



PARTNERS

OF THE SAANICH PENINSULA HOSPITAL FOUNDATION

SUMMER 2016



No, it is not a mere rumour,
**Elvis really is
leaving the building.**



Don Chan has spent most of his life in hospital settings. Born at Royal Jubilee Hospital, in Grade 12 Don attended a Career Day where he learned about Laboratory Technicians. He studied his first year at Camosun College, his second at BCIT in Vancouver and his third at “St Joe’s” (as he calls the former St Joseph’s Hospital in the Fairfield district of Victoria). The course was recently condensed to two years. He later earned a Bachelor’s Degree in management at BCIT.

After qualifying, Don worked at the Victoria General Hospital for 20 years and at the

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Events Coming Soon!



The Saanich Peninsula Chamber of Commerce in partnership with Saanich Peninsula Hospital Foundation is pleased to present the **Bocce or Bust - a Bocce Ball Challenge!** Join us July 15th at the Viscount Aero Centre for a lively bocce tournament, food trucks, entertainment and good times galore. This promises to be an exciting day to network with peninsula business members, bond and team build with employees, all the while supporting the Saanich Peninsula Hospital Foundation. Registration is \$200 per team of 4 (or \$50 per person). Register today by visiting: www.sphf.ca/events/bocce-2016.html

See you there!



Denis Muloin Memorial Ride 2016

Our heartfelt thanks to Russ Hay's and the 50+ riders who rode to support Palliative Care at our hospital. Thanks to your generous support we successfully raised over \$3,000.00. Thank you to everyone who attended and participated!

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Royal Jubilee Hospital for five. Now, he has completed 12 years at Saanich Peninsula Hospital and is finishing his career here - a total of 37 years of dedication to laboratory medicine.

Don's official title is Laboratory Supervisor for Saanich Peninsula Hospital, where he supervises a staff of 10, including the evening and night shift personnel. When asked exactly what happens in the lab, Don explained that all body fluids are tested in his lab. Emergency, in-patient and outpatient tests are done at SPH, as well as tests on haemoglobin, white blood cell counts and electrolytes for the cancer clinics of Victoria (all other tests involving cancer patients are sent to the Royal Jubilee Hospital). Because of the continual progress in medical equipment and techniques, all lab staff members regularly attend courses to learn new methods and instruments. The latest addition to the SPH Lab is expected to arrive very soon - a coagulation analyser to be used for blood testing, the second of eighteen purchased for Vancouver Island. Don is very proud that his team will soon be using this equipment.

Why has Don stayed at Saanich Peninsula Hospital? No matter to whom that question is addressed in SPH, the answer is almost always the same. Don said it is due to the atmosphere. He knows all the departments and staff members. He has breakfast and lunch in the hospital cafeteria and chats with his colleagues every day. The trust that has built up between departments means that no one hesitates to go that extra mile to help another SPH staff member - an attribute worth its weight in gold in today's workforce.

When asked if he had a particularly memorable moment to share, Don hesitated a second before his face opened into a huge smile. About six months into his training year at St. Joe's, Don was taking a blood sample from an elderly gentleman who was somewhat agitated. The patient started biting Don's arm, and the man's teeth set into the fabric of Don's white-coat. When he removed the needle and released the patient, Don was left with the false teeth clinging to the sleeve of his uniform, a moment that conjures up a laugh even after almost forty years.

A man of many talents, Don has a love of family, badminton, and playing Mah Jong every Friday evening with friends. In addition to his career and interests, Don is well-known throughout the hospital for his Elvis Presley impersonation. Raising funds for a variety of charities, Don has organised a Chinese New Year dinner at Don Mee's restaurant in Victoria for many years and Don's Elvis has attended them all. This year, more than two hundred and forty people attended to help Don raise \$7,000 for the Breast Cancer Foundation. Elvis was the main attraction at the dinners, and he will be sadly missed.

In retirement, Don will be able to spend more time with his parents who live about five minutes away from his home. He is also looking forward to the graduation of his daughter, who is completing her training in journalism at Carleton University in Ottawa. She was fortunate to have interned with CTV and had been awarded scholarships to Carleton, Ryerson and Dalhousie Universities. Specializing in broadcasting (both television and radio), Don has every right to be very proud of his daughter.

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REGISTER TODAY

\$200 per team of 4 (\$50 per player)

www.sphf.ca/events/bocce-2016.html

The Saanich Peninsula Chamber of
Commerce and the Saanich
Peninsula Hospital Foundation
invite you to the first annual

Bocce Ball Challenge

FRIDAY JULY 15

REGISTRATION 11AM

Good food, libations and live music
will be on site at the

Viscount Aero Centre

9800 McDonald Park Road, Sidney



MAY THE FORCE BE WITH US.



We couldn't be more proud – of you, our donors, and of our hospital. SPH is now home to The Force – the most advanced CT scanner on the Island. Light years ahead in technology, The Force is a vital tool for our hospital. It has just arrived from Germany and renovations are almost complete to prepare its new home at the hospital. We are pleased to let you know that The Force will be in operation by the end of this month.

It was 2014 when you, our donors, raised the funds needed for the purchase of a new, state-of-the-art CT scanner. Why has the purchase and installation taken so long, you ask? Said Karen Morgan, SPHF's Executive Director: "You don't have enough space in this issue for the whole saga!" The short version is that this machine was part of a group purchase (although it will be the first to be installed on the Island). It took some time to get that organized and the prices negotiated. Then it had to be approved by

the
Force

Shared Services BC, the provincial government's purchasing authority for all of the health authorities in the province. While it was a long process, Dr. John Mathieson, the Head of Medical Imaging (Physician Services) is always conscious that he's working with donor dollars and he worked hard to get the best machine for the best price.

As residents of the Saanich Peninsula, you will benefit from this new machine. It has better imaging and much lower radiation dosages than earlier scanners. It will also allow more diagnostic tests (particularly cardiac) to be done at SPH. Says Karen: "Over the years, I've come to see that residents of the Saanich Peninsula feel a great sense of ownership of their hospital and support it generously. It's humbling, not just for us here at the Foundation, but for the staff and doctors in the hospital. We all feel supported, encouraged and valued by the community. And we can't say thank you enough." ■



Heavenly Hank

When someone in a palliative care unit expresses an end of life wish it's a call heard deeply and with heart. Our unit's palliative consult physician Dr. Leah Norgrove got such a request from Susan, a middle aged patient in the unit whose dying wish was to spend time with a horse. Susan was an avid horsewoman all her life and her hospital room was brimming with horse pictures and memorabilia. Her walls showcased a love of horses like that of a young girl, so freely expressed, surrounding her in these last weeks of life. Leah contacted me as a possible helper and, given my role as a hospital social worker and horsewoman myself, it was an easy fit. My lovely chestnut Quarter Horse Hank was the perfect candidate.

We arrived the Friday morning of a cool, clear fall day. Little did I know Susan had gone from being mostly bed bound to getting up and walking in anticipation of our visit. It was important to her to walk to the patio to visit with Hank. Those who have witnessed such things know that it is really a force of love and will when the body is asking for stillness. Hank and I watched her walk down the hall towards us, oxygen tank trailing, and nurses on either side assisting. Her eyes fixed on Hank, Susan wore the most beautiful expression on her face. Hank greeted her like an old friend. At first she spoke only to him and whispered, asking his preferences of sugar cubes, carrots and sweet spots to have scratched. Susan burrowed her face in his hip and breathed him in for a long time. Hank

didn't move a muscle, just held her as she leaned against him.

I soon discovered that Susan and Hank shared the same cheeky personality when she asked me to get on him and "gallop around the field". I wondered what might come of it as Hank likes to buck and I had no bridle or saddle. But I figured I was at a hospital and had a helmet, so it would be a chance I'd take! I climbed up and set off in the field cantering around. I could hear Susan calling "faster, faster" and did my best while of course Hank thought it fun to add in a buck now and then, making Susan laugh. I knew then that they were kindred spirits.

Hank and I returned to the hospital every week or two, primarily to visit Susan, but as word got out we met with many others in acute and extended care. We spent time with Susan as her disease progressed, from wheelchair, to bed pushed up alongside the window where Hank would eat carrots and apples off her lap. In late fall I got a call from Leah that Susan was unresponsive and close to death. That misty fall morning I loaded Hank up in the trailer for our last visit. We came only to see Susan. The nurses pushed her bed alongside the big open window in her room and Hank brought his big head and neck right in, expecting her empty lap full of treats for him. He gently moved his nose up to her face, blowing softly his greeting,

moving further up to her hair where he nuzzled her so gently. She did not rouse to his touch but he stayed breathing gently with her, occasionally pressing his nose into her blanket. It was just us three.



I started telling Susan and Hank a story, about the end of a day-long trail ride. Coming in from exploring new trails, crossing low streams, resting in an open meadow full of birdsong and fall colours. Riding back to the barn where a warm mash and blanket was waiting for Hank and a pot of soup and glowing fireplace for Susan. The sound of leaves under Hank's hooves, the heat of

his body keeping Susan warm, Hank's steady breath and sure footed walk carrying her home. I told this story with tears streaming down my face, my beloved horse and my new friend, and I realized that I was telling the story I would most want to hear as I die, to be carried home by such a magnificent friend, so steady and calm.

I was told Susan died peacefully that night. Her life touched mine so deeply and I will never forget her or Hank's kindness to one another. Susan showed me that we can have our last wishes met and a gentle trail home. ■

*Written by Leanne Drumbeller, Counsellor/Social Work, SPH Palliative Care Unit
Photos by Leanne Drumbeller and Maggi Moreton*

Matt Peulen became a SPHF Board Member after years of volunteering with Sidney by the Sea Rotary Club and Victoria Epilepsy & Parkinson's Centre. Currently in his third year as a board member, Matt is honoured to be involved with such an important community organization that is supported by so many caring people.

Born in Montreal, Matt moved to Vancouver Island when he was just three months old. He grew up in Port Alberni before moving to Victoria. It was here that he met his wife Nicole, and they are now proud parents to son Jack and daughter Violet. It is his greatest joy to spend time with the three of them and watch his children reach new milestones.



BOARD MEMBER SHOWCASE:

Q&A with *Matt Peulen*

Matt's second passion is his career as co-founder and Vice-President of Metropolitan Capital Partners, and President of Coastal Offices. Matt brings expertise and support in the areas of land development, finance, investment analysis and sales and marketing. In 2015, Matt was honoured to be awarded one of the Top 20 under 40 Business & Community Achievement winners on Vancouver Island, as well as the Building Better Futures Community Award from the Victoria Residential Builders Association.

In addition to his family and career, community service is very important to Matt. He is active within the community through vast fundraising efforts and board roles in addition to the SPHF, such as Vice President of Victoria Epilepsy & Parkinson's Centre, Director of the Victoria Residential Builders Association and past

Director of Sidney by the Sea Rotary Club.

We sat down with the Foundation's youngest Board Member, Matt Peulen, to discuss why he is so passionate about our community hospital.

Out of all of the volunteer Boards in Greater Victoria why did you choose the Hospital Foundation?

Matt: The SPHF has made an incredible impact on the quality of healthcare for all residents. The slogan "Our Hospital" truly shows how important the hospital is to everyone on the peninsula and surrounding area. My two children and I all have experienced the care at SPH. I was very impressed with the nursing staff and doctors as they were very attentive, caring and considerate of me and my children.

Are there any special projects you would like to see the Foundation undertake over the next few years?

Matt: Given the family physician shortage our community is facing, I would like to see the creation of a Primary Health Care Centre on the peninsula. By building a modern facility that addresses potential obstacles that may deter new doctors from moving to and practising in our community and hospital, we could encourage physician recruitment and heighten the quality of care our residents need and deserve, all while fostering research partnerships with different medical schools.

In addition to a primary health care centre, I would love to see the Foundation work to expand our facility and care requirements for patients living with long-term aging conditions, such as dementia. On the peninsula, much of our community is elderly, and as medical advances continue to extend life spans well into old age, I think we need to take a different approach to caring for those living with neurological diseases like dementia. There is a movement taking place worldwide, where organizations are shifting toward creating familiar living environments for their residents, rather than the typical medical extended care facilities. These settings, affectionately referred to as “Dementia Villages”, have been shown to

reduce patient anxiety, anger and outbursts that typically accompany these conditions, while greatly augmenting their quality of life. There are already facilities like this in Italy, Holland and now in Ontario! I believe that the Saanich Peninsula Hospital would be an ideal place for a Western Canadian Dementia Village initiative.

Why do you think the Saanich Peninsula Hospital Foundation is a worthwhile organization to support?

Matt: We celebrated our 30th anniversary in 2015. For over 30 years now, the community has supported and believes in the value we bring to the hospital and community. I am truly honoured to be involved with such a wonderful group of Board members and staff. Our staff work tirelessly to ensure the facilities and care offered in the hospital are always improving, whether they are providing supplies to the departments, offering continuing education programs for hospital staff or managing large scale renovations and equipment purchases. The results, programs and innovations the Foundation produces - all due to an engaged and effective community - make it a very worthwhile cause in my eyes. ■

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When asked if there were other achievements of which Don is proud, he said that he has been the Union Chief Steward since 1989. Though Don will be reluctant to leave that position when he retires, he has assured me that he's been grooming his successor.

When Don's actual retirement event takes place, I suspect there will be a lot of laughter

but many tears, too. Thank you Don, for your fine example of leadership, of professionalism and of knowing how to have fun. We wish you every happiness (and send our best wishes for lots of badminton!). ■

*Written by Barbara Harwood,
Photo by Sandy McElroy*



Getting to Know You, Getting to Know All About You:

An Interview with Long-time Monthly Donor, Helen Lang

Known to many readers as the Garden Lady in the Peninsula News Review, walking into Helen Lang's home was like walking into a garden nursery. In every possible space, plants were being propagated, encouraged or simply being allowed to grow – a philosophy she applies to philanthropy as well.

When asked why she supports the Saanich Peninsula Hospital Foundation, Helen replied, "I give because the people there are so kind and so thoughtful." Helen's husband, Jim Lang, passed away in SPH, and Helen cannot speak more highly of the wonderful care that he was given during his stay. The nurses were kind and gentle, and they treated Jim with such respect that Helen knew he was safe there. Her son was with the couple at the end of Jim's life, and he was equally impressed by SPH staff. Helen herself has had to spend a few days as an inpatient, and she was comforted and looked after in a professional and compassionate manner. Helen knew then that she wanted to give back to the Saanich Peninsula Hospital, and that was fifteen years ago. She has made monthly contributions ever since, and plans to continue as long as she is able.

Helen's interest in gardening blossomed under the guidance of her beloved grandfather. Her father was often travelling, so the family lived with her mother's family. Helen was a cherished grandchild, showing a keenness for gardening at the early age of three.

After graduating from the University of British Columbia as an English teacher, Helen went to Prince George Senior Secondary School and taught there for about 20 years. Her husband did not like the cold winters, but Helen loved them and used to drive doughnuts on the ice!

When the couple moved to Sidney, Helen opened a small garden shop in the corner of the car park of what is now Fairway Market. She loved talking to her customers and sold bulbs and seeds of plants that she knew would thrive in Sidney. One fine day, a gentleman named Mr. Manning came along and asked Helen if she would write a weekly gardening column for his newspaper, the Peninsula News Review. She gave it a little thought and 30 years later, she still is writing her column. Delighted that her family of four children all have an interest in gardening, Helen hopes her 14 grandchildren have the opportunity to enjoy the earth, too. In spite of enjoying her days as a teacher, Helen feels she was born to be a shopkeeper. Days spent in her little garden store were the happiest of times.

The Saanich Peninsula Hospital Foundation would like to thank Helen for her time and generous donations. If you would like more information on becoming a monthly donor like Helen, please call Renn Bibeau, Donor Relations Manager, at 250-652-7531. ■

Written by Barbara Harwood

DONATION INFORMATION

I would like to make a donation of:

\$50 \$100 \$250 \$1,000 \$ _____

This donation is made in loving memory of :

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

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Card #:

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PARTNERS

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www.sphf.ca

Your suggestions are most welcome.

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

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