of
the Pauquachin
First Nation.

Our third visit was with Doug LaFortune and his family members, who live in the Tsawout First Nation [ST/AUTW]. Doug and his brother Aubrey are carvers who have passed the knowledge and skills to Doug's son, Bear. All three men are involved in the creation of the Tsawout pole. The log was drying in the sun but had not been yet cleaned of the bark, giving us a greater appreciation for the preparation involved. When asked how many years he has been carving, Doug modestly replied, "about 40." Combined, the number of years of skill and expertise working on this totem will be 87 and it will take about six weeks to complete.

The family has been commissioned to send poles all over the world, from Germany to Japan, and the totem pole at the Butchart Gardens was



carved in their carving shed. There are no carving schools on Vancouver Island; all knowledge and skill is passed from generation to generation. Doug was hesitant at being called a Master Carver, but Bear assured us that is the correct title for his father, who has taught carving to many. Bear began carving almost as soon as he could walk. We learned from Aubrey that Doug and his wife Kathy are to be the King and Queen at the 39th Elders Gathering taking place in July, 2015.

Doug told us the story behind his pole. A welcoming figure [S'WQENÀ L'EN] with outstretched hands greets all those who come to the hospital. The lively, spirited otters [SKA'ET] swim playfully around the welcoming figure. The stately blue heron [SNEKE], keeper of the cool, early morning fog, stands for hours on the shoreline, symbolizing patience and perseverance. The SENĆOFEN word for blue heron means, "loud noise." Herons and otters are predominant figures in Coast Salish culture and there are many of them in the WSÁNEĆ territory.

Top: Doug LaFortune, member of the Tsawout First Nation.

Centre: Doug, his brother Aubrey and son Bear pose beside the old growth red cedar log drying in the sun which will be transformed into a totem pole.

Bottom: James Jimmy.

The fourth visit we made was to see James Jimmy, with the Tseycum First Nation. James began carving when he was a Grade Eight student at North Saanich School. James' mother was from Tseycum and his father was from Cowichan. He was initially mentored by a master carver who passed away, and more recently apprenticed under Charles Elliott from Tsartlip. His first works were small masks but after five or six years he began some larger pieces. He helped create the poles located at Thrifty Foods in Saanichton, the Health

Centre at Brentwood Bay and the University of Victoria, under the tutelage of Charles Elliott.

James showed us the miniature model of his pole. The scale he uses is two inches to every foot on the big pole, and like the other carvers, he has been helped by his family. His brother Mike and his son Brian helped with some of the rounding out as did John, who was with him as we spoke.

James' carving represents the legend of the Tseycum Messenger [WC/ESES ET]. In ancient times, a man from Tseycum carried messages between villages. He was always accompanied by a wolf [STK A/A/YE], who was his faithful companion. One day he needed to swim to Salt Spring Island to deliver a message but the wolf would not leave the shore of Tseycum. When the messenger turned to look back from the water, he saw the wolf on the beach. The Creator had turned the wolf into a rock that remains to this day at Tseycum.

One day when James and his brother Mike were working on the pole, the wood quivered as it dried. Mike asked if James had moved the log. James replied that he had not, but he saw that the wolf moved as they were carving. James expects his totem pole could last for 100 years. He explained that some carvers say a pole should not be repaired but should be left where it is when it eventually falls to the ground, and be replaced by a new pole.

We hope that all four of these poles last for a hundred years and are honoured to have them welcome all patients, family, friends and staff who come to the Saanich Peninsula Hospital. ■

By Barbara Harwood

...continued from page 5

undoubtedly work tirelessly to do their very best, it is volunteers who have the time to “pick up all the little bits and pieces,” says Maggi. They do everything from answering bells to tidying the kitchen, and as non-threatening companions, volunteers often provide a much appreciated ear to patients who feel comfortable confiding in them.

One such invaluable volunteer is Shelagh Bell, who, with some funding for supplies from SPHF, runs a program for sending bereavement cards out to those left behind when someone passes away. Reflecting on what it's like as a long-time volunteer at SPH, she notes that the palliative care unit “takes on a family feel,” as patients and family members become close with the staff. When a patient passes, Shelagh and her helpers ensure that the family is contacted and receive a beautiful card, filled with signatures from doctors, volunteers and nurses who often have “obviously been touched by the patients.”

Thanks to many volunteers and donors, palliative care in SPH is expanded beyond its basic medical aspects, with personal touches like bereavement cards and extra training that create a community of warmth and comfort. This is what makes Palliative Care at the Saanich Peninsula Hospital so special – the care and love that embraces the unit is felt mutually by all involved. ■

SAANICH PENINSULA HOSPITAL FOUNDATION



If you ever watched the Late Show with David Letterman, he used to have a lot of fun with his “Top Ten” lists. We thought we’d adapt it a bit, since turning 30 allows us to tell you 30 important things about the Saanich Peninsula Hospital and its Foundation:

30 We believe in philanthropy: we know that what seems like “*no big deal*” to one person can mean the world to someone else.

29 There’s no present like time: one of the best gifts is time. Want to help with our 30th anniversary celebrations?

28 We have fun: thanks to local summer events, we spend time talking to friends and supporters.

27 Generosity inspires generosity: studies show that generous behaviour inspires observers to behave generously, which means that our donors’ gifts influence hundreds more to do the same. It must work, since the Foundation has raised more than \$33 million since the year 2000.

26 Doctors know best: thanks to advice from doctors, donors have supported projects to create a new ER, a Palliative Care Unit and new ORs.

25 Patch Adams lives: SPH Chief of Staff Ambrose Marsh is the most committed and passionate advocate for our hospital (and he’s funny, too!).

24 We have aged well: thanks to donors, eight major renovation projects have kept SPH modern.

23 Our donors are part of something bigger: even small contributions are vital to making a mighty group contribution.

22 We are in the happiness business: supporting a good cause reduces anxiety and induces feelings of warmth and connectedness with others.

21 We’re lucky: donors come by just to visit.

20 The Foundation produces receipts you don’t want to lose!

19 We get to educate: every campaign involves a new conversation about our community’s health care needs.

- 18 **Messengers matter:** our board members, especially president Gordon Benn, speak passionately about SPH's importance.
- 17 **"A lawyer, a chicken farmer and a police chief walk into a bar..."** actually, they walk into our board room. Board diversity helps the Foundation understand the needs of the community more deeply.
- 16 **We are agents of change:** the Foundation is able to respond to smaller (but important!) needs at our hospital.
- 15 **Our donors change lives.**
- 14 **The peninsula cares about seniors:** you can see this in the renovations and programs (such as music and art therapy) that donors support.
- 13 **We get and give back:** every year the Foundation awards professional development grants to keep staff skills current.
- 12 **Memories can last many lifetimes:** generosity from families means that loved ones live on, in programs and updates at SPH.
- 11 **We're neighbours:** many people at SPH live and work in the community.
- 10 **The health of the whole person is important:** the faith communities of the peninsula funded a multi-faith chapel, a spiritual gathering place for residents and patients.
- 9 **Stop and smell the roses:** we regularly see patients and residents outside, checking out the birds and the blooms in our donor-funded gardens.
- 8 **Our friends have our back:** no matter the threat, residents of the peninsula rally to protect SPH.
- 7 **And we've got theirs:** over 30 years, many projects have started with a community need.
- 6 **Donors see the future:** many donors have remembered SPHF in their wills, funds that will be used to build our hospital's future.
- 5 **Everyone has something to give:** wisdom, time, funds, it all counts.
- 4 **Volunteers add so much:** the Foundation provides funding for the training (and thanking) of SPH's compassionate and professional volunteers.
- 3 **Welcoming attitude attracts great staff:** great thank you's and appreciation - a Christmas lunch and help to stay fit encourage staff to stay at SPH.
- 2 **Ownership leads to caring:** donor support inspires SPH's staff and doctors.
- 1 **IT'S OUR HOSPITAL!** Saanich Peninsula residents fought for a community hospital and they support it every day.



David Leadbetter, Griffin Marsh, Simon Norgrove, Ambrose Marsh & Sheila Leadbetter



Kenny Podmore



Shelagh Russell, Maggi Moreton, Clara Tanner & Marg Tennant

A'boy-le in One for All! Success at the Saanich Peninsula Hospital Foundation's 27th Annual Tee Off For Technology Golf Tournament

Words were brandished, treasure was found, sand and grog was drunk. Oh, and eighteen holes of golf were played, too. The Saanich Peninsula Hospital Foundation's 27th Annual Tee Off for Technology Golf Tournament was a success in style – pirate style, that is!

Since SPHF is celebrating its 30th anniversary, it seemed appropriate to do something a little different this year. That little something came in the form of a pirate theme, an idea many seemed to like! Many of our 110 players came to the Cedar Hill Golf Course dressed in stripes, adorned in gold and even sporting eye patches. While golfers registered, they had the option to purchase mulligans (to re-do a shot) or tickets from the treasure chest (to boost their score), and later encountered a shark on a tee (a fake one, don't worry)! The theme continued throughout dinner, where the players ate at long tables resembling galleys, covered in chocolate coins, seashells and pirate paraphernalia aplenty.

The fun didn't stop there – before the meals were served, a game of "Balloon Madness" held the promise for one of the biggest prizes of the night. Diners could buy balloons, one of which contained the lucky ticket for a week-long stay at a condo in Maui, thanks to Peggy Yelland and Escape Solutions. Much popping ensued, and madness it was, I assure you.

Another new twist to this year's tournament was a video shown at dinner, produced by the very talented Paper Heart Films. This creative clip displayed footage from the day, shots of the hospital (where a few more rogue pirates had been spotted), and provoked many laughs while showcasing the important work that the Foundation and its supporters do.

The evening was hosted by Bruce Williams of CTV, who was a wonderful emcee. Golfers also had the chance to shop for treasure throughout the day at the silent auction tables. Thanks to our many generous supporters, we had many exciting and enticing auction items up for bid. This, along with the support of our sponsors and players, led to more than \$74,000 being raised – an astounding amount!

This event would not have been possible without the amazing support we received from all of our donors, sponsors and volunteers. A huge thank you goes out to all of our annual and golf sponsors, silent auction and in-kind donors, our volunteers, and of course, the players themselves!

With memories of mischievous scallywags, plenty of pirates, and tons of treasure, this year's golf tournament is one to be remembered. ■

27th
annual

Tee Off For Technology

GOLF TOURNAMENT

This event raised over \$74,000.00!

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Donor NEWS



The Catholic Women's League recently held a Bridge Party, and proceeds of \$400 from this very industrious group of members has been donated to the Sterilization Unit. Pictured here are President Lynne Shaw, Treasurer Arthurine Dampier and the coordinator of the bridge party Olga Sweet, along with Lesley Webb from the SPH Foundation.



The Legion Manor Victoria, located on East Saanich Road, invited us to visit them for lunch. This organization has a community of people who live together in many different capacities of life. Each unit provides different services depending on the ability of the individuals who live there. Some residents enjoy independent living and others have

meals and activities all catered to their needs and interests. Recently they raised over \$1,000 for our Extended Care Unit. We very much enjoyed our visit and had a great lunch. Photograph features SPHF Administrative Assistant Lesley Webb, Legion Manor Victoria Executive Director Greg Askham, SPHF Executive Director Karen Morgan, SPHF Volunteer Shelagh Bell.

Peninsula Singers was busy again this spring with the Benefit Concert Series "Centre Stage in Vegas." This event was another sold out success with proceeds benefitting our Palliative Care Unit Music Therapy Program. To date, this organization has donated over \$30,000 to our wonderful hospital. Thank you—and keep singing!!



On Monday May 18th, the GAIN-VI Motor Gathering was represented at the 117th annual Island Farms Victoria Day Parade. "GAIN" stands for German Auto Import Network, and this generous company supports the Saanich Peninsula Hospital Foundation with a portion of benefits from their annual Motor Gathering. A special thank you to the GAIN Dealer Group for the beautiful selection of classic and new vehicles showcased in the parade, along with the volunteers from the Children's Health Foundation of Vancouver Island, the David

Foster Foundation and the Saanich Peninsula Hospital Foundation. Everyone certainly helped to make this year's parade march the best yet and we're all looking forward to seeing you at this year's Vancouver Island Motor Gathering on Sunday, August 16th from 11am - 2pm. You can watch us having a blast at the parade by visiting our YouTube page: www.youtube.com/SPHFoundation.

The Victoria Radio Control Model Society will hold their Largest Little Airshow this year on August 8th and 9th. This event takes place on the Michell air field and draws a huge crowd of model airplane enthusiasts. A wonderful way to spend time with friends and family, the weekend is sure to delight young aviation enthusiasts (and the young at heart!).



The Foundation was chosen by Holmes Realty for their annual charity donation, receiving a whopping \$10,000! Every year, the realtors of the Sidney office set aside a portion of their house sales to be donated to a charity of their choice. They decided to focus locally this year; thankfully they chose the Foundation. The donation will be put towards the Foundation's latest campaign, which aims to raise \$3 million for a new operating room sterilization department.



Denis Muloin Memorial Ride

On Sunday, May 3rd, over 50 cyclists took to their wheels to commemorate the life of Denis Muloin, in the first of what is to become an annual cycling event in his memory. Denis, former long-time manager of the Russ Hays Bicycle Shop in Sidney, was diagnosed with a brain tumour in 2004. He spent his final days surrounded by family and friends at the Saanich Peninsula Hospital, receiving wonderful care and support through the Palliative Care Program. This is what inspired owner, Mike Clermont, to work with Karen Morgan of the Saanich Peninsula Hospital Foundation to organize the annual cycling event. It will serve to remember and celebrate the life of Denis, and to acknowledge the wonderful role that the Saanich Peninsula Hospital Palliative Care Program plays in this community. Over \$5000 was raised in this first-time inaugural event, and we would like to thank Mike Clermont and everyone involved for their support and generosity.



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