



PARTNERS

OF THE SAANICH PENINSULA HOSPITAL FOUNDATION

SUMMER 2018



From Marsh to Lamb: a Change at the Helm

At the end of 2017 Dr. Ambrose Marsh left his position as Chief of Staff at SPH and moved into a new role as Medical Director for the Saanich Peninsula and the Gulf Islands. His were big shoes to fill, but Saan Pen is fortunate to have Dr. Charlie Lamb as our new Chief of Staff. Both men recognize the importance of primary health care. As Medical Director, Dr. Marsh will be helping the Health Authority work outside the hospital to address community health. Dr. Lamb will continue as both a practising doctor, and part of the leadership for both the community and hospital primary care medicine.

We wonder if Charlie will be able to match Ambrose's unique fashion sense?

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Hannah and her puppy, Hobie

Meet Hannah: SPHF's Co-op Summer Student

Hannah was born and raised in Calgary, Alberta in a fun-loving family of five. She has a passion for the outdoors, and enjoys spending her time skiing, surfing and hiking. When she isn't off exploring, Hannah can often be found channeling her creativity, either through cooking or painting.

While she loves the snowy winters in Alberta (and the Calgary Stampede, of course), Hannah chose to come to the island for her post-secondary education because of the mild climate and beautiful scenery. She is currently studying International Business at the University of Victoria and is entering her final year of her degree. At the end of the summer, Hannah is off to Portugal, where she will complete an academic term at Católica Lisbon School of Business and Economics. With her next adventure fast approaching, she has started to learn Portuguese, and is loving the language already!

When it comes to the future, Hannah is thinking about pursuing a career in corporate sustainability. She has a keen interest in protecting the environment and would love to support this on a larger scale. However, she is still exploring her options – anything that incorporates her interests would be a great fit.

SPHF's new summer student is excited to be working with us, and she is looking forward to her involvement in the upcoming events this summer. If you find yourself near the Sidney Office, stop by and say hello! ■



**It's more than what donations buy,
it's what donations do**

Campaign Update

This year, SPHF has been dedicating fundraising efforts to support important modernizations within our hospital. To date, the campaign has raised over \$1,300,000! This is well over halfway towards our annual goal; however, there is still lots of work to be done. With the recent completion of the new sterilization unit – or MDRD – we are beginning to make new investments into other areas of the hospital.

Firstly, we are replacing some of the older furnishings in the Palliative Care Unit. It has been nearly fifteen years since it was built and we would like to “refresh” the area to make it more comfortable for families and patients. Secondly, we are aiming to update SPH’s echocardiogram service – more specifically, plans are in place to modernize the outpatient lab, as well as make space for an echocardiogram machine.

This year’s campaign has been a great success so far and we would like to extend our thanks to you, our generous donors, for making these fundamental improvements possible in our hospital. ■



The Grand Opening of The MDRD

Washington may have won the Stanley Cup, but we had the Hat Trick!

June first was not the best of days, but the rain held off and a large group of donors came for a once-in-a-lifetime tour of the new Sterilization Unit (or Medical Device Reprocessing Department, as it's more formally known). SPHF Board President Paul Hames welcomed everyone, and Troy

was a visit from the Board Chair of Island Health, Leah Hollins, who thanked donors warmly for all they do to support the Saanich Peninsula Hospital.



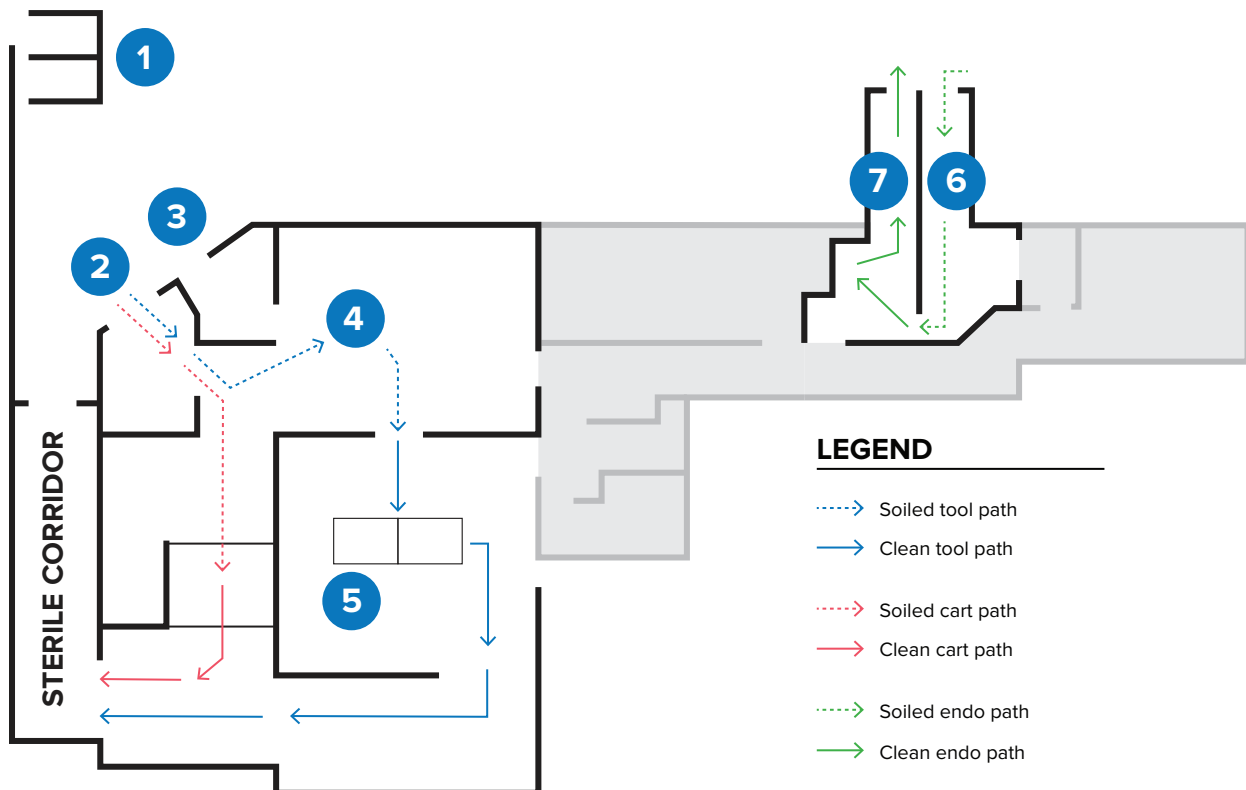
Intrepid volunteers dressed warmly and served coffee and cake, while donors donned disposable gowns, bouffants (as those blue hair coverings are known) and booties in order to take the tour. When asked if they enjoyed the tour, everyone was full of praise for the OR and MDRD staff (who all came in on their day off to help) and most commented that the unit was actually beautiful as well as functional. Here are some photos of the event, but if you would like to take a video tour (as physical tours are no longer possible), please go to our website at www.sphf.ca. ■



Courville, Clinical Coordinator of the OR, and his predecessor Barb Mollberg (who retired in January) expressed their gratitude to donors for helping to make this amazing leap into the 21st century possible. A special treat

Take the MDRD tour:

- 1 Entrance from outside OR office.
- 2 Cart Ante room where staff don and doff PPE (Personal Protective Equipment); a hair net, booties and gown. All guests will have to wear these items to view the inside and remove them before exiting.
- 3 Staff Ante room is where the staff access MDRD to hand wash and don PPE prior to entering decontamination.
- 4 Decontamination side – this is where the carts with instruments come in from the OR after surgery, instruments are emptied onto pneumatic wash bins and carts are wheeled into cart washer to be processed. All instruments are put through rigorous gross decontamination and then through MDRD washers.
- 5 Clean side – staff retrieve carts and clean instruments from the washer. The instruments are dried and packaged into surgical pans designated for each specific procedure performed at SPH. Each pan of instruments is labelled and wrapped as per reprocessing policy and procedure and set into Sterilizers.
- 6 Endoscopy decontamination – receives all pre-cleaned scopes through the pass through window and are extensively cleaned with enzymatic and brushes for gross decontamination.
- 7 The Clean side receives the scopes through the pass through window where the scope enters high level disinfection process in the Medivator before being dried and hung up in the sealed post processing closets ready for use.





Everyone's 'Buddy'

*Taken from a short story
by Jeffrey Brooks*

"Are you his owner?" "No. I'm not. I don't think you own your dog. No more than you own your wife. Let's say he lives with us. Let's say he's my partner, my buddy."

Buddy's gone. I had the vet euthanize him on a Saturday last month. It was very peaceful. He barked when she and her assistant arrived. I picked him up, cradled him in my arms and went and sat down. He was always a touchy-feely kind of dog, more so lately. He'd lie on my lap, often with his nose buried under my arm. He would quickly drift off. I always knew when he drifted off. His breathing would change. He'd start his quiet snoring. I liked that. Or he would nuzzle his nose under my arm when he wanted to be held for a while. That's what he did on Saturday. I petted him gently. He nuzzled his nose under my upper arm. So peaceful. He drifted off, snored like he often did, gently. Then he died.

I miss him. I wish he was here. I wish he was healthy. I wish he could run, run, run. But he's not. He wasn't. He couldn't.

We adopted Buddy when he was almost two; terrible two. Like so many Jack Russell terriers, he had spent most of his life in a cage. Jacks are a lot of work and many people just aren't up to tiring out a doggie. The pads on Buddy's toes were so soft. He didn't get out much, I guess. He wasn't used to walking in the woods. The first time he saw a branch, a twig really, on the trail, he freaked and we had to more or less drag him to meet it. After that, he would explore whenever he could, on his own.

Barbara had to teach him to swim. Terrified, he wouldn't go near the water. So she took him in her arms, held him tight and walked with him into the water. After a few tries, he

got it and loved swimming. For years after that, he'd swim every time he could. We'd throw the stick. He'd dive off the dock. He loved that. He would have done that forever. Such joy. Such fun!

He loved speed, the joy of running, running, running. He loved being chased by big dogs in the park. He'd let them get close then zig-zag quickly away, causing the big dog to fall and tumble as he evaded capture. Great fun. When there was no big dog around, I would sometimes chase him in a field or pretend to. On one occasion, someone saw me and joined in. The guy was so proud when he actually caught Buddy or, more probably, when Buddy let him catch him. The guy didn't realize it was just a game. Buddy did.

Then I got Buddy certified as a therapy dog. He was probably 8 at the time. It began after I asked the volunteer coordinator if I could bring my dog with me when I volunteered in Palliative Care. Sensing when people were sad or ill and getting close to them came naturally to Buddy. He was fearless in this way. And he loved volunteering at the hospital. We'd park the car then walk to the hospital. He'd pull me through the door. Then it was like he was in a dog biscuit shop. He'd start working the crowd with his little vest on. People would ask, "Can I pet the dog?" And I'd say, "Yes, that's what he's here for." It was a joy to visit patients with Buddy at the end of life. So serene.

There are many times when our visit with patients stood out. One was when I walked slowly past a lady's room and she motioned for me to come in. I went in and placed Buddy on her bed by her arm. We talked, then her



Buddy fearlessly diving from the dock.

phone rang. She spoke to someone. It sounded like family. She mentioned "I have a nice warm doggie in my bed. It is so sweet." After she hung up, I told her "You know the person on the phone will think, "Mama must be on the good stuff. She has really lost it." We laughed. When we returned later that week the lady had a visitor. When I walked into the room with Buddy, her visitor smiled and said, "So there really was a dog!"

Three to four hours at the hospital was exhausting and sometimes stressful, but we loved it. We did that twice a week for 7 years or so. When we got home, he'd sleep the rest of the day.

I miss him dearly. Yes, in a way Buddy was just a dog, the kind of dog every dog wants to be if you let them. The kind of dog everyone wants to have. I do hope to get another doggie; someday, maybe. But not someday soon.

If you would like to volunteer at the Saanich Peninsula Hospital, please contact Bryony Moorman at bryony.moorman@viba.ca. ■



Ageless Gardens:

Inspiration at Saanich Peninsula Hospital

By Barbara Harwood

It is easy to understand the love of gardening. As Alfred Austin, the English poet laureate of the late 19th century wrote, “The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body but the soul.”

On the afternoon of March 12th 2018 at the Star Cinema in Sidney, SPHF donors learned the truth of that statement. A special showing of two episodes of the Vision and Zoomer TV series “Ageless Gardens” (visit www.agelessgardens.ca) was held to acknowledge donors to last year’s campaign for therapies at SPH.

The underlying theme of the episodes was the importance of gardens in human health and

the value of volunteers in helping to create and maintain them. Two residents and their “assistants” at Saanich Peninsula Hospital were featured in one of the episodes and it was obvious how much joy their gardens bring them.

A number of those in the audience were not aware of the raised bed gardens at the hospital. Some wood frame beds were built to be accessible from a wheel chair so residents can tend their own small plot. The raised gardens are so popular now that metal frame versions have been purchased, and even with the addition these new beds, there is a lottery to decide who gets one!

After the movie, my neighbour Beverly and I walked back home looking at all the gardens en-route and deciding what would look good on our property. We had been inspired!

Three weeks later, Beverly and I visited all the gardens at the Hospital and in spite of the pouring rain Recreational Therapist Anne Casey gave us a wonderful tour. Rhododendrons and magnolias create a back drop for daffodils and tulips, while heathers delineate the pathways. Well-placed benches and a beautiful gazebo are ready for residents and family members to enjoy the colours and scents.

Most of the gardens are visible to residents and in good weather, those who tend the raised beds give a focus to those less able than themselves. Many residents were gardeners in their former years and to work on the raised beds, or even just see flowers growing reminds them of those halcyon days.

Anne explained to Beverly and myself that although there are some planter gardens, it is not easy for a wheelchair bound person to bend forward and tend a planter. There is a need for more planters and the ergonomically designed tools for arthritic hands.

Just \$25 could buy a tool set for someone in Residential Care. ■





Denis Muloin Bike Ride for Palliative Care – Our Biggest Year Yet!

On Sunday, May 27, riders of all ages gathered at Lochside Park to participate in the 4th Annual Denis Muloin Bike Ride for Palliative Care. This year was our best yet – more than 70 riders participated, and we raised \$10,700 for Palliative Care at Saanich Peninsula Hospital!

The morning was filled with laughter and camaraderie, and the riders partook in snacks, coffee, temporary tattoos and Telus giveaways. Participants were fortunate to enjoy warm, sunny weather throughout the day. Riders of all skill levels enjoyed the Lochside Trail

route, with the option to turn around early or continue on to Sidney.

This year Eric Andresen, with the help of his generous supporters, raised \$2,100, making him our top fundraiser and the winner of a three-night stay at the Black Rock resort in Ucluelet. Following close behind was Jay Ranson, who brought in \$2,050 and Lesley Webb, who raised \$2,035. We would like to extend a heartfelt thank you to everyone who supported this event and helped make it such a huge success. We hope to see you at the bike ride next year on May 26, 2019! ■



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Thank you to all the participants, sponsors and volunteers who made our Denis Muloin Bike Ride for Palliative Care a resounding success!

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Tuesdays with Garry:

The Men's Group

“Do the kinds of things that come from the heart. When you do, you’ll be overwhelmed with what comes back.” So says Morrie Schwartz in *Tuesdays with Morrie*.

Garry loves to put smiles on faces. He has done this for the past three and a half years as a volunteer at the Saanich Peninsula Hospital. When asked to lead a Men's Group in the Residential Care Unit, he

saw it as another opportunity to do what he loved--and he excelled at it. “I try to get background from the guys to learn who they are. Each one of my guys is special and for each one I have a little something that I go after him about.” One of his favourite stories is the time

he brought the guys doughnuts, and a resident with Parkinson's chose a very messy one. After the fellow enjoyed it, Garry went to get a cloth to clean him up, saying, “Look, don't move.” Imagine telling someone with Parkinson's not to move! The guys loved it and loved to tease him about it whenever they could.

Every Tuesday the topics of conversation were varied. Garry gave them the opportunity to reflect on their achievements and to remember

good times, as well as keep up on current events and discuss anything that concerned them. “Some subjects you may not want to [discuss], but those are often the subjects that the residents need to talk about. If they are concerned about being in that environment and you don't talk about it, it's always going to be in their head. If you don't talk about it, you can't lighten it up.”

You get attached to each other. They've shared some dear things with me that they probably haven't shared with other people.

Garry is the king of making it light. Many staff members at the hospital describe him as a bright light in everyone's day. “I'll wear silly hats...like just before Christmas I wore a turkey hat. I told them I was pretty sure one of the surgeons was going to be

able to correct it, but not to mention it because I'm really sensitive about it and I might cry.”

In January 2018, Garry was diagnosed with a rapid form of terminal cancer. “I recognize the fact that I have a lot of people to say goodbye to. It was out of respect that I told [the guys] what was going on, because if I suddenly don't show up, where's the respect?” Now that his treatment has begun, it is unlikely that he will be able to return to the

...continued on page 15

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Good NEWS



The Knights of Pythias – Foundation Fund has provided the hospital with a gift of \$135,000.00. This gift was presented to our Executive Director, Karen Morgan by Brothers Arthur Lyon, Robert Smith and Roy Spencer-Jackson. The gift has been placed in our 2017/18 campaign for Residential Care and Imaging.

Our hats are off to the Glen Meadows Golf Members Association who recently donated a very significant contribution of \$3,334.00. This gift reflects the many club members who actively enjoyed and played at Glen Meadows golf course. Sadly, the club no longer supports golfing members, however, the many tournaments the Foundation held at that course and the members who supported the Foundation will always be a fond memory for us.

The Peninsula Singers April concert—Giving our Regards to Broadway—was a sold out show in support of Music Therapy at the

hospital. It has become a tradition for the singers to provide a mini concert in the Residential Care Unit prior to their big event and this year was no exception. This mini concert allows our residents to enjoy high level entertainment that they may not otherwise get out to see, as well as offering an opportunity for a dress rehearsal for the group!

The Knights of Columbus recently brought in a donation of \$1,000.00. This group of men work together to help meet the needs of those in the local community and support programs that benefit our patients at Saanich Peninsula

Hospital. We are eternally grateful for their gifts which have now reached a total of \$32,700.00

Shoppers Drug Mart has provided funding to the Foundation for Women's Programs since 2012. This year a gift of \$4,463.00 brings the total of their gifts to \$21,769.00. These funds are instrumental in providing support to women's health at this hospital and we are ever grateful.

The folks at Central Saanich Estates Residents Park meet regularly for a BBQ evening and meat draw. Along with having a lovely evening together, they present the proceeds of the draw to the Foundation. Karen Morgan is always invited to these events and it is a wonderful way to keep in touch with the residents as well as enjoying an evening out.

Are you looking for another way to help the Foundation?

Did you know that you have the option to donate AIR MILES to the Saanich Peninsula Hospital Foundation? If you shop at stores such as Thrifty's, Shell or Rona, you may be interested in having a copy of our AIR MILES card to scan when you make a purchase. All points earned go to the Foundation and will support our fundraising efforts. It is another great way for you to help us promote quality healthcare initiatives on the Peninsula and in the Gulf Islands. If you are interested, simply stop by one of our offices and we will give you a card. Call us at 250-652-7531 or 250-656-2948 to have us mail you a card or if you have any questions. ■

hospital. "That was probably the hardest thing to hear; that I wouldn't be able to return because of the chemotherapy. That and then the toughest thing was telling the guys. You get attached to each other. They've shared some dear things with me that they probably haven't shared with other people."

On April 10th the Men's Group went on an outing to Iroquois Park to visit with Garry. If he couldn't go to the hospital, they would come to him! The meeting took place on the Saanich Peninsula Hospital Auxiliary bus in the parking lot. Hugs were distributed, coffee and doughnuts were served and Garry took a lot of ribbing about his new look; bald. Of course the occasion called for a new hat; a plush red and white mushroom warmed his head while he reminisced and revisited old jokes with the fellas. The guys were also thrilled to see his photo album from his recent wedding. The mutual love and respect was tangible.

When I asked Garry to sum up his feelings about Men's Group, he said this: "It worked out really well [and] I'm really going to miss it. They have fulfilled me. If I've done anything for them, they have doubled it for me." He also said: "It's been a great experience; over a very short time I have experienced a great deal of joy. I've done it for three and a half years, I'd love to do it for 30.5 more."

Thank you, Garry, for doing what you did...with heart. ■

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