

# PARTNERS

OF THE SAANICH PENINSULA HOSPITAL FOUNDATION



## *Partnerships:* the Essence of Success.

On Wednesday February 6 2013, the Brentwood Bay Resort and Spa hosted a much-lauded reception. With such a beautiful location, success was assured. One hundred and thirty-five people mingled - donors to the Saanich Peninsula Hospital Foundation and business people from the community.

Food and wine for the event was donated by local suppliers, and the staff time for the event was donated by the Brentwood Bay Resort and Spa. Participating companies included: Muse Winery, Melinda's Biscotti, Driftwood Brewery, Hoyne Craft Beers, Sysco Foods, Fanny Bay Oysters, WOW Factor Desserts, Little Qualicum Cheese Works, Canada Bread and Finest at Sea Seafood.

Dan Behune, the Managing Director of the Resort hopes that it is the beginning of a wonderful relationship with the Hospital Foundation. He says, "The Hospital is our focus", and recalled an incident when Hospital Staff acted so quickly that they saved the life of a medical doctor attending a conference at the Resort. The proximity of the hospital to the Resort was critical.

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### CORRECTION FROM LAST ISSUE

In our last issue, we introduced you to Leanne Drumheller, the Social Worker in Palliative Care. Unfortunately, we got a couple of important things wrong that she asked us to correct. First, Leanne currently has a farm and retreat centre (Sleeping Dog Farm) where Hank still lives as Leanne's cherished four-legged companion.

Leanne also wanted us to know that it was when her mother died 7 years ago from pneumonia complications that Leanne realized there is a real absence of awareness about death and loss in our society. She brings insights from this experience to her work at the hospital today (and we are so fortunate to have the benefit of her skill and compassion).



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The same sentiment was expressed by Geoff Dickson, the President and CEO of the Victoria Airport Authority. Geoff was among the guests at the reception and although he is comparatively new to the Victoria Airport Authority, he is familiar with British Columbia, having been the Vice President of Marketing and Business with BC Ferries. His pride in the Victoria Airport is obvious –he’s delighted to tell you that the Airport is the tenth busiest in Canada with 4,000 passengers a day on 120 flights. This is a total of 1.5 million people a year coming and going. According to a recent passenger from New York, Victoria Airport is, in his opinion, the prettiest in North America. Geoff remarked that he and the VAA Board of Directors place a high priority on community partnerships. The Airport Authority sponsors events at the Foundation because “we want to be the best community partner we can be”.

When asked about the February 6 event, Vivian Chenard states that “It was a lovely event.” Vivian has been the Manager of Community Relations for Thrifty Foods for 17 years and is proud of the contributions made by Thrifty Foods to not only the Saanich Peninsula Hospital Foundation but to other non-profit organisations and charities on Vancouver Island and the Lower Mainland. Vivian thought it was refreshing to see businesses from the Peninsula showcasing their products in such a beautiful location. Vivian complemented the Resort and Spa for the way in which the event was undertaken, making sure it was possible for people to meet major donors and hospital staff. When one is seated at a dinner, there is interaction with the others at the table but this reception encouraged everyone to circulate and chat. Vivian knows that sponsors and donors are critical for the Hospital, and is delighted that Thrifty Foods is able to provide support to Foundation events.

All in all, it was a great opportunity for donors, sponsors, Foundation Board and hospital staff to meet and enjoy each other’s company. ■ *by Barbara Harwood*

**In the 2012-13 fiscal year, event sponsorships totalled \$101,676 and donations to the 2012-13 annual campaign were \$808,000 (that’s as of March 31, 2013). To date (April 15, 2013), the total has risen to \$904,000).**



The 740 members of Sidney's ANAF 302 (Army, Navy and Air Force veterans and friends) practise their motto, "Shoulder To Shoulder" diligently, not merely with lip service. As part of a worldwide Veterans Association of more than 20,000,000 on every continent, they take pride in having given service to the peninsula community and Canada.

Their club on 4th Street is iconic. Built in 1975 (fire destroyed the original club), there is a mural on the north wall that was done

by Parkland Secondary School students. Out front, like a sentinel, stands a Nathan Scott bronze statue dedicated to U.N. Peacekeepers. It is the largest privately funded peacekeeping memorial in Canada. It is flanked by three historic pieces: an RCAF Sabre jet

purchased from Royal Roads in 1972; a four inch gun from HMCS Aurora which saw action in WWI; and the tank acquired for training during the Korean War. Inside the club, which has a restaurant and games room and is the only museum unit in BC,

there are artifacts on display from both world wars and in special exhibits.

ANAF 302 has taken several causes under its wing. Twice a year it presents donations to five area institutions: Broadmead Lodge, the Heart & Stroke Foundation, Saanich Peninsula Hospital Foundation, the Cancer Society, and D.A.R.E. (Drug Abuse Resistance Education). Primarily, it raises the monies from Meat Draws held three times a week. Dave Bryan, curator of the museum unit, estimates that about 400 regular participants raise approximately \$30,000-\$35,000 annually. For \$1 a ticket each, there are five draws for \$20 worth of meat prizes such as lamb, fish, roast, chicken & hamburger. Mr. Bryan says that it couldn't be done without the help of the Ladies Auxiliary. Auxiliary past-president Marlene Powell agreed and added that the Auxiliary also contributes to the Sidney Lions Food Bank. *continued on page 9...*

Since 1988, ANAF has contributed \$48,000 to support the Saanich Peninsula Hospital, and in the 2012-13 year, they contributed \$9,000, \$4,000 of which will go to music therapy.







# Music Therapy

## an Important Treatment Tool in Extended Care

*Photos by Sandy McElroy*

**Y**ou might ask – is music therapy important? As important as a new piece of equipment?

The Canadian Association for Music Therapy defines Music Therapy as the skilful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development. In layman's terms this simply means using music and music activities as a tool in achieving non-musical goals and objectives to improve a person's quality of life.

Maryann Burrows has seen firsthand the benefits music therapy can have. She's the music therapist in SPH's Extended Care Unit. She graduated from Capilano University in Vancouver, B.C. with a Bachelor of Music Therapy in 2005 and is accredited through the Canadian Association for Music Therapy. Maryann is currently the music therapist at Mt. Tolmie Hospital, Aberdeen Hospital, Glengarry

Hospital, Saanich Peninsula Hospital (Extended Care Unit), Lady Minto Hospital, The Stroke Recovery Association of Victoria, and is one of the music therapists for Rest Haven Lodge. As such, she assesses and establishes treatment plans for individual seniors in residential care as well as plans programs involving groups. Maryann has facilitated family caregiver support groups, intergenerational programs, handbell choirs and has worked within interdisciplinary teams.

Maryann says, "You don't have to have a musical background or ability to benefit from Music Therapy. Music Therapy has helped individuals of all ages and abilities." She then points to a very dramatic example of how music therapy helped one patient (a pseudonym has been used and this patient is from another facility):

Elsie had dementia – the greatest symptom of which was her constant state of grief, anxiety and agitation, focused exclusively around her husband's death. Though he died peacefully in old age, Elsie is convinced

that she witnessed his murder. Elsie spends her days tearfully describing her husband's "murder" to anyone who will listen – including other residents with dementia, which contributes to their agitation. This was the primary reason for Elsie to be referred to Music Therapy sessions. The music therapist's main goal was to decrease Elsie's level of agitation for as long as possible, which if successful, would mean delaying sedation. As Elsie was once a singer, the music therapist found it fairly easy to redirect her through harmonizing slow songs together – this gave Elsie an aesthetic respite from the ugly images in her mind. On days when it was more challenging to redirect Elsie, the music therapist went to Elsie's level of grief and joined her there, allowing her to express her feelings of loss through songwriting and improvising on the glockenspiel or the drum. By the end of most of these Music Therapy sessions, Elsie was noticeably relaxed and more peaceful.

During a Music Therapy session, the therapist and client use a wide range of activities from singing, playing instruments, moving to music, improvising, and composing. The session may also include imagery exercises or simply listening.

The most recent contribution from ANAF in Sidney is being used to increase the music therapy services so that a handbell choir can be created. The Foundation used other funds to purchase the handbells.

Anne Casey, a Recreation Therapist in Extended Care, is succinct in her assessment of this new initiative. "The new bell choir offers an opportunity for residents to play the music they love and be part of a group playing music together. In addition,



beautiful and soothing music will be heard and enjoyed by other residents.

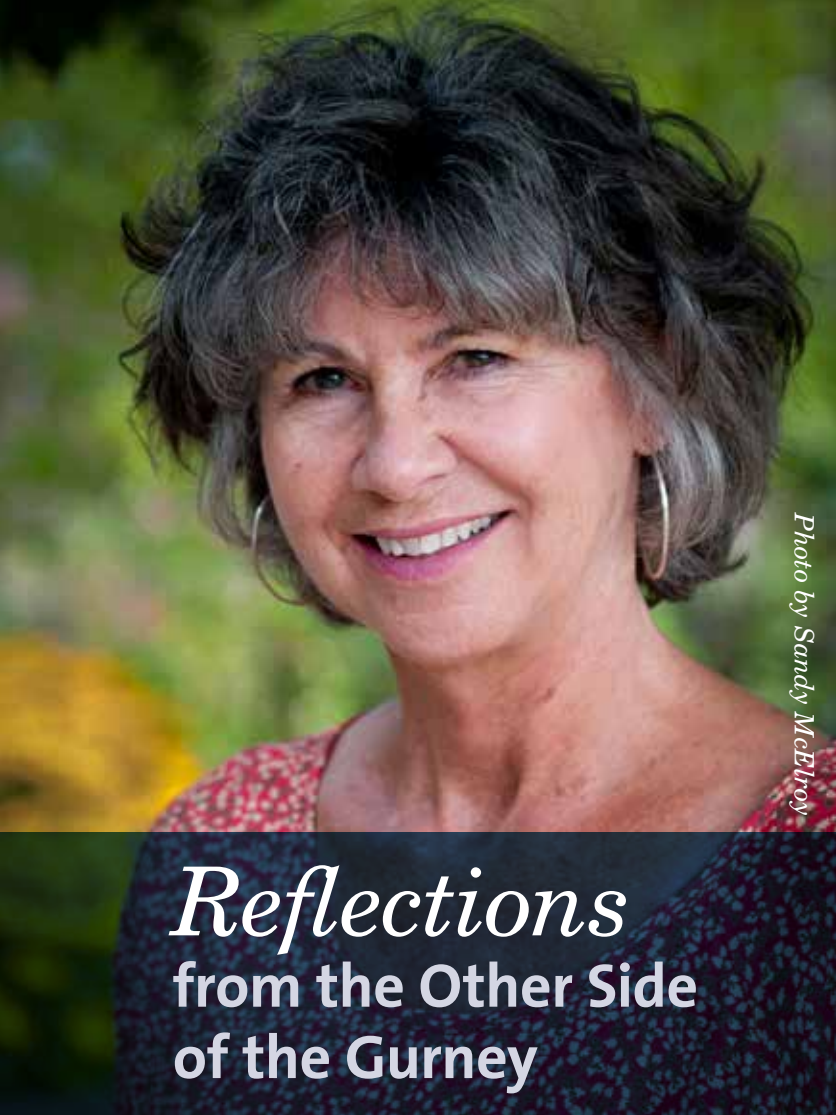
So, the answer from these professionals is – yes, music therapy is as important as new equipment in caring for our residents. ■

## Locals Lend Expertise to SPHF

On April 10th, two retired professionals GAVE generously of their time to show members of our community how to BUILD local charities and RECEIVE tax savings, while still ACHIEVING their wealth goals.

Ron Gurney, retired Sidney Financial Advisor and retired lawyer Ken Stevenson, talked with community-minded individuals about how to plan their charitable giving to maximize tax benefits and preserve wealth. This year, we had donors who would like to support the Saanich Peninsula Hospital in attendance, as well as some donors to other organizations in our community, who wanted advice about how to help their primary charitable interest. A lively discussion resulted, with all agreeing that it's important to build many aspects of our community.

We hope to make this an annual event. It's a relaxed environment in which to get invaluable advice from two of the most knowledgeable people around. If you missed it, give us a call and we'll make sure we let you know when it is next scheduled.



## *Reflections* from the Other Side of the Gurney

Anytime you're in hospital, there's usually somewhere else you'd rather be. Patient or visitor, here is a world of uncertainty and illness that envelopes you and in that world, the caring hand of a committed volunteer lessens your anxiety and pain. You marvel: how wonderful and comforting my volunteer is. And where did he or she come from?

The answer is: volunteers are essential to any hospital, easing the pain of the infirm and comforting the dying as they leave this world. And one of the best examples of that volunteer strength and commitment is Judy Smith.

Since 1991, Judy has been one of Saanich

Peninsula Hospital's treasured volunteers, valued and loved, but missed when she suffered a brain aneurysm in early December. Only recently was she released from hospital, but in that time, Judy, her family, friends and colleagues have taken stock of what she's brought to "the job."

When Judy and her family moved from Vancouver she saw a path from her home on Mt. Newton Cross Road to SPH. A neighbour worked in the hospital's kitchen and suggested she could put her experience as a social worker to use. It had been a few years since working with Edmonton adolescents but Judy saw this as a new kind of "social" work.

On one of her first days, she noticed a lone man in the hospital cafeteria. She went to speak with him—with just a normal question in her mind—the older fellow, suffering from Parkinson's she later discovered, asked her if she was what we might politely call a "working woman". Many might be insulted by this, but Judy took it with her usual good humour. She asked how she could help him and then, things just went from there. Judy says: "I wanted to be interested in this man. And it was humbling, because it taught me: I don't know what I don't know and I'm not in control. So, I have a lot to learn to help him and anyone else." The attitude of a good volunteer.

Through the years from that day until her own devastating illness, Judy blazed a trail of grateful patients and families, while earning the respect and love of colleagues. In that time, she was awarded the Hearts of



the Community Volunteer Award in 2002, became president of the Sidney by the Sea Rotary Club and enthusiastically participated in SPH events celebrating Christmas, Valentines and other significant days in anyone's life. "People migrate to Judy because she's easy-going and she engages people," says her good friend and volunteer colleague Penny Thornton-Trump. "She likes people for who they are. In our early days, I remember when we were sitting at a table in the cafeteria and a woman came up to us and said she couldn't find her way to the operating room. Instead of just giving her directions, Judy stood up and said: I'll take you there."

Eventually, Judy migrated to the Palliative Care Unit, where she learned that she had a gift in end of life care. She guided many patients on their last journey and believes that "someone should not die alone. I want to hold their hand, stroke their arm and I believe that it's a privilege."

Though Judy can't remember much about her nearly two-month hospitalization at Victoria General, she does know that such a serious illness reinforced her belief in the here and now and the importance of living the moment. As her son Rob said, in one of

his update emails to friends, "She is the very definition of inspiration and is proof that sometimes you can tell that fat lady she's just gonna have to wait a while to sing."

Judy likes to downplay her skills and hard work, saying, "I'm not saint", but she is a wonderful example of the more than 200 volunteers at SPH. ■

*by Virginia Rouslin*

**Volunteers provide approximately 2,000 hours per month (that is an amazing 24,000 hours per year) of service at the Saanich Peninsula Hospital. They work in Palliative Care, Acute Care, Extended Care, Medical Imaging and Administration (which includes the wonderful "Guiding Stars"). Judy has worked more than 2,500 hours (that's about a year and a half of regular working days) during her time with SPH.**

**If you would like to volunteer, please contact Yasmin Rampuri, Manager, Volunteer Resources at the Saanich Peninsula Hospital - [yasmin.rampuri@viha.ca](mailto:yasmin.rampuri@viha.ca)**



*Photo by joannuqx.com*

### **DID YOU SEE FEBRUARY'S SEASIDE TIMES?**

Our own Dr. Marsh was featured in a wonderful article about heart health. He also recorded a video which was on Seaside Times website, and is on our website and Facebook site. If you haven't seen it, take a look at: [sphf.ca](http://sphf.ca)



# A Recipe for the Future

We meet the most interesting people here. One day, while Lesley and I were having lunch in the hospital cafeteria, a couple came to our table and wanted to know why we were eating when there were “donors waiting to make contributions”. We picked up our lunches and escorted them back to our office, where we began our long acquaintance with Ernie and Patricia Maynell.

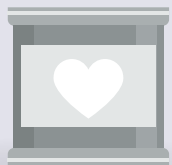
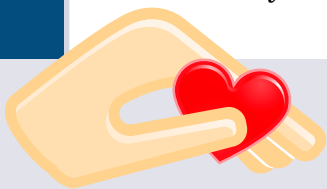
*Photo: Karen, Patricia and Mrs. Carvahlo (a friend from Toronto) at Patricia's 90th birthday party*

pies for the Auxiliary to the Saanich Peninsula Hospital's Bazaars. They were unforgettable – Ernie in his “Andy Capp” hat and Patricia with her red hair styled in a braid half-way down her back.

Patricia and Ernie considered SPH their hospital. In fact, when Ernie had cataract surgery, Patricia, who didn't drive, waited for his procedure to be completed in our office. How she would manage the day was a big worry to her, so we picked them up and took them home after it was all over. A big, beautifully decorated (and very high-calorie!) cake was our reward.

You might wonder – why this story and why now? Well, Ernie passed away in 2009 and Patricia in 2011, but their memory lives on (and not just in our hearts). The Maynells remembered the Saanich Peninsula Hospital Foundation in their will. In December, the Foundation received a very significant gift from their estate. With their thoughtfulness and generosity, these two stalwarts of our community are helping, even now, to ensure that “our hospital” remains ours long into the future. ■

*by Karen Morgan*



**IN THE 2012-13 YEAR, 16 THOUGHTFUL DONORS REMEMBERED THE SAANICH PENINSULA HOSPITAL FOUNDATION IN THEIR WILLS, AND THEIR BEQUESTS AMOUNTED TO MORE THAN \$2.1 MILLION IN REVENUE.**

The Maynells came to Canada from England in the 1950's. Ernie worked in the printing industry, while Patricia worked for Sears department store. They did not have children, but made friends through their involvement in community. Ernie was active in the Masonic Lodge and Patricia loved to bake, providing many delicious cakes and



*Here's one of the many recipes Patricia used for the Auxiliary and for treats!*

## Patricia Maynell's One-Bowl Coffee Cake

½ lb. Butter or margarine, softened  
Grated peel of one lemon  
2 cups of flour  
1 ½ cups cornstarch  
3 tsp. Baking powder  
1 cup sugar  
⅔ cup milk  
3 eggs  
1 ⅓ cup raisins or currants  
½ cup citrus peel

Preheat the oven to 350 degrees and grease a tube or Bundt pan. Mix the first eight ingredients on medium for 2 minutes. Fold in raisins/currants and citrus peel. Pour mixture into prepared pan and bake for 60 to 65 minutes.

### Icing

1 ½ cups icing sugar  
½ cup cocoa  
1 ½ ounces of coconut oil  
3 tbsp. boiling water

Sift the sugar and cocoa. Melt the fat and add to the icing sugar mixture. Add the hot water and mix. Brush on cake with pastry brush to form a glaze. Add more hot water if icing gets too thick.

*...continued from page 3*

Cathie McGinnity, the first woman president of Unit 302 was elected in 2012. Her pride in this important role is evident as she moves around the club, greeting members and guests and sharing a laugh with all. She was delighted to see that, on the day our volunteer photographer attended the meat draw to take photos, Activation staff from the Saanich Peninsula Hospital (who oversee and help with music therapy) were there to celebrate a birthday. Members of Lisa's (the birthday girl) group won quite a lot of meat, and were presented with a rum cake, when SPHF's Karen Morgan won the Auxiliary's dinner ingredient draw!



ANAF Unit 302 takes their role very seriously, but always makes time to have fun doing good in the community. ■

*by James Ellsworth*

## THANK YOU AND GOOD LUCK DONNA RANDALL

Many of you have gotten to know Donna during her four years working as our Grants and Planned Giving specialist. Recently, Donna moved on to other career challenges, and the Board and staff of the Foundation would like to thank her for all her work during her time with the Foundation. We'd also like to wish her health, happiness and success in her new ventures.

# Donor NEWS



We wish to thank Oddfellows Rebekah Extended Care Hospital Committee members Gordon Gale and Gordon Moffat who recently presented a cheque to Karen Morgan in the amount of \$600.00. This donation, by the request of the donors, is reserved for entertainment and “treats” for the residents in ECU. A small portion of this donation was used for an Easter “Elvis” concert. We can attest to the fact that Scott McDonald, the “Virtual Elvis” was a huge hit. We’ve never seen so many people dancing in their wheelchairs!



The winner of the \$1,000 gift certificate from Muffet and Louisa draw this year is Shauna McRanot. Shauna was thrilled to be chosen and looks forward to her own private shopping spree at Muffet’s exceptional kitchen, bed and bath store.



Twice a year, the Peninsula Singers make a very generous contribution. After the Christmas concert, we were thrilled to accept \$4,000 for the Palliative Care Music Therapy Program. Our music therapist, Kirsten Davis, has nothing but gratitude for this group who care so deeply for her work.



The Foundation received a donation of \$719.00 from the “Knit and Chat” group of ladies at Beechwood Village in Sidney. This amount represents their annual Christmas sale and raffle of all of their lovely knitted goods. These dedicated women knit metres and metres of yarn into beautiful items for the community. They are also delightful hosts, welcoming us for tea when they present their contribution.



We have received a donation from Saanichton Bible Fellowship Society in the amount of \$2,127.50 for the Chaplain Support Services at Saanich Peninsula Hospital. The chaplain program is just one more key ingredient to providing care for the “whole” person. This is a service that is most appreciated by the patients and families at our hospital.

Thank you once again to the Order of St. Lazarus in BC, for their extraordinarily generous contribution of \$5,000 for Music Therapy in Palliative Care. They were one of the first funders of this program (which receives no government funding), recognizing its importance in the effective and compassionate care at the end of life care. To date this small but mighty organization has contributed over \$100,000 to music therapy.

## Newsletter e-version



If you wish your newsletter to arrive via e-mail instead of printed matter, please e-mail either Karen or Lesley at [Karen.Morgan@viha.ca](mailto:Karen.Morgan@viha.ca), or [Lesley.Webb@viha.ca](mailto:Lesley.Webb@viha.ca). We would love to decrease your paper, but still give you the opportunity to view a great newsletter on-line.



The Central Saanich Lions Club recognizes the importance of volunteers at our hospital and to show their appreciation made a donation of \$10,000 for the renovation of the Volunteer Lounge, that is now more functional for their needs. The volunteers are very excited as this room has also now shed “that 70’s look”!

## FORE the PARR!

It’s that time of year again. Dust off those clubs and sign up for the **25th Annual Saanich Peninsula Hospital Foundation Golf Tournament!**

**Friday June 14th** will mark the 25th time the Foundation has hosted a tournament to benefit the hospital, and this year, golfers are signing up at record speed. Only 40 spots remain for one of the most enjoyable 18-hole tournaments in town.

Proceeds will be used to complete our fundraising for the new Pre- and Post-Operative Anaesthetic area. For \$190, you will get an afternoon of “Texas Scramble” golf, golf cart, a wonderful buffet dinner, and of course, our ever-popular raffle with great prizes.

**Call Lesley or Karen, or go to [www.sphf.ca](http://www.sphf.ca) to sign up.**



# DONATION INFORMATION

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**PARTNERS**

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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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