



PARTNERS

WINTER 2021

Medical Imaging Leader

Spotlight on Allen Lavoie RTR,CTIC

In December of 2019, Allen Lavoie accepted the position of Site Supervisor of Medical Imaging at Saanich Peninsula Hospital and Lady Minto Hospital. With his background in CT, Allen was able to mentor and develop radiological technologists' skills in CT providing timely service to the emergency department and reducing wait times for urgent outpatient CT scans. In April 2021, he became the Medical Imaging Leader for Geography 3 in Island Health, which consists of Saanich Peninsula Hospital, Lady Minto Hospital on Salt Spring Island, Cowichan District Hospital, Mill Bay Radiology Centre and Chemainus and Ladysmith Health Centres.



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President & CEO**

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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.



Allen was born in Regina, Saskatchewan and lived in the Okanagan as an adolescent before returning to Regina for post secondary education. His career in radiation technology stems from a summer job at the Moose Jaw Union Hospital in 1982 where he was an X-ray porter and became familiar with the Medical Imaging department. After two years at the University of Regina, Allen entered the radiography program at Kelsey Institute in Saskatoon. He trained at Regina General Hospital and worked there for three years after graduation before moving to Victoria in 1989.

Allen has worked in every acute care or diagnostic facility in Island Health south of Nanaimo. He worked in X-ray and Computed Tomography for 12 years at Victoria General Hospital and during his time at the Royal Jubilee Hospital in Victoria he was supervisor of Computed Tomography and Angio/International Radiography for 12 years.

Throughout a career which has spanned five decades, Allen stated that he has “seen enormous changes and developments in not only medical imaging but also in healthcare.”

He adds “it has been especially exciting to be a part of the rapid development of our capabilities in Computed Tomography scanning. I have been a part of Cardiac CT scanning from the beginning and with diagnosis and treatment of stroke patients in both CT and Angiography. What we can do now is truly amazing and we are fortunate to have Interventional Radiologists in Victoria that can perform such procedures as clot



Do you know what a CT Scanner is?

We use acronyms in many situations and may not understand what the acronym means.

Computed Tomography is an imaging method where X-rays are measured by detectors as they pass through the body and are transformed into volumes of data that allow images to be created in any plane, including three dimensional.

retrieval on stroke patients. Thanks to the support of our donors, the Saanich Peninsula Hospital now has the ability to perform CT scans that are able to identify patients that are suitable for this procedure at the Victoria General Hospital with such scans as carotid artery CT and brain perfusion. Patients have the chance for amazing recoveries that were not available in the past.”

Allen has very personal experience from a situation that happened in 1981. His mother had an intracranial haemorrhage from an aneurysm. In those days there was little that could be done. She went from being alert upon admission to a steady decline and she passed away after four days in the Intensive Care Unit. Today there are many possible treatments for that condition with early diagnoses and treatment planning followed by advanced surgical and intervention radiologic procedures to treat the condition and allow for recovery. Allen is happy to be able to be a part of that treatment.

Allen and his wife have three children all of whom will be attending university next year. He is understandably proud of his family and they of him. He has been a volunteer in the Greater Victoria community and given his time to serve organizations such as the Victoria Hospital Foundation, Spartans Football Club, St. Andrew’s Regional High School and the Saanich Lacrosse Association. He is a recipient of the Island Health Celebration of Excellence Award in Leadership that recognized improvements in patient care service delivery and ongoing commitment to improvement and collaboration. ■ [By Barbara Harwood](#)

2021 SPHF Gala

The excitement built over about 30 days between the announcement and the event. We made choices on the menu, our selection of the wine and the fascinators to compliment our outfits. The crystal and the silver cutlery was polished, candles were changed to enhance the floral table centrepiece and finally the day dawned.

The food was delivered in good time, all beautifully presented and colourful. Happy hour was shared with Paul and when he left to watch the football game we began to check out the Silent Auction. “Oh no” someone had outbid both of us, but we went to another level before starting dinner. The video was watched and the variety of the performances was enjoyed. Thank you to all who had submitted a clip for inclusion.

In between courses we checked and changed our choice of item in the auction. This pattern continued until 9:55 pm when we checked on our final bid and finally SUCCESS! My four year old great granddaughter in Nova Scotia will awake on Christmas morning to a model hospital ... all 514 pieces of equipment.

What a wonderful evening, full of laughter and very few dishes to be stowed into the dishwasher.

This year it was another successful event, the result of very hard work by Foundation Staff. Congratulations to them and to all donors. The final amount raised from the evening was over \$95,000. ■ [By Barbara Harwood & Beverly Lewis](#)



Barbara Harwood & Beverly Lewis

Special thanks to all the local musicians, artists and performers who donated their time and talent to make our Gala Variety Show so special! What a treasure trove of talent. What was your favourite?

Allegro Performing Arts	Ken Neufeld
Anne Glover	(Ken & Greg)
Avid Agility	KousKous
Bill Collins	Marissa Pryer
Bill Cox	Nellie Quinn
Bill Johnson	Paul Black
Brad Prevedoros	Peninsula Singers
Claire Coupland	Saan Pen Long-term
Darcie the Dog Trainer	Care Activation Team
@ CommuniCanine	Soundings Vocal
Doug Cox	Ensemble
Duncan Sutherland &	Sunny Shams
Homespun Band	The Saan Penn
Edie Daponte	OR Nurses
Jason Verners	Valdy
Ken Lavigne	Vertical Performing Arts

You can still see the show on our website at sphf.ca

2021 Gala *at home* EVENING

PRESENTED BY



THANK YOU

with your help at this year's Gala we've raised **\$95,350** and counting!

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| Four Paws Pet Grocery & Boutique | Provenance Fine Things | Third Street Café |
| Highland Pacific Golf Club | Robert Bateman | Tim Maloney |
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Stories from Long-term Care

We asked some families of our Long-term Care residents to tell us about their experiences at SPH during the past 18 months. Thanks to Doug Kenner and Arn van Iersel for sharing their experiences.

Gwen Kenner



Gwen has had an incredible life journey from Manitoba to Montreal, to Ontario to BC. Now she is at the Saanich Peninsula Hospital Long-term Care getting wonderful care in her remaining years.

Born and raised in Manitoba, Gwen took nurses training at the Winnipeg General Hospital. She then worked in various positions as a nurse all over Canada. In Montreal, at the Jewish Hospital, she helped care for survivors

of the war. In Ontario she worked at Parkside Collegiate for three years as a school Nurse. Gwen just loved this position and when she had to move on the graduation ceremonies included a farewell to Gwen to which she replied with an old Irish Blessing, and was overwhelmed with a standing ovation.

In 1979 Gwen and I met back up at our high school reunion in Manitoba and were married soon after. We moved to BC. Gwen worked part-time at the Salmon Arm Hospital and then took a position at the Enderby Hospital and worked there for two years.

In 1992 we moved to Sidney. Gwen was employed at Berwick house for three years. She endured the storm of 1996 without a change of clothes, being stranded for two days. About this time retirement sounded like a good idea!





Gwen is a very talented seamstress and is also a quilter from years back. Over the years Gwen has sewn many little girls' dresses and dozens of these were donated to the Saanich Peninsula Hospital along with dozens of lap quilts that ended up in extended care.

Curling was a big part of Gwen's life and she still watches every game she can find on TV. Another interest is playing bridge: she would still love to get in on a game. Every morning when the paper comes, Gwen grabs a hot chocolate, reads the paper, and spends hours doing the crossword puzzle.

Gwen was admitted to SPH Long-term Care late October 2019. Even though Gwen's mother Anna spent several years in the LTC at Saan Penn, and was so well taken care, it was still quite a change and required a lot of adjusting. The staff were so very helpful and more than kind to both Gwen and I.

Going for a visit was an easy thing to do and then the Pandemic struck! Being unable to visit was a big setback but the staff helped set up a system that Gwen could call me at a certain time each week. Gwen does not like phone conversations so these were brief. June 12th I had a call that as an essential visitor I could come for short visits, this involved

careful screening and sanitizing. I could see the time of no visiting had been difficult for Gwen. I now started typing up a letter each week of my activities and including some cartoon drawings. This was a big hit. Also I take an old photo album and go through the pictures, I notice that going through the same album a week later things seem to be remembered. Now with my weekly visit the first thing Gwen wants to do when she sees me is read the letter. Now that visiting is so much easier we hope to get in some little drives around the area and visits with friends and family. We now have great grandchildren and it will be a thrill to see and hug them.

Once again **we feel so blessed by having SPH in our area, and staff that take such very good care of everyone.** With the pandemic this has to be more stressful than we can imagine. Yet in spite of all this everyone always has a smile on a tired face and many a kind word, we thank you all. [By Doug Kenner](#)

Nicolaas van Iersel

My father Nicolaas van Iersel has now been a resident of Long-term Care at SPH for over two years. This December dad will be turning 100. For his age he has a very good mind but has declined in some of his other abilities notably walking, hearing and eyesight. He very much appreciates the services he has received at SPH. Dad lived through WWII in a forced work camp in Germany. In those times if the family in Holland had more than one son, one was told to go to Germany for the duration of the war. Dad is a trained machinist and came to Canada in 1958 with his wife, my sister and I. He worked in



Calgary and retired to Victoria in 1983, where my wife and I have lived since 1978. Dad often tells me that time seems to go quicker as you grow older. He also thought that he would never live as long as he has. His wife Antonia passed away in 2018.

Fortunately, as a retired person, I was able to see dad six days a week before the pandemic and often brought him home for family events. When the pandemic hit it was a difficult time but we very much appreciated the initial window visits, which then progressed to inside visits and ultimately being able to take him out again. Throughout the pandemic we made sure to visit him at least twice a week. I was also fortunate to be recognized as an essential visitor since I helped him with his dental, hearing and other needs. As part of keeping his spirits up I would do an eye test by asking him to tell me how many of my fingers he could see. Of course I always hid a few of them so he would laugh at my duplicity. Often though he got it right.

I can't say enough about the excellent and dedicated staff at SPF, from the front door greeters, to the staff that worked directly with dad. They were always friendly, helpful and professional. During the initial days they provided a phone and hearing aids to help him understand what we were trying to say during the window visits. Later, when I was able to go in, there was always a convenient place to meet and privacy if you needed it. Although visits had to be scheduled they would always try to meet our needs such as when the grandchildren wanted to see him. I also was able to participate in a staff meeting about my father and how he was doing over the phone.

The thing I am most looking forward to now is for us to be able to see him on a regular basis without the need for scheduling an appointment or having to wear PPE. I also love taking my father on tours through the gardens which are so lovely.

We are so thankful that dad was at SPH during the pandemic. I hear of those places that were not allowing the same level of contact and feel blessed with the experience we have had. I also feel that dad was in the best place to get through the pandemic in the best possible way. There clearly has been some decline in my father but I felt there was the proper balance in being safe and providing essential contact for his wellbeing. I look forward to continuing to working with the staff, and appreciate their friendly, compassionate and professional support. Yeah SPH! ■ [By Arn van Iersel](#)



Year End Gratitude

As the holidays draw near, I find myself filled with gratitude. In spite of a year where so many of us were challenged beyond compare, there are still so many things to be thankful for as a new year approaches. One of the highlights this year for me has been the opportunity to join Saanich Peninsula Hospital & Healthcare Foundation. I am so thankful to work with an amazing Board and Staff and a truly generous and caring community, who support the current needs and future growth of Saanich Peninsula Hospital.

We are truly blessed to have a community hospital on the peninsula, where we can receive urgent care and have access to state-of-the-art diagnostic treatment close to home. And because of your generosity over the years, the Foundation has been able to support Long-term Care, Palliative Care, the Emergency Department, a well-equipped Operating Room and a new Surgical Day Care Unit at SPH.

Thanks to your support, together we helped the hospital purchase much needed equipment in every department. You have supported programs and services and continuing education for the amazing hospital staff. And during a once-in-a-lifetime pandemic, with your help, SPH is better prepared to respond to rapid changes in health and safety guidelines. Thank you.

Again this year you have supported the Foundation's current campaign, to raise funds for equipment like a new X-ray machine. We are grateful to a local family who have committed to a matching challenge up to \$700,000, and thank you to everyone who has already answered their call. We still have a ways to go, but with your continued support we will cross the finish line on this campaign too.

I am most grateful for the compassionate care we can all count on, when we enter the doors at Saanich Peninsula Hospital. Thank you to the doctors, nurses and all the staff for going above and beyond. We know this year has been really tough for you and we appreciate you going the extra mile for us.

On behalf of everyone at SPHFF, I want to especially thank you for helping us make a real difference to SPH again this year.

We wish you and yours a truly happy holiday! ■

Sarah Bragg,
President & CEO





Humble pumpkins raise thousands of dollars

It is 15 years since an 11 year old Connor Williamson saw some commercially manufactured decorated “pumpkins” in a store in Victoria and turned to his mother Diane saying “Mum, we can do better than this.” Thus began the annual “decorated pumpkin” sales for the benefit of the Saanich Peninsula Hospital and Healthcare Foundation. It is impossible to calculate how much money has been raised by Connor’s “We can do better than that” comment 15 years ago.

Diane, her mother Lorraine, and Diane’s two children Connor and Mackenzie selected small five to six inch pumpkins and began decorating them. First they painted smiling eyes and then looked

in Lorraine’s handcraft supplies for leaves, flowers, and pieces of gold fabric, anything that could be glued in place, creating an annual tradition of decorated pumpkins. The finished items are sold in the Firbank Farms store with the money put aside for the Hospital Foundation.

When Mackenzie was old enough, she and her brother Connor would take decorated pumpkins into SPH and distribute them around the different areas. Their reward? The smiles and comments from residents and patients to whom those smiling pumpkin eyes gave pleasure.

It was in 2017 that the owners of Firbank Farm decided to give pleasure to young children and encourage them to learn about the hospital Foundation. Diane’s brother Glen explained that 6 acres of the property are designated for growing pumpkins of all shapes, sizes and colours. They are harvested and brought to the store where the decorating takes place in an undercover area at the rear. The decorations still come from Lorraine’s supplies and are supplemented by pieces



donated by a good friend. The local Dollar Store is another source. As Diane remarked, “We want to keep everything as local as possible.” The colour and laughter in that back area at decorating time has to be seen and heard to be believed.

On October 2, 2021 (after COVID-19 prevented the event in 2020) the wearing of masks and distancing between participants meant joy and pleasure for the more than 250 children who visited the Farm. Each child selected a pumpkin and decorated it, using their creativity and the decorations which are provided along with the hot glue (supervised by a volunteer) used to secure everything in place. Some very imaginative creations were made. More than \$1,500.00 was raised by donations.

What is there for the parents while the children are having fun? There are competitions ranging from guessing the weight of the largest pumpkin to how many were in a skip lifted by the tractor. Prizes are awarded and the whole family has a wonderful memory to take away.

A happy child leaves with their pumpkin and a great sense of achievement, knowing that they have contributed to the Hospital Foundation.

It was the end of the day and a young boy was choosing a pumpkin. He noticed Merlot the tractor. He had never seen one like that. Diane asked him if he would like to sit on the tractor with his mother’s permission. As he sat there, his eyes opened as wide as they could and the smile on his face illuminated the sky. It was a great feeling to end a successful day.



What happened after the 2021 event?

On in September, everyone involved was surprised when Diane received a call from CHEK TV star Ed Bain asking if he and Jeff King could do a show called “The Upside” from Firbank Farms. Several viewers had told them about the pumpkin story, about the fall displays which put smiles on the faces of people driving by, and how much Firbank Farms as a family gives back to the Community.

Ed is no stranger to the Hospital Foundation as he is involved with the Foundation fundraising Bed Races along Beacon Avenue. The crew showed up at the Farm on October 4 and they gave a great performance, with their humour, their interest and their recognition of the hard work that goes into farming. Their admiration for the different kinds of pumpkins and their ability to make everyone feel very comfortable, made for a delightful visit, which was aired “live”.

Ed and Jeff faked concern when Mackenzie drove the tractor towards them with a bin load of pumpkins and gourds. The sign on the bin read “Lordy, Lordy How Many Gourdy’s.” The person who called into CHEK with the number closest to the answer was awarded a beautiful basket from the Farm. Great fun for everyone!

■ By Barbara Harwood and the Firbank Farms family.

Campaign Updates

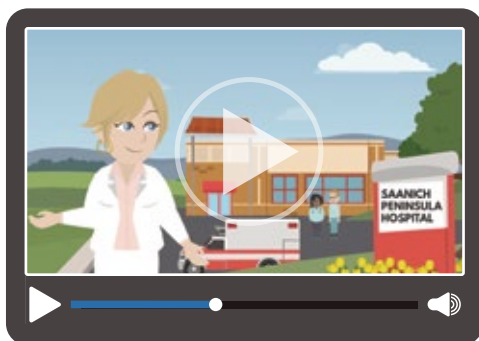
At the Saanich Peninsula Hospital we're currently using an X-ray machine that was installed 16 years ago. It's been a workhorse, but it has reached the end of its life.

Have you ever sprained, fractured or broken a limb? Have you ever ended up with pneumonia after a bout of influenza? If you have, chances are your doctor sent you for an X-ray at the Saanich Peninsula Hospital.

X-ray machines are one of the most important diagnostic tools in our healthcare system. The one at the Saanich Peninsula Hospital needs to be replaced, now!

A new, fully accessible, state-of-the-art machine will ensure our Medical Imaging department continues to perform its vital role at the heart of our hospital, and work hand-in-hand with our surgical department.

This year's fundraising campaign aims to raise \$2 million to help us to ensure that our community has the tools to support your health and that of your family.



Watch our campaign video at sphf.ca/x-ray

The total cost of a new Siemens X-ray machine will be \$700,000 and renovations to the X-ray room will likely cost between \$600,000 and \$800,000.

While this is, by far, the largest part of the campaign, there are other pieces of equipment on the list:

- A **chemistry analyzer** (\$100,000) and an **automated slide reader** (\$47,500) for the Lab;
- An **ECG cart** (\$24,000) and a **Stress testing Case system** (\$48,500) for the Non-invasive Cardiac Lab;
- An **ultrasound specifically designed for echocardiography** (\$42,000);
- **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); and finally,
- A **disinfecting washer** for Acute Care (\$44,000)



Our Volunteer Board

The Annual General Meeting for SPHMF is held each September. Here is your 2021/22 Board of Directors.

Chair of the Board, **Shelley Mann:** a position she has held since September 2019. She was born and raised on the Peninsula and the hospital is a personal tie for her family.

Vice Chair is **Chris Straub:** He was born and raised in North Saanich. He and his brother logged a number of childhood hours at the hospital, which were the result of many boyhood bad ideas. After five years in Calgary, he and his wife returned to the Peninsula shortly after the birth of their first child.

Treasurer is **Elaine Hughesman:** became a partner with Hughesman Morris Liversedge CPA's in 2008. She is quoted as saying that one of her favourite smells is the ocean.

Secretary is **Wayne Helgason:** has lived on the Peninsula for about 11 years, coming here from Winnipeg shortly after the birth of his first grandchild. He is a very active fundraiser for the Foundation in Country Park Village in Central Saanich.

Barb Menzies: was born in Nova Scotia but lived in North Saanich for 40 years which she says makes her truly "bi-coastal."

Brian Neal: grew up in North Saanich and spent a year in Chile prior to attending the University of Victoria from where he received

his BA. He continued to the University of British Columbia to earn his law degree.

Ted Daly: has been a resident of the Saanich Peninsula for more than 30 years. His political leadership spanned 21 years. He is the President of Ted Daly Labour Relations consulting Inc.

Eric Falkenberg-Poetz: bought a house in Brentwood Bay in 2007 and he and his wife Melinda moved there permanently in 2015. He volunteered at the grass roots level before joining the Board.

Frank Wright: worked as officer with Saanich Police Department for many years. Now owner/operator of Rite Self Storage. He rides a Harley Davidson motorbike on sunny days.

Sue Hodgson: spent her childhood along the shores of the Bay of Chaleur in Dalhousie, the northernmost town of New Brunswick. Her professional background is in publishing and she owns Seaside Magazine in Sidney.

Michele Holmes: is a Realtor with over 20 years of experience. She is a member of the Sidney by the Sea Rotary Club. She has been on many committees within the Victoria Real Estate Board.

Michael Brown: is a surgeon who has worked out of the Saanich Peninsula Hospital for many years.

Good NEWS



Special thank you to the **Central Saanich Lions Club** who donated \$25,000 to go towards the building of the greenhouse in the Memory Garden. What a wonderful addition and a gift that will give people joy for many, many years to come. The Central Saanich Lions Club have been tremendous supporters our hospital over the years, giving \$94,000 for many important projects. We hope to have a plaque ceremony with them in the spring.



Firm Management was able to hold their Annual Golf Tournament this year! Last year was cancelled due to the pandemic. Our retiring President & CEO Karen Morgan and husband Tim Maloney were able to play with the New CEO Sarah Bragg and her husband Martin. Unfortunately the Foundation team did not win the award of a case of toilet paper for the team that was the ... worst ... like we did in 2019! (The TP was awesome!)

The Golf Tournament raised over \$21,771 this year. Firm Management and the over 100 businesses it works with have supported the Saanich Peninsula Hospital since 2006 and have raised almost \$200,000! Thank you. ■



Local family inspired by the Donor Match Challenge

"We are so appreciative of all the hard work, love and care from everyone at the Saanich Peninsula Hospital and are excited to support their continued journey to offer the best services and medical equipment for the community. Our family has had multiple experiences in the ER at SPH this year, and we were very grateful for the speed and attentiveness of the staff. We are passionate about improving the access and quality of healthcare for everyone in the community. We encourage you to donate to the matching campaign this year or support however you can. Everything makes a difference and your efforts can change lives!" Alex & Steph

Special Thanks!

As we look back at all the accomplishments your generous support have made possible, we want to take the time to also thank the community and service clubs who have helped so much.

Activities Strata Plan #761
Aline and Norman Fowlow Fund
Allen and Loreen Vandekerkhove Family Foundation
Aqueduct Foundation
Beals Charitable Foundation
Benefaction Foundation
Big White Fire Department Social Club
BP Foundation
Brentwood Bay Badminton Club
Brentwood Bay Rotary Club
British Columbia Masonic Foundation
Buncy and Harvant Sangha Charitable Foundation
Carthy Foundation
Central Saanich Lions Club
Coast Capital Savings & Credit Union Foundation
Edmonton Community Foundation
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First Open Heart Society of British Columbia
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Ruth Chapter #22 Order of Eastern Star of BC & Yukon
Saanich Peninsula 12 step Group
Saanich Peninsula Lodge #89
Sidney By the Sea Rotary Club
Sidney Lions Club
Sidney Rotary Club
Sidney Shrine Club #42
Sidney Silver Threads Be-Well
St. Margarets Thrift Shop
Strategic Charitable Giving Foundation
The Alacanastu Family Foundation
The Hamber Foundation
The Highbury Foundation
The Hydrecs Fund
The Kahanoff Foundation
The McLean Foundation
The Muttart Foundation
The Order of St. Lazarus in BC
The Sovereign Order of St. John of Jerusalem
The Spencer Fund
The Sutherland Foundation
The United Way
The Victoria Foundation
Western Communities Foundation
Women of The Moose



End of Year Donation Information

The Foundation offices will be closed December 24 - Jan 4.

For any last minute year-end donations, the Sidney office has a secure mailbox around the left-hand side of the building that we will be checking.

Donations can also be mailed to the Saanich Peninsula Hospital & Healthcare Foundation at 9710 3rd Street Sidney, V8L 3A2. For a tax receipt in this year they must be post-marked by December 31st.

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

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NLWI21

