



# PARTNERS

OF THE SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

SUMMER 2020



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## Dr Gunton, Answering the Call

In 2018, Dr. Patricia Gunton and her husband moved into their new home on the Saanich Peninsula. The first piece of mail was a brochure from the Hospital Foundation about the desperate need for Medical Doctors. Dr. Pat had been volunteering at Our Place after having retired in 2016, thus keeping up her medical skills, but she immediately told her husband she was going to apply to renew her license.

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*Barbara Harwood*

*Beverly Lewis*

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She earned her medical degree at St Andrews University, which—having been founded about 610 years ago—is the oldest University in Scotland. Dr. Pat immigrated to Canada and completed her Family Practice residency in Kingston, Ontario.

On the road to renewing her medical license, Dr. Pat had to complete 160 unpaid hours under the supervision of a preceptor. Dr. Andre du Toit at Central Saanich Clinic agreed to be Pat's "truly wonderful supervisor." Dr. Pat worked for several months at walk-in clinics at Shoreline Brentwood and Central Saanich, before signing a contract with the Long Term Care Initiative Program.

Dr. Pat is able to work in Long Term Care facilities and she loves that. She is the Medical Director at Rest Haven Lodge in Sidney. Her love of Long Term Care is proved by the fact that she works at Sidney All Care, Sidney Care Home, Saanich Peninsula Hospital and Broadmead Lodge in Royal Oak.

The COVID-19 pandemic has necessitated that Dr. Pat works from home, and she is the only designated physician allowed to visit Rest Haven and Sidney All Care, reducing the risk of infection. She has to ask other designated physicians to visit her patients at the other care homes she attends.

Dr. Pat developed a particular interest in Geriatric Medicine while working in Nanaimo from 2003 to 2010. She appreciates that the Long Term Care Initiative Program provides continuing education for physicians in Geriatric Care. Physicians have to commit to provide 24 hour on call coverage and as the interview with the hospital pharmacy in the last issue of *Partners* indicates, there are medication reviews with the pharmacists and the residents.

When asked if Dr. Pat and her husband have family on Vancouver Island the answer was "No". A subsequent article about Dr. Pat would be required for us to read about her hobbies and her wonderful family of three outstanding sons.

Thank you Dr. Pat for your dedication to the elderly population. ■

By [Barbara Harwood](#)



Jane Dolan, Recreation Therapist at Saanich Peninsula Hospital

# Dear Loved Ones

Jane Dolan, a Recreation Therapist at the Saanich Peninsula Hospital Long-term Care, wants to share an amazing message of thanks to you.

*This is a shining example of your dollars at work and what that brings to the lives of our residents. Without your support, we cannot meet the needs of our families and this letter highlights this beautifully. Your generous support brought so much to the residents and their families. You have helped at a time when this has never been more important and never so needed. Thank you!*

## DEAR LOVED ONES,

Three months ago, life changed. Our doors shut to you ... leaving you outside. In what seemed like a blink of an eye our Long-term Care home went on high alert. Walls, barriers and restrictions were quickly put in place. The new mandate became that we would do everything in our power to keep COVID away and keep your loved ones safe and healthy. However, it also left you wondering, “When will I hug my mom again?” “When will I hold my wife again?” “When will I see my dad again?”

In those early days, we struggled along. Each day finding ways for you to phone, see and hear your loved ones. There were days you were frustrated. There were days we saw your tears. There were days we hoped you understood how much we love your mom and dad, and how we were doing our best to ensure they know they aren't forgotten.

Three months ago, I was busy encouraging your loved ones to participate in daily activities. I was supporting community partnerships so that your mom and dad could experience meaningful art opportunities. I was working one-on-one with your loved ones providing interventions to decrease stress and agitation related to a diagnosis of Dementia.

My role as a Recreation Therapist is to support, maintain and help individuals achieve and engage in meaningful leisure. Quality of life drives my practice and each day I focus on meeting my seniors in the moment. I love my job and feel privileged to be able to work with this population. Their wisdom and insight is inspirational.

Today my role has changed. Now my days are filled with planning and supporting window and virtual visits. Calling, scheduling,

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connecting with families and loved ones has become the focus of my caseload. I ensure you see, hear and connect with your mom or dad. I help your loved ones know they are seen, heard and valued. I know your mom's favourite foods. I am learning what little things can bring your loved ones joy and happiness. The greatest lesson I have learned though this is that human connection – acts of love and service, and human touch – are paramount. This is true for all of us, regardless of which side of the glass you are sitting on.

For those of you on the outside, who don't have family in Long-term Care homes, you can't begin to feel the heartache these families experience on a daily basis.

Imagine not being able to see your loved ones and being told there's no end in sight.

Imagine having to book a window or virtual visit to simply lay eyes on and communicate with your loved ones.



Imagine putting your hand up to the glass hoping to feel the warmth of your loved ones' hand on the other side.

Imagine trying to explain to your loved one with dementia why you are standing behind a wall of glass.

As a member of the frontline staff involved in creating, facilitating and maintaining virtual and window visits, I can tell you the heartbreak is a shared space.

Each day I sit alongside my families, I remind myself of the privilege and gift. I am thankful my families have accepted my presence and allow me to support, interpret and encourage meaningful moments and conversation. I have become a part of my families' lives in a private way, informing and answering questions about their loved ones' quality of life. I reassure them we still have a life here on the "inside". Sharing laughs, wiping away tears and taking a few deep breaths have all become second nature in my daily visits.

I've also come to accept the moments where my emotions get the best of me. Today I watched a husband sit in the pouring rain, one hand balancing an umbrella while his other gloved hand reaches through the small crack



of the door. Each day this man comes to hold his wife's hand. She is visually impaired and his touch and voice are keeping her alive. Married for 65 years, their commitment and connection are something most of us will never know or feel. I listen to him talk to her as if they are sitting in the comfort of their own home. I watch him look at her with a look of lifelong love and admiration. My chest gets tight and I feel my eyes well up. My heart aches for this couple and I desperately want to open that door and watch them embrace ... but I can't. So I walk away, taking some deep breaths and acknowledging this moment.

I remind myself that we need to keep our seniors safe and healthy. I tell myself that "this too shall pass". I shift gears and focus on the many wonderful things for which we all can be grateful. I walk into the front entrance and I hear laughter. I see our amazing Ambassadors meeting and greeting staff,

families and our seniors. I watch the Care staff ensure their seniors are dressed in their best with hair styled and lipstick on. I watch the Activation team facilitate window and virtual visits, donning a mask, holding a phone and sharing that intimate space between families and their loved ones.

So with each day that passes, we hold fast to knowing we are keeping your loved ones safe and healthy. We love your mom and dad, grandparents, aunts, uncles, brothers and sisters. We will meet you at the window and continue to share time: time that will be filled with love, hurt, confusion, tears and laughter. We will hope that soon our doors will open again so that you may come and take my seat alongside your loved ones. On that day I will step aside and watch you meet eyes, open your arms and embrace. In that moment I will know everything is ok. We will all feel that everything is ok. ■ [By Jane Dolan](#)

Your generous support to the Emergency Response Fund supported the staff and tools needed to connect residents with their families. Whether visiting virtually through an iPad or on a phone through a window, you made it possible for the Foundation to purchase the needed materials and support the staff who organize these important visits. This article is about one of those people who supports the visits. Thank you.

## JOCELYN

### *an Incredible Ambassador*

When COVID-19 was declared a pandemic, Jocelyn had to make some personal decisions. She had to cancel a family trip to Japan, and her temporary work position as a Health Care Assistant was ending. When her Clinical Nurse Leader, Shirley, told her about the Ambassador position with the Long-term Care (LTC) Unit at the Saanich Peninsula Hospital, she knew it was the job for her.

No visitors are allowed in LTC, so Jocelyn liaises between residents and members of their family. Jocelyn's personality and her knowledge of the area served by the Hospital, give her the tools she needs to arrange window visits with family, to facilitate repairs to personal equipment needed for virtual visits like a laptop computer or hearing aids, and to monitor medications while the resident is with her.

She learned what was needed as the days progressed; for example, clothing that is brought to the hospital for a resident is sent to the laundry first. All other items have to be sanitized and sent to a designated holding



area for isolation before they go to the resident. Every staff member has to be screened and change clothing before and after going into work.

It is obvious the Jocelyn has a wonderful sense of humour, and she also respects the situations that both residents and their family are dealing with. She helps get the residents ready for these precious visits. Thanks to you, our generous donors, Jocelyn has a curling iron and some hairspray to give the ladies a boost before their window visit, because the hairdresser is not allowed in the hospital.

Jocelyn and her life partner live in Brentwood Bay and have raised two beautiful children. She loves her job and considers herself “fortunate to work with such an amazing and supportive team at LTC and SPH.”

There's no doubt at all that the residents are happy to have Jocelyn as their Ambassador. ■

By Barbara Harwood, photo Beverly Lewis



## Challenges & Change at SPH

Carolyn Morison, Administrative Assistant at Saanich Peninsula Hospital, talks about life at the hospital during the first ten weeks of COVID-19.

**PARTNERS:** What is it like inside the Saanich Peninsula Hospital now?

**CAROLYN MORISON:** It is eerily quiet. I described it to some people as being almost like working on Christmas Eve. There is no one around, just your basic skeleton staff, no visitors, no people coming in for blood work. It is very strange, but Christmas Eve is only one day, it has been this way for weeks.

**P:** For staff like yourself, did you find you caught on quickly to the new social distancing protocols?

**CM:** Where I work in the office, we have been able to adopt it no problem. Now we have most meetings by phone call...teleconference or videoconference. In the halls, people move aside and give each other a wide berth, it has become second nature to do that. In the units, it is much, much harder. They are the ones that have had to adopt all the new protocols and use most of the PPE.

**P:** What has been the most challenging?

**CM:** The constant changes...especially at the beginning. The uncertainty of the new policies

and what we had to do to protect ourselves and others. All that uncertainty because we have never been through this before. That was the hardest to deal with.

**P:** How do you think the staff have been coping?

**CM:** After the initial few weeks of constant changes, uncertainty and stress, everyone has really pulled together and stepped up. There is camaraderie on the units and it is very touching. That is the Saan Pen way, right? We are a family.

**P:** The community has really shown up to support the hospital. Does any particular instance of support stand out for you?

**CM:** There are so many! Of course everything the Foundation donors made possible was fantastic. We worked so closely together and you made sure that everything the hospital needed was there for us. The doctors, nurses and all hospital staff send a giant thank you to everyone who gave to the Emergency Response Fund! You cannot imagine how important everything you did was – from

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*Long-term  
Care resident  
Elinor, 96*

## Still exercising

We were very grateful to the residents of Long-term Care who agreed to be the faces of this year's fundraising campaign. The photoshoot with these dynamic characters was great fun, and it's been a privilege to see their images on billboards, bus shelters and in print all year. We have also enjoyed learning a little bit about their lives before coming to Saan Pen, and what life's like now that the hospital is their home.

It is hard having to adjust to living at the hospital, especially when you've lived an independent and busy life. Elinor learned to stand on her own two feet at an early age. She

was brought up on James Island, just across the shore from Sidney. What fascinating memories she holds of life there in the 1930s! When her parents died early, Elinor took responsibility for raising her younger brother. Older sports fans will remember Ced Robb, soccer player in the famed 1950s Victoria All-Stars team. She was so proud of him.

Elinor herself has always been an exerciser. She played tennis for years, was an active gardener and took up Tai chi as she got older. It is frustrating for her to be "stuck in a wheelchair" now, but Saan Pen does offer

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modified exercise classes, including Qi gong, similar to Tai chi with its combination of movement, breathing and meditation.

Elinor is also an avid Skip-Bo player and has been able to keep up a long-standing tradition of games with a group of friends. There's room at the hospital to have her friends visit, and space to play together. When her children visit they can take Elinor outside to enjoy the garden.

Something that Elinor definitely misses is being able to cook and bake. Her whole life she's enjoyed fresh local produce including fresh fish when she lived at Ten Mile point, and of course back on James Island, home grown vegetables and meat. Elinor is something of a foodie, so you can imagine that adjusting to a shared dining room has been hard.

Comfort, variety and activity are extremely important for all of the Saanich Peninsula Hospital's Long-term Care residents. Until recently all of these community members lived independently – it's hard to give up that part of your life and adapt to a new environment with its own routines. We know the staff at the Long-term Care work tirelessly to give the best possible experiences – you can help too by providing resources that will keep residents comfortable, active, engaged and supported during their time with us. These are the people who raised us, taught us, took care of our safety. Now it is time to take care of them.

With your gift we will get better at getting older. Donate at [sphf.ca](http://sphf.ca) ■

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organizing what was needed for virtual visits for patients who were isolated, to vital equipment and supplies. Thank you!



The rose wreath outside the hospital from Eurosa Farms made all the staff smile. The staff could see it when they were coming or going. At the end of your shift, even if you had a hard day, it would lift you up...and it was beautiful.

The Sidney North Saanich Yacht Club brought food in twice a week, every week and it has been going for almost six weeks now! It is usually a dinner type item and then a treat like a muffin or a brownie. They have had club members donate to help fund it and they are doing this on their own time. It has been so appreciated!

Lastly, of course I have to mention that we always know when it is 7:00 pm. At that time I can still hear all my neighbours banging pots, and the hospital isn't even close by! It is amazing that they are still doing it. People have been wonderful in that way.

**P:** Any final words to share with our readers?

**CM:** It's as simple as thank you for your generosity. It is truly appreciated. Just to know that you are thinking about us here working during this difficult time – I can't say thank you enough! ■ **By Chryseis Green**



## Emergency Response Fund

The public health crisis has changed our lives dramatically, upending our community emotionally, medically, logistically and financially. Your support of the Saanich Peninsula Hospital & Healthcare Foundation (SPHHF) supports the needs of the hospital in its response to COVID-19.

You came together and raised \$250,000! Your caring gift brought immediate and essential help. Thank you.

The Saanich Peninsula Hospital is truly on the front lines of delivery services at this critical time. Your help has ensured that patients receive both the material and emotional support they need. These challenging times remind us how much it means to our healthcare workers that supporters like you are with them. I know how deeply you care for our hospital and community. Thank you.

We know you are proud to support our doctors, nurses, healthcare professionals and administrators who are continuing the high level of care during this time of uncertainty. Your support helps them provide safe, high-quality care to our patients and community.

### What your donations have achieved so far

Your support of our Emergency Response Fund has enabled a rapid response to the ever-changing needs. You made miracles happen, right here on the Peninsula. So far, your donations have provided:

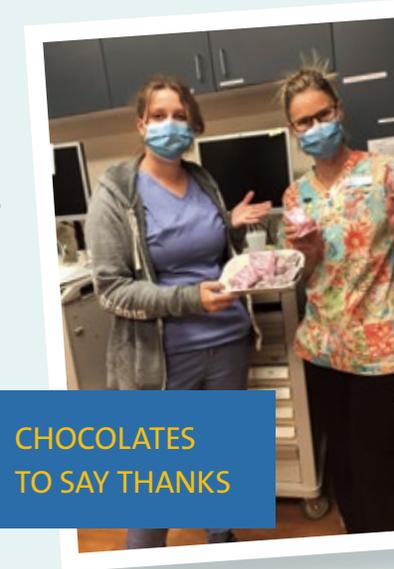
- Vital equipment like a hand held ultrasound for the Emergency Room that is custom-designed to help diagnose COVID-19 and is easily sanitized.
- Funding for temporary housing for clinic staff who must self-isolate if they may have been exposed to COVID-19.
- Critical supplies like an emergency supply of protective masks, plus face shields, isolation carts, spray bottles for sanitizer, and change tents for healthcare workers.
- Chocolates to say thanks to those who work so hard keeping us safe.
- Staff time to organize virtual and window visits, plus the needed materials to make these happen like computer tablets, and phones.



HAND HELD ULTRASOUND



ISOLATION CARTS



CHOCOLATES TO SAY THANKS

## Pandemic Life: A Volunteer Who Cannot Volunteer

I truly miss volunteering in the Memory Garden in Long-term Care (LTC).

We would meet the residents and see who is ready to bundle up in order to go outside to hang out in the garden with us. Over the fall and winter I got to know a few folks who were fun to take to the garden; the look of happiness on their faces as they enjoyed the outdoors and chatting about the gardens was so fulfilling. I would share a story of my own life with folks who were also willing to share a story about gardening and growing up here or across Canada. I miss those laughs and smiles of the residents of LTC.

When I am pot banging with my neighbours I often think about LTC and the families who can't be together. But knowing some of the nurses and aides at the Saanich Peninsula Hospital, I know that the residents are in good hands and there is love and laughter being shared all around.

I also miss volunteering at Sidney Elementary School where I participate in a program for kids who read to us for extra practice. I don't think we will be back doing that until the fall, but I look forward to getting back to that job. The kids are just as much fun as the residents of LTC; they all make me laugh with what comes out of their mouths and I sure enjoy our time together. Here's hoping we will be together again soon. ■ [By Beverly Lewis](#)



CINCH BAGS

- Items to help our frontline heroes like “cinch” bags for their scrubs, water bottles, and treats.
- 9 fold-up beds for Mount Newton Seniors' Centre.
- A thank you banner outside the hospital that says “Heroes work here”.



THANK YOU BANNER

A special thank you to our community partners who put up matching funds in our efforts to raise money to help with the crisis: **Peninsula Co-op, Graphic Office Interiors, Scotia McLeod McNaughton Group, Marks Sidney and Sidney-by-the-Sea Rotary.** ■

# THANK YOU!

# EVENTS LISTING



**SUNDAY, AUGUST 30 @ 1PM 100.3 The Q!'s The Amazing Scavenger Hunt**

In the current situation, we have no choice but to cancel The Q!'s Bed Races On Beacon in its normal form. However, we couldn't let this year pass without doing something else to come together, have some fun and do some good! It will combine community spirit, joyful pageantry, gritty athleticism and downright quirkiness.

## **Part Amazing Race, part Scavenger Hunt, part Car Rally and tons of fun! Can you go the social distance?**

- Teams may include up to 6 participants (your bubble). There will be a limited number of teams, so register now. Registration is open! [sphf.ca/amazing-savenger-hunt/](http://sphf.ca/amazing-savenger-hunt/)
- The cost per family/team is \$50.
- Teams will have socially distant starting positions and must navigate through clues, challenges and pick up scavenger hunt points along the way.
- All team challenges will be in accordance with all social distance measures put in place by Vancouver Island Health Authority.

If you can't put in a team, but want to sponsor a "challenge stop," contact Jan: [jan.buehler@sphf.ca](mailto:jan.buehler@sphf.ca) and she will send you more information. We hope you will join us in some safe fun in support of our local hospital!

**OCTOBER 17 Virtual Gala: A Moveable Feast, Presented by Peninsula Co-Op**

We hope you will save the date. We are planning a "virtual" gala for you and it will be fun and easy and of course delicious! You will be able to get together in small groups and enjoy a meal and some entertainment and updates about your hospital. More info to come. ■



## From Adversity Comes Community

Linda has lived in Amherst Gardens for more than 20 years, and has long believed in cultivating an “Attitude of Gratitude” as a way to promote a more balanced viewpoint of life’s experiences. Instead of being swamped by fears, annoyances and difficulties, we can express thanks for those who are helping to keep life going during the pandemic.

Linda saw images from Europe of the public using general noise making to celebrate the health care workers and others considered essential. Although she started alone, she telephoned other owners asking them to join her at 7:00 p.m. each evening. 78 year old Linda says she has found it exhilarating that a bunch of usually quiet and responsible seniors is getting a lot of fun out of making a great deal of noise, all for a good cause.

In conversation with the people on adjacent streets who have joined Linda, it has become apparent that some of them had never spoken to each other before they began pot banging. Now there are smiles and waves. There are some evenings when as many as 25 people join in using horns, pots or baking sheets with wooden spoons. Several have thanked us for inviting them to be included in the group photographs and for introducing them to the SPHHF Newsletter!

Many of the group have expressed a wish that we continue our community spirit after the social barriers are removed so the next plan is a “Socially Distant” gathering on the street for Canada Day! Linda, thank you for reminding us how lucky we are to live in this supportive community! ■

By Barbara Harwood , photos by Beverly Lewis.

## Virtual Donor Tea

If you missed our Donor Tea in April, you did not see all the wonderful things your generous donations made possible. But, you are in luck! You can still go to our Facebook page and see our two videos: one of our President & CEO, Karen Morgan, and one featuring all the great things you did for Long-term Care. You do not have to have your own Facebook page to see our page. [facebook.com/sphf.ca/](https://www.facebook.com/sphf.ca/)



## Nurses Week

Nurses Week was May 11 – 15th! Thanks to you, we were able to show our appreciation for all that they do, with a special lunch for all nurses in all departments at the hospital. Special thanks to Seaside Magazine, Jazzaniah Cafe & Catering, and all of you who supported #GivingTuesdayNow for making this lunch possible!



## Masks by Design

You can't help but feel good when you hear this amazing story about a lovely local young woman, Christina Compton. She made face masks and the Brentwood Bay Village Emporium sold them with proceeds to SPHMF. Pictured here is Karen Morgan with Christina receiving a \$1,000 cheque from the sale of 200 masks. Thank you Christina, and John and Alice from the Brentwood Bay Village Emporium.

Christina says: "I have enjoyed sewing and designing clothes since I took my first sewing camp as a kid and Textiles at Stellys. When I was forced to return from my gap year abroad, I looked for a way to pass my 14 days of quarantine. I made my first mask for my mother, an HCA at the Saanich Peninsula Hospital, and her co-workers when they expressed concern at the shortage of PPE equipment. As demand grew, I reached out to The Brentwood Bay Village Emporium who supported my project and together we decided to donate a portion of the proceeds from my masks to the Saanich Peninsula Hospital & Healthcare Foundation. I will be starting business school in the fall and am grateful to have had this opportunity to learn and help my community."



## Denis Muloin Virtual Bike Ride for Palliative Care

Thank you so much to everyone who rode during our Denis Muloin Virtual Bike Ride for Palliative Care on May 24th. Denis’s family and close friends rode together in a socially-distant way. Pictured are Denis’s children, father, wife and a few friends. We’re so happy to know that Denis’s memory lives on, and grateful for all the donations made to our Palliative Care Unit in his honour. The event raised \$3,265 this year



## Be Kind, Be Calm, Be Safe

“Team Heart” raises funds for distribution to vulnerable seniors on the Saanich Peninsula through Beacon Community Services. The

Dr. Bonnie Henry tee shirt is available by order only. Please contact: [bkindbcalmbsafe@gmail.com](mailto:bkindbcalmbsafe@gmail.com) to order.

## The bottle depot is open again; an easy way to make a donation to the Foundation!

Just take all your return-for-deposit items to Island Return-It at 5 – 10025 Galaran Road and give them our account #157. You can also



mention it is for “Saan Pen”. They are open Monday to Saturday, 9am-5pm. It’s a great way to recycle for good!

*Do you have an idea for a great newsletter story? Are you an avid photographer? Please consider volunteering you 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. ■*

“Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good. What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take everyone on Earth to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.” ■ [Dr Clarissa Pinkola Estes](#)

# DONATION INFORMATION



## PARTNERS

is produced on a quarterly basis by the Saanich Peninsula Hospital & Healthcare Foundation.

### *Please contact us at*

2166 Mount Newton X Road  
Saanichton, BC V8M 2B2

9710 Third Street  
Sidney, BC V8L 3A2

Ph: 250-652-7531

**WWW.SPHF.CA**

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Address: .....

City: ..... Postal Code: .....

Email: ..... Phone: .....

I would like to receive occasional email updates and information from the Saanich Peninsula Hospital & Healthcare Foundation

**Enclosed is my tax deductible gift of:**

\$1000  \$500  \$100  \$50  \$25

Other Amount: \$ .....

cheque enclosed or  Visa  Mastercard

Card No.: ..... Expiry Date: .....

Signature: .....

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*PLEASE DIRECT MY GIFT TO:*

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|---|--|---------|
| <input type="checkbox"/> Modernizations & therapies to improve the lives of our Long-term residents | <input type="checkbox"/> Wherever the need is the greatest                   | my will |
| <input type="checkbox"/> Beds and other important equipment   | <input type="checkbox"/> I have remembered the SPHFF in my will              |         |
|   | <input type="checkbox"/> I would like info on how to make a gift to SPHFF in |         |

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

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