



AUTUMN 2017

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OF THE SAANICH PENINSULA HOSPITAL FOUNDATION



## Therapy Lovers Campaign nearing completion!

*Thanks to the support of our donors,  
we have now raised just over  
\$1.95 million.*

The renovations to end of life rooms are nearing completion, equipment is being purchased and the landscape architect for the memory garden has been chosen. As you will read, there is lots of excitement as new therapies are being introduced. It is wonderful to see the energy and excitement in Residential Care. Stay tuned for more news as things develop!

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## **Person-centred Care**

*By Charlie White*

One of the most reported areas in dementia patients' care is anti-psychotic drug use and dementia patients. The Residential Care Unit in the Saanich Peninsula Hospital is taking steps to assist residents and their families in navigating the best care options for managing dementia and its symptoms, whether that be through medication use, therapies or a combination of the two.

Medication reviews are conducted every six months or as needed with the goal of discontinuing or lowering anti-psychotic drug use and ensuring that residents are only taking necessary medications. There are many ways to help residents manage symptoms of dementia. One effective method is person-centered care. "Person-centered" care is beginning to be utilized in extended care facilities in Canada and around the world. This type of highly individualized care considers the person and their needs above all else.<sup>1</sup> "The antidote to anti-psychotic medication use is more person-centered care", says Jennifer Wear, a registered nurse in SPH's Residential Care Unit. Person-centered care asks why a resident is behaving the way they are: Is sunlight shining in their eyes? Is their shoe too tight and causing them pain? Are they awaking early because they worked an early morning shift for years? The healthcare team uses this

information to generate understanding and empathy for their residents and then move forward with a plan of action to help the resident.

Examples include closing the blinds so the resident does not become agitated when sunlight shines in his/her eyes or creating a safe hallway in which the resident is free to wander early in the morning. Person-centered care is critical in improving residents' health, happiness and quality of life while living in residential care.



At Saanich Peninsula Hospital, the Residential Care Unit has music, art, horticulture and doll therapy programs. As reported by the Office of the Seniors Advocate, 2015, cognitive function in seniors is positively impacted by physical and engaging activity.<sup>2</sup> The therapy programs offered at SPH greatly support residents' wellbeing and quality of life.

In her report, Seniors Advocate Isobel Mackenzie, states: "It is crucial to maintaining function that seniors get access to the therapies they need. Everything from getting

*...continued on page 15*

*"It is critical to build vibrant, healthy communities within residential care that connect with the greater community and the residents."*

The needs of every single resident are constantly changing and no two residents are alike. This creates a complex and demanding work environment for physicians, nurses, therapists and other healthcare providers. Jennifer feels "it is critical to build vibrant, healthy communities within residential care that connect with the greater community and the residents. Activities such as trips to the park and taking classes at local recreation centres help keep residents engaged with the community." By encouraging residents to find and pursue their talents and passions, healthcare providers can work towards assisting residents in finding joy in life.





# *The Healing Journey of Music Therapy*

*By Kirsten Davis*

**A**s a certified music therapist, it is my job and my great privilege to share patients' favourite music and its connections to their rich life experiences, each week on SPH's Palliative Care Unit. Hanne is one of many patients I will never forget...

Hanne, a 71-year-old woman with metastatic bladder cancer, was described to me as the most "challenging" patient on the unit. She was verbally and physically aggressive to staff, refused her medications and had harshly rejected any assistance or activities offered by palliative care volunteers. As a last resort, the palliative care team referred her for music therapy. With some trepidation, I entered Hanne's room, and was greeted with a skeptical remark as soon as she saw my guitar: "I don't like THAT kind of music." I immediately asked, "I'm curious, then – what kind of music DO you like?" Hanne explained that she liked Danish and Norwegian folk music, and that she had played the piano since

she was four years old. With a little encouragement, Hanne talked for 90 minutes about her childhood in Denmark, her wartime experiences and her family. She reminisced about playing the piano every night after supper for her father, who would fall asleep in his chair as he listened. She recalled her aunt and uncle who often sang together at family gatherings, then stated, "I am not much for singing, but I have long fingers for the piano!" Hanne accepted my offer of a return visit, saying, "You are the only person here I've opened up to...I enjoyed talking with you, but...", as she pointed to the guitar, "DON'T bring THAT thing!"

Over the next 8 weeks, Hanne and I spent hours together. During our second visit, she enjoyed perusing a selection of Danish folk songs I brought, and translating the text from Danish into English. “If I had a piano, I could bang these out!” she told me. I offered to play some of the songs on my flute, and when I took the instrument out of its case she asked to hold it. “I always wanted my daughter to play the flute,” she said wistfully. Hanne sobbed throughout the song, and afterwards asked to hold my hand. “That song is from the mountains,” she explained. “It reminds me of my grandmother, who died in the Spanish influenza epidemic. It’s been 45 years since I cried about grandma.” As she spoke, Hanne obviously had difficulty concentrating and finding words. “I feel like there’s something wrong, and I’m losing my mind,” she said. The following week I learned that Hanne’s cancer had metastasized to her brain.

For our third visit, I brought an electric keyboard to Hanne’s room and set it up on the table extending across her bed. She played it briefly, and stated she liked the sound, then again began to reminisce, this time about her 100-year-old piano which had recently been refinished and given to her grandson. When I played a Danish folk song on the keyboard, Hanne again became tearful, saying, “I get so emotional when I hear that.” More tears came to Hanne’s eyes when I suggested that we could make some of her stories into a song as a gift for her

*The power of music accomplishes many non-musical patient care goals: to facilitate emotional expression, to support family relationships, to affirm spirituality and to improve quality of life.*

grandchildren. “Do you think I could do that?” she asked. By the following week, Hanne’s concentration had deteriorated further; she was easily distracted and often forgetful. She began to express concern about her relationship with her husband, stating that she suspected he had been having an affair, and that his excessive drinking had made her children unhappy. Surprisingly, however, she was able to recall specific details of her childhood experiences in response to my questions, to complete the outline of a song I had drafted. As she dictated, I was able to fit Hanne’s memories to the tune of one of her favourite Danish folk songs.

The following week, Hanne’s daughter was visiting when I arrived. They listened to Hanne’s song together, and Hanne frowned, then asked to look at the words. “I had no idea...” she said slowly, staring at the pages. “Before it’s all over, I would like you to do it... not just help me, but do it,” Hanne said. Hanne’s daughter tearfully thanked her mother and me for creating the song.

The next week when I visited, Hanne’s condition had visibly changed. She did not respond verbally, but

made eye contact and smiled when I played her song, and shook my hand warmly. During our next visit, which would be our last, Hanne was bright but confused and emotionally labile. She stated she had been thinking about her husband and her daughters and that she was “thinking about going to the airport...I

*...continued on page 7*



# Penny Thornton-Trump

30 years of inspiring dedication to the Saanich Peninsula Hospital

*By Charlie White*

Penny Thornton-Trump will have been volunteering at the Saanich Peninsula Hospital for 30 years at the end of October, 2017. Can you imagine dedicating your time to the hospital for the past 30 years? This is exactly what Penny has selflessly done. She has spent her time assisting patients in most every area: palliative care, singing and playing guitar in the extended care unit, putting on musicals, working with the Foundation, and knitting and crocheting items for the gift shop. Penny has had a tireless passion for donating her time to others since she was a child. She says, “I have always kept my ears and eyes open for opportunities to volunteer, but you have to be receptive—there is a fit for everyone”. She also received the Community Hearts award for Service to Seniors.

As a child, Penny had multiple infections in her ears, nose, and lungs and spent a lot of time in hospitals – this is when she discovered her passion for helping others. It was not until

adulthood that doctors discovered she had zero gamma globulin, which is part of blood responsible for fighting infections. She now receives an ‘infusion’ of gamma globulin (part of the clear plasma) every two weeks. She has done this for the past 46 years.

The infusions have saved her life and she is able to live a relatively normal life, though there have been some challenges along the way. She would like all blood donors and people who are considering donating blood to know “how they help others, and how they make people’s lives so much more tolerable.” Penny periodically speaks at blood donation clinics and events to share her story and give them huge bouquets of thanks. She shares the valuable knowledge she has gained through her intimate connection with the blood donation system and emphasizes the importance of blood donations within our community. Blood donors save countless lives every day: for example, people undergoing heart surgery, or surgery after car crashes, or

cancer treatment may require up to 5 donors, 50 donors and 5 donors, respectively. She would love you to become a blood donor with Canadian Blood Services and become one of her life lines, her angels, her forever heroes.

Having spent considerable time at SPH, both as a volunteer and as a patient receiving these infusions, Penny says she considers SPH the “crème de la crème of hospitals”. She feels the efforts of the selfless volunteers at SPH are truly inspirational, and help make the hospital so outstanding.

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*...continued from page 5*

want my daughter to be there with my bags.” She became suddenly tearful, stating, “My chest is just caving in.”, and said she would like to “tell my daughter that I love her.” Hanne then became shaky and anxious, stating, “I am scared. I am holding on to something and I can’t step down...something big is going to happen.” As I again slowly and gently sang her personalized song, Hanne suddenly said, “Please...I am sick and I want my husband.” When I asked what she would like to say to her husband, Hanne said, “I get so angry every time I think of him drinking.” After listening to the music quietly for a few more minutes, Hanne reached out her arm, pointing to the ceiling. “Open up the little gate,” she said, “so that I can go through.”

Working with Hanne confirmed for me again the power of music to accomplish many non-musical patient care goals: to facilitate emotional expression, to support family relationships, to affirm spirituality and to improve quality of life. Hearing familiar Danish folk songs helped Hanne reflect on,

She says, “It matters not whether you’ve donated one time or many dozens of times, or even given it a try with no success, you are my angels who let me carry on day after day.”

Penny concludes “I’m so thankful and proud to be a productive member of society leading a wonderful and precious life.”

If you would like to book an appointment to donate blood and to learn more, please visit [www.blood.ca](http://www.blood.ca) ■

and find meaning in, her life experiences and her identity. Creating a new song using an old folk melody allowed Hanne to share a little of her story, and her heritage, with her family. Music helped Hanne to focus when she became distracted and confused, and provided a way for her to express herself when she was no longer able to do so verbally. Music allowed her to grieve both previous and current losses: the loss of her grandmother, and the anticipated loss of her husband and daughters. Additionally, music provided a beneficial “escape” for Hanne as it carried her mind to happier times and favourite places.

Thanks to the Foundation, I have been sharing musical journeys with patients at SPH since 2005. If music be the food of love, of memories, of healing...play on! ■

## Residential Care Campaign Update

**ONLY \$40,000  
left to raise!**

Did you know that studies show that activities such as painting, singing, reading or gardening benefit the emotional, mental and physical health of our elders, resulting in alleviated depression, greater retention of cognitive abilities, and less need for some medications? Our current campaign is committed to supporting our residents in care to continue enjoying the passions they love. We are happy to report that we are almost there! To date, just over \$1.95 million has been raised. Thank you for your wonderful generosity and continued support! ■



### New Piano

There will be music in the halls of SPH! A beautiful new piano has been donated to the South Unit by Jocelyn Murdoch and her husband, Bill. This new piano, graciously restored and tuned by David Donovan, provides much fuller sound and a broader, more sensitive dynamic range (whereas the old piano only seemed to be able to play loud, loud and loud!). This wonderful contribution can be enjoyed by patients, visitors and employees alike. ■



### Doll Therapy

In May of this year 10 therapy dolls were generously donated to Residential Care in memory of Irene Kay. Developed by Gail Elloit, Doll Therapy is a Montessori approach to treating dementia that provides relief from psychological distress that can be experienced by dementia patients. Patients can play with or simply hold the dolls, which not only relieves agitation for them but also creates a new sense of community among the patients who have been given dolls. We cannot wait to see the longer term results of this therapy! ■



# Art Showing

For the past six weeks, Thursday mornings for seven Saanich Peninsula Hospital residents has been a time for art at McTavish Academy of Art. This accessible facility has enabled the mobility restricted artists to attend sessions in the art studio with instructor Harry Fowler, with the assistance of Jane Dolan (a Recreation Therapist from SPH) and a rehab assistant to help support the residents. This wonderful program has allowed residents to reconnect to the community as well as to their past lives and their sense of self. On Tuesday, July 11<sup>th</sup> they held an art showing in the Residential Care dining room to showcase their beautiful pieces, and all who attended were astounded by the creativity and skill they shown. The residents and staff at SPH are so grateful for the opportunity that the donations to this year's fundraising campaign have opened up for them. ■



# SPHF Last Ever Golf Tournament

By Charlie White and Emily Faris



The Last Ever Tee Off for Technology Golf Tournament held on June 15th at Cedar Hill golf course was an outstanding success! We are pleased to announce that we raised over \$59,000 towards residential care therapies thanks to the generosity of our participants and sponsors.

Despite the rain and wind, 23 teams saddled up for 18 holes of golf followed by a silent auction and dinner program. The golfers braved the weather and put their best boot forward (in Dr. Ambrose Marsh's case, best go-go boot forward) to try their hand at cow roping and winning the hole-in-one prize of \$5,000, sponsored by Shelley Mann and Bev McIvor. The beautiful cactus themed chipping contest had to be abandoned because of the wind, but was repurposed as décor in the dining room. Four hours later, the slightly damp, yet happy golfers returned to the clubhouse for a hot meal. Following the silent auction and dinner, Balloon Pop participants attempted to win our grand prize, donated by Peggy Yelland — a stay at the Black Rock Resort in Ucluelet, valued at \$1400. People also participated in a 50/50 draw, and the winner, Roger CoMartin received \$796!

## Congratulations to our golf tournament winners:

**Lowest Overall Score:** Gary Mordecai, Barry Lowe, Mark Phillips, and Don Stevens

**Most Honest Team:** Kirk Davis, Marlyn Davis, Anne Heywood, and Sally Wait

**Men's Longest Drive:** Dennis Fimrite

**Women's Longest Drive:** Irene Beddoes

**Men's Closest to the Pin:** Rod Fimrite

**Women's Closest to the Pin:**

Sheila Leadbetter

**Men's Closest to the Line:** Dennis Fimrite

**Women's Closest to the Line:** Julie Hall

**Best Costume:** Jim Sinclair

A sincere thank you to our wonderful volunteers who worked tirelessly, despite the weather. Their efforts made the event a true success for all involved. And thank you to all of our sponsors and silent auction donors; you're the greatest! ■



# OUR THANKS TO ALL OF OUR SUPPORTERS THE EVENT RAISED \$59,667!

The Saanich Peninsula Hospital Foundation Board of Directors and the Golf Committee wish to thank the supporters of the 2017 Last Ever Tee Off For Technology Golf Tournament.

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## Leah Wharf's Graduation from Nursing School

In celebration of her graduation from Nursing School, Leah Warf held a fundraiser for the Foundation at the Brentwood Bay Inn as a very special way of thanking and saying goodbye to friends, colleagues and customers. In addition to the wonderful evening, there was a silent auction and plenty of games available to the guests. A fun time was had by all participants. We extend a gracious thank you to Leah for celebrating with such generosity! Best of luck on your future endeavors!



## Denis Muloin Memorial Bike Ride

Every year Russ Hay's Bike Shop owner Mike Clermont holds a Bike Ride in memory of Denis Muloin who passed away in our Palliative Care Unit. Denis was passionate about cycling, specifically mountain biking, and Mr. Clermont could think of no better way to commemorate him than through doing what he loved. This year participants raised an amazing \$3,211 from the event., donated to the Foundation: Our sincere thanks.



## Construction on MDRD (new sterilization unit)

Construction has started on the MDRD new sterilization unit! Work is now underway with the building excavation complete and the foundations being formed. Steel delivery for the building structural frame is scheduled for this month with an expected completion of the entire project by the end of May 2018.



## Thrifty Foods' 40th Birthday Party

On May 27th, Thrifty Foods celebrated their 40th birthday party in a spectacular way. They donated \$3 from every feature frozen fruit box sold in May and asked customers to donate their 3¢ bag rebate or make any cash donations, and raised an outstanding \$2,136.29 for SPHF! Karen, Chryseis, Linda and Charlie were seen having a great time volunteering at the Sidney store on the day of the event.



## Donate Your Air Miles Points

Looking for an easy way to help contribute to the Foundation? Come by and pick up an Air Miles card!

You can use this card at any store that awards Air Miles and the points will go to our collective SPHF account. These points give us the opportunity to make use of them through purchasing silent auction items for our events throughout the year.

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## Canada Day Parade

We celebrated Canada's 150<sup>th</sup> birthday in style this year as we marched in the Sidney Parade. We had plenty of amazing volunteers show up, from Residential Care staff to Housekeeping. We even had a few residents board the SPH Auxiliary bus and participate in the parade as well! A great time was had by all as we walked down Beacon Avenue handing out frisbees and hacky sacks along the way. If you didn't catch us this year, hopefully we'll see you next year!

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## Royal Canadian Legion Branch #37

The Foundation is privileged to have the support of the Royal Canadian Legion Branch #37. This organization has provided a gift of \$5,000 to our 2016/17 Residential Care Campaign for the purpose of purchasing equipment. Gifts from the Legion's Poppy Fund directly support Canada's Veterans and their families, while ensuring Canada never forgets.

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## Peninsula Singers

A two-fold thank you goes out to the Peninsula Singers! One for their wonderful Christmas performance in Residential Care. Our residents received a large dose of festive spirit as they sang along to old favourites or enjoyed a new twist on the carols they have loved. Two for another generous donation! The \$3,000 cheque is the fruit of their 2016 Benefit Concert Series, culminating in December's performance of A Magical Christmas at Mary Winspear Centre. This money will be used to enhance Music Therapy Programs in the Palliative Care Unit and brings total donations to date from the Peninsula Singers to almost \$43,000!

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## Army, Navy and Air Force

There is nothing better than being invited to share a toast with this wonderful group of Veterans at ANAF Sidney Unit #302, and what an additional joy it is when they make a donation to the Foundation. Their donation of \$5,000 this year has gone into Residential Care renovations, to both the unit and garden. The Foundation board and staff are very grateful for the continued support by this group and we thank you!

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# Good NEWS



## Auxiliary Donates Major Gift of \$25,000

The fundraising efforts of the hardworking ladies and men of the Auxiliary provided a recent major gift to the Foundation in the amount of \$25,000! This donation will go to the Residential Care Renovation Campaign. Over the years the Auxiliary has made donations totalling \$186,707 to the Foundation for big and small projects that benefit all of us at this hospital. Every time you attend one of the Auxiliary events, be it a trip to the gift shop to buy that piece of licorice, or to their famous bazaar, you are contributing to their fundraising endeavors.

## Donor Tea

On May 4<sup>th</sup> we held our annual Donor Tea event which provided a great opportunity for donors to see the new renovations in Residential Care. They were able to check out the new Rose Ruse room and therapy dolls, as well as play with the two new robotic cats. They also saw the plans for the Memory Garden, which we have been able to fund thanks to the donation by Enid Blakeney. In the chapel, music therapist Marianne Burrows held a heavenly bell choir concert, and beautiful murals were showcased by Shelley Davies in anticipation of new bathroom renovations in Residential Care. ■

## CALLING ALL WRITERS AND PHOTOGRAPHERS.

Do you have a way with words? Do you have an idea for a great newsletter story? Are you an avid photographer?



### PLEASE CONSIDER VOLUNTEERING YOUR TALENT!

If there is a story you would like to read, about our hospital or Foundation, please let us know. Or, if you would like to contribute as a volunteer reporter or photographer, please contact Executive Director Karen Morgan at [karen.morgan@viha.ca](mailto:karen.morgan@viha.ca) We'd love to hear from you and learn how you'd like to contribute to the newsletter.



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*Our Celebration of Canada's 150 promises to be an enchanting night of sumptuous dining, wondrous entertainment & thrilling auction items.*

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help swallowing, being fit for a wheelchair, walking and moving as much as possible and engaging in activities with other people are what make a huge difference to the quality of life in residential care.”<sup>3</sup>

At the Foundation, we continue to raise funds to support therapy programs in Residential Care. The goal of these programs is to allow residents to participate in fun and engaging activities to enhance their experiences and wellbeing. We rely on generous donations from the community in order to allow residents to continue to pursue their passions

and hopefully, discover new passions while living in Residential Care. ■

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