



# PARTNERS

OF THE SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

AUTUMN 2019



## A Visit to the Gardens *at Saanich Peninsula Hospital*

On a sunny, warm July Tuesday, a visit to the gardens at the Saanich Peninsula Hospital was a delightful experience. Recreation Therapist Anne Casey is passionate about the value of the gardens to many of the residents in the Hospital. She drew the analogy of a banana plant that a few months ago looked tired and wilted but after some love and attention,

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*Barbara Harwood*

*Beverly Lewis*

*...continued from page 1*

it is now putting out new shoots and the main trunk is almost 15 feet high. When a resident is feeling low, a visit to the garden makes the days feel brighter and provides the opportunity to socialize with other people.

The gardens are developing into a small community. It began with plants and materials that were purchased with a generous discount during a wonderful outing for the residents to Patio Gardens.

A further very generous donation of plants was also made by Dale Carter, who recently retired from his bakery, Breadstuffs, in Brentwood Bay. Dale not only donated two van loads of plants, he also stayed and helped with the planting!

*Then a new resident, Sam, and his family heard about the garden group. Soon there was another wonderful donation of bedding plants from Sam's son-in-law.*

The residents feel honoured and respected that there are people living on the Peninsula who show an interest in them, and that respect fosters pride in their gardens. Rob, another resident, joined us and proudly showed the many areas that he tends. He has tomatoes showing colour, beans almost ready for picking, strawberries in a new garden that was recently saved from being overgrown. Rob travels the gardens in his motorized wheelchair and carries water to every corner. He is happy knowing that he makes a contribution that can be appreciated by his friends in the hospital.

The garden allows families and residents to undertake activities together. This extends to Helen and Grant who share a love of gardening and who join in the activities together. Helen explained how the fresh air is such a benefit to Grant who at times is less able to walk. The garden gives them time together surrounded by the beautiful trees and flowers where the perfumes blend to provide that extra interest. Erna has a beautiful raised garden box, she is part of the Family Garden Box program and she tends to her garden box daily. In her childhood growing up in Germany, she watched her

mother grow flowers and vegetables. Now she smiles as she works in her garden as she feels closer to her mother and to those happy days. The Foundation donated six raised bed boxes last year and they have made it possible for a total of 16 residents to share those boxes and enjoy tending their plants with family members.

The weekly Thursday garden group, led by Sheila, Horticulture therapist and Anne, Recreation Therapist, has provided a way for residents to work together. They have companionship in the garden group, working together. In the group, residents plan the garden together, then share the weeding and watering tasks. Having a job and sharing the work is important for self-esteem and socialization. One gentleman shares his gardening time with his daughter (how much more interesting than sitting in a room trying to have a conversation). The time spent together in shared activity inspires conversation and connection.

*Not only are the gardens filled with trees and flowers, there are birds singing and stimulating conversation. A turkey vulture paid a visit one day recently and he caused quite a stir.*

There is an amusing sign post constructed using odd pieces of wood which directs the visitor to many places throughout the world, including the Taj Mahal, Sydney Australia, Dublin and Greenock to name but a few. Working out the kilometres to these countries

was a task enjoyed by the garden group and the sign is a visible reminder of that happy day.

Working with Sheila, the garden group is starting to bloom! The plan is to create a Garden Club, where volunteers will help to guide wheelchair residents to a garden needing help. Bending down is not possible for the majority of the residents, but the plan also includes schoolchildren getting involved, who can weed and deadhead the lower areas, while the residents can work at their level of comfort.

Anne has great ideas of working with children to record rainfall, hours of sunshine and the reasons for planting in shady areas, which plants need strong sunlight and which can benefit from those shady areas. Volunteers with some knowledge of gardening are going to be encouraged to share their knowledge and work experience. So many people have had to relinquish their own garden in order to down-size, it is hoped that the chance to work in the hospital gardens will be an attraction.

Picking of apples will soon be on the agenda and making apple sauce from those apples will follow. Rainy days are used for making a bibliography of all the plants in the garden, for pressing flowers to be made into decorative pieces later in the year, for giving suggestions, for paintings and for creating quizzes and word games. In this way the beauty of the outdoors and the garden can be enjoyed through the rainy days, providing opportunities for this important hospital asset to be used for therapeutic purposes all year.

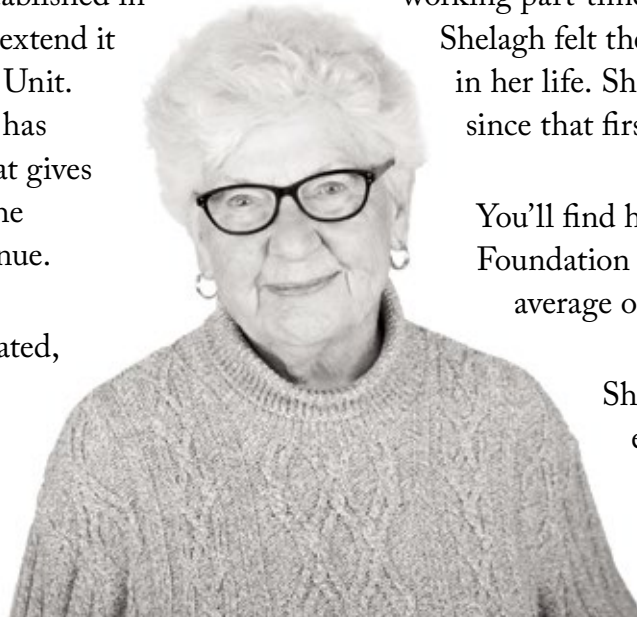
*By Barbara Harwood ■*

# Our Volunteer *Extraordinaire!*

Shelagh Bell has been a volunteer at Saanich Peninsula Hospital since 1992. After joining the Auxiliary, she soon found herself appointed as Co-coordinator for Ways and Means (fundraising). Her success then led to stints as Secretary and then President. In 2002 she was invited to join the Board of Directors for the Foundation, and her position, according to Shelagh, was “Token Auxilian,” a cheeky name she invented to describe her role as a liaison between the two organizations. She served on the Board for six years, but has remained a member of the Auxiliary. When the Bereavement Program was created by hospital social workers and funded by the Foundation, Shelagh was asked to take responsibility for implementation.

Staff in the Palliative Unit realised that families needed help with the grieving process. Shelagh sends a card to the family, and other volunteers follow up with a phone call. Once the program became established in PCU, it was decided to extend it to the Long-Term Care Unit. Feedback from families has been wonderful, and that gives Shelagh and her team the encouragement to continue.

Shelagh was born, educated, married and had three children in Alberta. When her husband Gordon came to



Victoria to be a reporter with the Times newspaper, he suggested that Shelagh attend a meeting of the Hospital Auxiliary. In spite of being very active in various sports, and working part-time for a ladies’ dress store, Shelagh felt the need of something else in her life. She has never looked back since that first meeting.

You’ll find her, usually in the Foundation office, working an average of three hours a week.

Shelagh is a wonderful example of volunteerism in our community.

*By Barbara Harwood* ■

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## Our Community Medical Care Campaign Update

Our campaign to support patient-focused, team-based medical care and bring family doctors to the Saanich Peninsula and our hospital has almost reached its goal. With your help we can complete planned renovations to clinics in Sidney and Brentwood Bay that will ensure continued recruitment and retention of family doctors for our community. Please give today.

*Less than \$150,000 left to raise to reach our campaign target!*

# Bed Race Madness!



'The Rocky Shoreline Picture Show' take on Seaside Magazine's 'Page Turners'.



The judges' table



Team 'Rested Development' win the heat against the 'Century Group'



CCM Construction's 'Bed Heads' take the win

Thankfully the rain on July 7th did not deter either the teams or the crowd from the second annual Bed Races on Beacon! Excitement grew as teams moved into position. Costumes were of particular interest, as at least one entrant was sparsely clad and others had a “special attraction”, only visible from the rear of their hospital gowns.

At 1 p.m., Parade Marshall (and Foundation Board Member) Elaine Hughesman led teams to be judged. Judges included Sidney Mayor Cliff McNeil-Smith and Foundation Board members Bev McIvor and Wayne Helgason. Eleven teams were judged for their costumes, (or lack of), as well as team spirit and enthusiasm (which was considerable!). Street “reporter” Stasia Hartley gauged audience reaction. The top fundraising award went to “The Rocky Shoreline Picture Show”, as well as awards for Best Costume & Best Team Spirit.

Then the race began! Teams pushed a (very heavy) hospital bed with a “patient” on board for two blocks. As the rain increased, conditions became slippery and teams worked hard to keep beds in their lane. Each team was guaranteed two heats, but eventually the top four were selected (based on cumulative lowest times). “Brentwood Bay Club Med” raced against “The Rocky Shoreline Picture Show” (representing the two Shoreline Medical sites), followed by Island Health “Rested Development” and CCM “Bed Heads”. For the second consecutive year, CCM Construction Ltd. won the coveted Golden Bed Pan.

In total, \$51,000 was raised. Proceeds go to Shoreline Medical's Youth Clinic. Many thanks to all who contributed in any way.

By Barbara Harwood ■

# The Fifth Annual Bike Ride in memory of Denis Muloin



Riders ready!



Wearing our colours for Denis - our new blue bandanas

Once again, on May 26th, the sun shone on this wonderful event in memory of Denis Muloin, which includes most of his extended family (near and far). All funds raised are dedicated to Palliative Care at the Saanich Peninsula Hospital. Denis' father Maurice, in his 85th year, rode 28km this year.

Cyclists were able to decide what distance to ride for their pledges: 5km, 18km, 28km, or 50 km. At registration, commemorative neckerchiefs were presented to all cyclists, and after a group photograph, they set off. Part way along the route, TELUS, another sponsor, offered face painting for the younger entrants.

Although the event is a way for the Muloin family to thank the Palliative Care Unit for the care and attention given to Denis, everyone at the Foundation is very grateful to the Muloin family for all of their support.

*By Barbara Harwood* ■



Cyclists stop for face painting and treats at the Telus tent



We saw bikes of all styles at this year's ride

# Words Count!

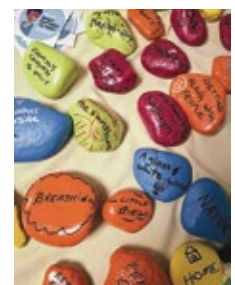
## Name Change From Residential Services to Long-term Care Program

A message from Island Health “You may have noticed a shift in language from Residential Care to Long-term Care. Now we are making it official. The term ‘residential’ has many negative connotations for our Indigenous partners and First Nations communities. The harms of residential schools are deep and long lasting, and there is still a lot of work to do. At Island Health it is vital that all our patients, residents and clients feel comfortable and safe in our care and facilities. This name change is a small step in our journey of reconciliation and an effort to increase a

sense of Cultural Safety for Indigenous peoples. Cultural Safety plays an important role in healing, not only physical illness but in the healing of a sad and painful history”

You may see new signage at the Saanich Peninsula Hospital in the future. For now you can be assured that we are always very mindful that our community hospital is home for our residents, and their comfort and safety is always priority.

## What Matters to You Day



On June 25, volunteers and staff at SPH Long-Term Care asked residents “What Matters to You?” Comments were transferred to painted rocks which we will be placing in our new Memory Garden once it opens! As you can see, the basics of life are what is important to residents living here and we really try to accommodate what is important to them into their daily life.

Asking a simple question and genuinely listening to the answer is the premise of “What Matters to You?” Day, an international movement that encourages meaningful

conversations between patients/residents/clients and their health care providers. Its goal is to establish a relationship, build trust and understand the resident as a person in the context of their life, rather than reducing them to their health condition.

Since its start, in 2014, “What Matters to You?” has been opening up the discussion to make room for residents’ hopes, dreams, goals, and desires, and has helped improve the patient/resident/client experience in health care organizations in more than 30 countries.”

*By Jennifer Wear, Clinical Nurse Leader* ■

## Vintage Car for Saan Pen's Memory Garden



Project Lead Torque Master Chuck Lovallo with the 1947 Chrysler

A purpose-built Memory Garden for residents of the Saanich Peninsula Hospital's Long-Term Care Unit is close to completion. The garden has been designed to meet the specific physical needs of residents incorporating wide, flat pathways for easy navigation, raised garden beds and many shaded spots with garden furniture. The garden has also been designed as a tool to assist and support dementia sufferers (estimated to be over 65% of SPH residents).

Within the secure fencing there will be areas that encourage 'a trip down memory lane' with front porches, sign posts, and an old telephone box. There will also be a vintage car. Living in an institution means that residents lose the connection that they used to have with simple day-to-day activities like driving. Even if they can't go anywhere, the physical act of opening a car door, climbing into the seat, putting hands on a steering wheel can be extremely soothing; provoking memories of past journeys and reminiscence about life before the hospital.

Local car club The Torque Masters have been assisting the Foundation with our vintage car project. A 1947 Chrysler 2-door Coupe – in original condition – came out of a barn up-island. It will need a full restoration of the interior, though the exterior is in surprisingly good condition. The Torque Masters will be restoring

and /or repainting the exterior and replacing any broken glass. It will also need full interior reupholstery of the headliner and the carpet replaced.

Once the restoration is complete the car will be permanently placed in a parking spot in the Memory Garden. Residents will be able to sit in the car, opening and closing the doors, and we'll be investigating a working radio (or some sort of audio). The priority is making the car safe, to allow memory and reminiscence.

The car was on display at August's Torque Masters Auto Extravaganza in Sidney, the first step on its road to restoration. It got lots of interest and attention from visitors, as well as nearly \$400 in donations towards the restoration work. *By Deborah Rogers* ■



*Get to know...*

## **Shawna Walker, Shoreline Medical Society**

**A**s the Executive Director of the Shoreline Medical Society, Shawna Walker is now well known and well respected, but how did this inspirational woman come to this position?

Shawna was born in Saskatoon Saskatchewan, but since her father was a medical doctor in the Royal Canadian Navy and spent much of his career in the Greater Victoria area, Shawna says she is a Victoria person. Shawna knew from an early age that she was drawn to business management and has worked in a variety of roles in various businesses.

Shawna and her husband, Kevin have two daughters who were raised on the family hobby farm, with horses, chickens, llamas and lambs as well as several smaller animals. Now there are five grandchildren, three boys and two girls aged three to eight years. Needless to say, they all love visiting Grandma and Grandpa at the farm.

In 2016, Shawna was asked to give part time help to the development of the first Shoreline Medical centre. She accepted the position, but when she heard and read the vision she was inspired. She presented a proposal to the Board of Directors of the Society to become the full-time Executive Director. Proposal accepted, Shawna took on the role in January 2017.



Since then, the first centre has proved to be a success in Sidney; a second centre was opened in Brentwood in February 2019, and under the direction of architect Silvia Bonet, an expansion of the Sidney centre is almost complete. This is an incredible achievement in a comparatively short period of time, but she's not done. One more centre, close to SPH is being explored. Financial support has come from donors to the Saanich Peninsula Hospital & Healthcare Foundation and from Mayors and Councils on the Peninsula.

Shawna has a passion for her work and that passion shows through in her public presentations, of which there are many. Along with all the administrative work that her position entails, she spends time in the community to ensure that everyone knows what this amazing partnership – between Shoreline Medical Society and the Saanich Peninsula Hospital & Healthcare Foundation – is accomplishing.

*By Barbara Harwood* ■



The Long-Term Care bus making its public debut at the Sidney Canada Day parade.

## Joining the Parade

While many cities and towns across Canada experienced heavy rain, Canada Day dawned sunny and warm in Sidney. In the morning, Foundation staff and volunteers gathered to prepare for the annual Sidney Days parade and immediately noticed the new Long-Term Care bus (the Foundation float). Funds to purchase the vehicle were raised by both the Hospital Auxiliary and the Hospital & Healthcare Foundation.

Residents in Long-Term Care are delighted with the new acquisition and four of them were very proud to be included in the parade. Betty was celebrating her 90th birthday on July 1, while Brian and Bob were also celebrating on Canada Day and both are now 87. Peter was just happy to be included. Rehabilitation Assistant Marshall was the driver and he is delighted with the bus's improvements over the old bus. Rehabilitation Assistant Lisa explained that the guests had been invited to participate because of their birthdays. They were dressed and ready to leave the hospital by 9:00 a.m., such was their excitement.

As the bands began playing, the parade started. In addition to staff and families from the Foundation Office, there was support from three

members of the Foundation Board of Directors. Sue Hodgson and Wayne Helgason, dressed in hospital scrubs, carried the Bed Races banner. Michael Brown, also in his scrubs, helped distribute treats along the route. And crowds there were! From the intersection of Resthaven Drive and Beacon Avenue, down Second Street to Ocean Avenue, people lined the streets cheering and applauding. Excited children waited to see what the various floats had for them. Houses were decorated with both the Maple Leaf and the Provincial flags, and people were dressed in red and white.

Several people who walked the route thought this was the largest crowd ever for Canada Day. A memorable day indeed. *By Barbara Harwood* ■

# Good NEWS

*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 We'd love to hear from you and learn how you'd like to contribute to the newsletter.*



Paula Hosking, Assistant Executive Director, Legion Manor Victoria and Karen Morgan, Executive Director SPHMF with the cheque

## Our thanks to the Legion Manor!

On August 14th, Legion Manor presented the Foundation with a cheque for \$1,111.00, representing their fundraising efforts on behalf of the hospital in 2018. Paula Hosking, Assistant Executive Director, Legion Manor Victoria, announced the amount of the cheque to everyone at their annual lunch celebration. We are so grateful to residents living in this wonderful facility for their ongoing support and friendship.

**SIDNEY BY THE SEA**  
**RUNWALK**  
8K 5K KIDS

**Sunday, Sept 22<sup>nd</sup>**  
[www.sidneybytheseearun.com](http://www.sidneybytheseearun.com)

- All ages and speeds welcome
- 8K & 5K participants receive a technical souvenir shirt, finisher medal & virtual race bag
- Post Race Festival including awards, food & entertainment
- Help raise money for SPHMF by donating when you register or set up a pledge page

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SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION'S

**2019 Gala EVENING**

**An unforgettable evening at Church and State Winery**  
**Saturday, October 19th**

We look forward to spending the evening with friends, enjoying fabulous food, wine and entertainment, including silent and live auctions: all to raise funds to support the health of our community.

PRESENTED BY: CO-OP PENINSULA CO-OP

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A receipt will be issued to acknowledge your generosity. **BN 11913 0540 RR0001**

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