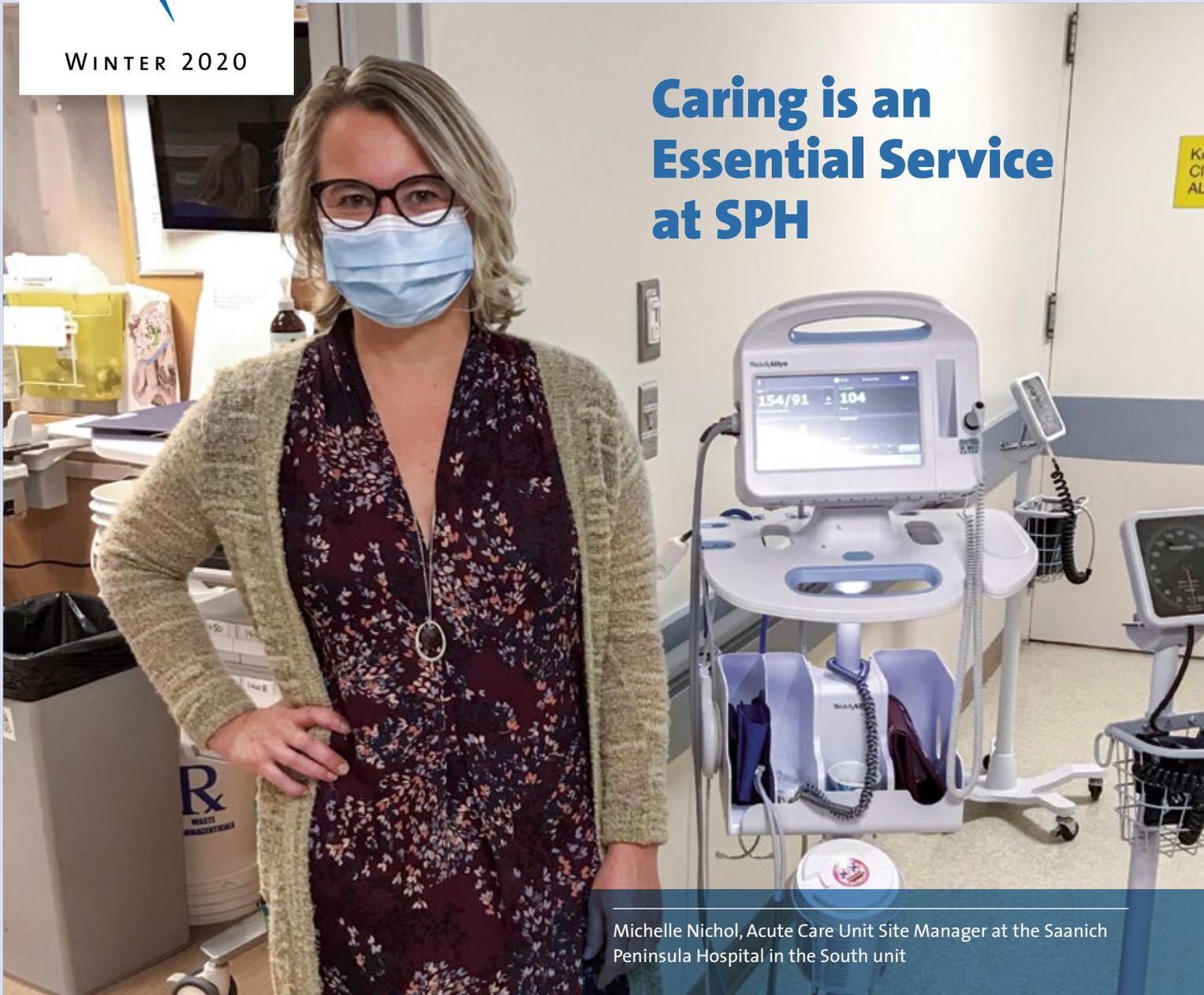




WINTER 2020

PARTNERS

Caring is an Essential Service at SPH



Michelle Nichol, Acute Care Unit Site Manager at the Saanich Peninsula Hospital in the South unit

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Foundation*

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When you meet anyone who works at the Saanich Peninsula Hospital, from doctors, to nurses, allied health to staff behind the scenes in housekeeping, food services, medical imaging, and facilities management, one thing is very clear: they all care deeply about patients and community. Michelle Nichol, Acute Care Unit Site Manager leads the way with her positive energy and caring attitude.

Michelle moved here from the Okanagan over 25 years ago and spent her first 15 years as a paramedic on the peninsula. She then decided to become a nurse and discovered our hospital when she



"That picture I am standing next to is dedicated to the memory of my daughter's grandfather "SEETXALÁTZA" Philip Christopher Paul, and it fills my heart every time I walk by it. He was a Tsartlip Chief for 13 years and instrumental in building the tribal school. As a residential school survivor he was a passionate advocate for his people. The incredible first people of this land never cease to astonish me with their resilience and fortitude and I am honoured to be able to serve them in any way I can. Every time I walk by this picture I am reminded of the importance of this work. We need to continue talking about the impact of colonialism and how it affects the way we deliver health care and I am committed to keeping that a priority."

MICHELLE NICHOL



An outdoor visiting space next to Palliative Care. In this tented, and heated outdoor space, larger families can gather in a safe way with loved ones who are palliative patients.

was a student nurse at SPH in 2002. Her entire career has been dedicated to service on the peninsula.

“My real passion is for excellent care delivery that attends to each person as an individual with their own unique needs and experiences.” says Michelle. Her goal is to support staff to create a safe and welcoming hospital that opens doors to care. “We really want to know what matters to people, to engage with them in their care goals. Issues like cultural safety, trauma-informed practice, harm reduction and senior-friendly care are philosophies that are close to my heart and we are constantly making changes here to improve the way we show up for patients who depend on us. We are so fortunate to live in this awesome community and I am humbled to serve the people who live here.”

Her team and the community keep Michelle going. During this pandemic she sees her priority as supporting them. “Nobody knew what would happen next. Everyone worked together to come up with processes that

aligned with the latest evidence about the virus, sometimes information would change daily. Staff didn’t know what they were walking in to when they showed up for work. But the important thing is: they fully showed up and took care of the patients and each other. It has been so challenging yet still they have each other’s back, I still hear laughter and comradery in the halls. I am blessed because of the people I work with.”

Michelle is very proud to be a part of a team that strives to put community first. She gives credit to Jessica Johnson (SPH Site Director) and Jodi Jantzen (Director, Saanich Peninsula and Gulf Island Hospitals and Community Care), who work hard to create a cohesive team and environment. “You can’t do good work without good people, and everyone at our hospital, from the contracted staff to the allied health teams, to the doctors, frontline workers and directors are good people who care about the community.”

Part of the work she does is with the Palliative Care team which also includes: Sandra

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Shedding COVID Hair for a good cause

Jeremy Palmer volunteered to shave his shaggy COVID hair this spring in support of the hospital. His energy and enthusiasm raised over \$4,000 and put a smile on many people's faces. He asked for people to donate to the Foundation and in return he would make a fun movie for them about getting his head shaved. Here's what he had to say:



COVID-19 has had a huge impact on all sectors of our society. Staying at home was fairly easy for me to do as I immersed myself in gardening and home improvements. However, I missed singing in my choir, the Peninsula Singers. Speaking to several choir members, they not only missed singing, but raising money for the Saanich Peninsula Hospital & Healthcare Foundation. We all agreed that people in the health care industry were ready to take care of us while risking being exposed to COVID-19. In my mind it was important to recognise their selfless contributions. A fundraiser would be one way of showing our appreciation – I would shave my head to raise money and make a fun film about it for my supporters!

I was lucky enough to recruit ten talented people, six of which were members of the Peninsula Singers. While I was able to draft a script for a short movie to make about the head shave, their suggestions were invaluable. They gave the making of the film their full support; acting and singing with great drama and enthusiasm.

I was also delighted in the generosity of many friends and members of my choir who realized

the importance of donating to a great cause, the SPHHF. This successful fundraiser (\$4,050) helped to replace funds that our choir would normally raise for the SPHHF, once our performances were given. Sadly, COVID-19 prevented our concerts from being realized. This fundraiser, of which our choir donated half, would help to support the SPHHF, which is critical to keeping our local hospital serving us all.

June 6th saw my long hair being sheared off my head, much to the delight of the cast. Six of us from the film meet together once a week for appetizers and conversations, while remembering to practice social distancing. *

I encourage readers to recognise the efforts of all service industry workers and where possible donate to or fundraise for your local charities. ■ **By Jeremy Palmer**

For those that haven't seen the fundraising film, you can view it here: <https://youtu.be/BWzDG3aGFbc>

**Note this article was written prior to current health authority restrictions.*



Pausing to Reflect on Life's Deeper Meaning

By Oceanna Hall, Spiritual Care Practitioner at SPH

These past months living under the dark cloud of COVID-19 has been difficult for all of us. For many families that have relatives and friends in hospitals or long-term care facilities, these months have been particularly challenging.

However if I had to choose one word that describes the tenacity of our staff, residents, and families during this pandemic, that word would be “resilience”.

The adaptability of the seniors I serve here in our long-term care has been simply amazing. Yes, it has been difficult to live within the

visitor restrictions and to go about their daily lives with social distancing restrictions in recreational services. They have missed the weekly hymn sings and services from community churches. For our residents who love to garden, not having their community garden boxes over the summer was disappointing. There have surely been challenges over these past months but something also blossomed too; many of our long-term residents have taken this time as an opportunity to reflect on the existential/spiritual questions that so many of us with our very busy lives rarely take the time to explore.

Perhaps we can take a lesson from our seniors; maybe it takes the wisdom of age to know that when life is difficult, it begs for reflection

on questions about the larger meaning of life and being human: Who am I? Does my life still have meaning? What is my role, now, in my family and community? How do I deal with change and loss? What is the meaning of life? These are all spiritual questions.

It is my privilege as the Spiritual Health Practitioner here at Saanich Peninsula Hospital & Long-term Care to support the hearts and souls of all those who find themselves in our acute care, palliative care and in our long-term care community.

Spirituality includes but is not limited to religion. Spiritual health is about the connection with self, our personal dimension, our connection with others or our social dimension, our connection with nature or the environment and our connection with the Sacred or the transcendental dimension. Medical researchers often see spiritual health as one of the key fundamental aspects of overall wellbeing.

Spiritual health is about the connection with self, our personal dimension, our connection with others or our social dimension, our connection with nature or the environment and our connection with the Sacred or the transcendental dimension.

Many of the patients, seniors, and their family members self-identify as spiritual, but not religious. Over time, North American society has been shifting from a time when traditional religious expression within a faith



Oceanna Hall, B.Sc., M.Div., M.Ed., RCH, CASC Clinical Specialist, Spiritual Care Practitioner at Saanich Peninsula Hospital & Long-term Care

community was common. After spending 30+ years in my profession, I find some people have moved away from the more traditional worship of our grandparents, to greater diversity in understandings of spirituality.

A big part of what I do is holding a place for patients and residents to explore these existential questions. I actively listen to their journey and their questions about what they are uncovering within their own heart and soul. I feel blessed to sit with them as we explore the universal human need for love, hope, peace and joy. Engaging in conversations with our patients and long-term care residents about the meaning of 'spirituality' and how it intersects with their experience of aging and illness, I learn from the wisdom of the people I serve. As we spend

...continued on page 18

Welcome New SPHMF Board Members



New SPHMF Board Members: Frank Wright, Barbara Menzies and Brian Neal.

The Saanich Peninsula Hospital & Healthcare Foundation is governed by a volunteer Board of Directors. We are so grateful for the time and energy they donate to the Foundation. This September we said goodbye to past-president Paul Hames, and Director Bev McIvor whose terms had come to an end. The contributions from both Paul and Bev were so valuable and so much appreciated. Thank you! We were also lucky enough to welcome three new board members. We'd like you to know more about these new board members who bring so much to our Foundation.

Brian Neal

Brian grew up and still lives in Ardmore in North Saanich. He remembers Resthaven Hospital which was active before the days of Saanich Peninsula Hospital. He acknowledges the value and the range of services offered by SPH.

Brian attended North Saanich School before going to Claremont. After leaving Claremont he spent a year in Chile prior to attending

UVic from where he received his BA. His law degree was earned at UBC.

As a semi-retired judge who still works on an ad hoc basis in the Yukon and Northwest

"We need to provide support for our local healthcare resources."

BRIAN NEAL

Territories, Brian also undertakes investigations and mediations for a variety of parties. He retired from full-time judging in Victoria in 2010.

When asked why he considered it important to volunteer for the SPHMF, Brian replied it is his belief that, “We need to provide support for our local healthcare resources.” It is his hope that strong continued support of existing local systems will allow them to grow and adapt to changing community needs.

It is no surprise to learn that having lived on the Peninsula for in excess of 60 years, Brian says that all of his family has benefited from the support of the amazing hospital with its network of physicians and healthcare workers. Parents, siblings, children, and grandchildren have relied on, and continue to rely on, the resources offered at SPH.

Brian sees the value of the campaigns initiated by the Foundation, and recognizes that they are one way the community can demonstrate its ongoing support for our hospital and for the Shoreline Medical Clinics. Campaigns provide a focus on specific local needs for which there may not always be adequate provincial funding. Because Brian has worked on a number of other fundraising projects, he anticipates being able to continue identifying new and successful campaigns established by former Board members and the excellent Foundation staff.

Brian believes that “We should continue to give priority to assisting the community in securing new family physicians.” He also believes that there is a need to focus on the evolving needs of seniors and long-term care.

Thank you Brian for providing this insight into your reasons for offering your services to the SPHMF.

Frank Wright

Frank was born in Ontario, but moved to BC as a seven-year-old. He attended Victoria High School and at the age of 21 entered the Saanich Police Department. During a period of 30 years with the department, he was the Regional and Provincial co-ordinator for Crime Stoppers, he was the Operational and Administrative NCO for the Organized Crime Agency of BC, and the Unit Commander for the CRD Integrated Road Safety Unit.

In 2014, Frank retired from active policing and owns Rite Self Storage, with a facility in Central Saanich, a second one in Mill Bay and the third one under development in Colwood. In addition, he is a partner in the Sherringham Group of Companies dealing with real estate investment and management on Vancouver Island.

Frank and his wife Bonnie have two grown children, Kayleigh and Connor, and a young lady named Alison aged 13. Frank rides his Harley-Davidson (on sunny days), and helps Bonnie and Alison with their horse endeavours.

Community service is extremely important to Frank. His admiration for his parents-in-law Alex and Jo Campbell, has encouraged him to recognize the true value of philanthropy and active participation in community support. His own philosophy includes both the spirit of giving and that of volunteer service and passing the legacy to the next generation.

Frank is no stranger to the commitment of serving on a Board of Directors. Board experience includes both Vancouver Island and the Province of BC Crime Stoppers, BC Chiefs of Police Traffic Safety Board awards, Central Saanich Economic Advisory Committee and Chair of the Leadership Council of Vancouver Island Region of BC and Yukon Make a Wish Foundation.

Frank anticipates being able to continue contributing to the community by utilizing both his personal and his business opportunities. He and Bonnie have long been connected to the SPHMF and we welcome him to the Board.

Barbara Menzies

Barbara was born in Nova Scotia but has lived in North Saanich for 40 years which she says makes her truly “bi-coastal.” She is a retired educator who taught in Saanich District 63 for over 30 years before earning her Masters in Education from UVic, where she taught for a year. After retirement 10 years ago, Barbara served as a trustee on the Saanich School Board for 7 years. She and her husband Wil have three grown children and “two brilliant, adorable little granddaughters.” Two of the grown children are educators.

“Our little hospital provides such vital healthcare services on the peninsula and I am interested in doing my part to ensure that it continues to thrive.”

BARBARA MENZIES

Barbara thinks it is vital that we support the hospital, which she called “a little gem of a community healthcare facility.” She is particularly interested in seeing the Memory Garden to completion and appreciates the maintenance of the other garden areas that provide for wonderful visiting places for the families of residents in extended and palliative care.

When asked if she has a personal reason for wanting to serve on the Board of the SPHMF, Barbara replied:

“Our little hospital provides such vital healthcare services on the peninsula and I am interested in doing my part to ensure that it continues to thrive. In 2004 my first husband, Doug, passed away in the palliative care unit at SPH. It was a very stressful time but I found that the staff and volunteers went out of their way to make the whole atmosphere welcoming, comforting and “Homey”. It made it so much easier for our family and friends. We are so fortunate to have a place like that attached to our own little hospital!

Since then I have taken the training as a palliative care volunteer and had the opportunity to play a part in providing support to patients, staff, and family members.

Over the years that I have lived on the Peninsula, I have also appreciated the short drive to get to emergency or to undergo tests. I continue to be grateful for the variety of medical expertise available at SPH as well as the personal, nonthreatening atmosphere.” ■

By Barbara Harwood

Rosalind Shera was born in England to a War Bride mother, Eileen, and a Canadian Army Officer father, Russell. On January 7, 1946, when Rosalind was a mere 18 months old, she and her mother sailed from Liverpool aboard SS Stavanger Fjord to arrive at Pier 21 in Halifax on January 12. From there, they went by train to Regina, Saskatchewan to join her now discharged father. Russell was fortunate to be working for the same company that had employed him prior to his war service, and as he was promoted through the company, the now larger family moved to various cities in the province. Rosalind was educated in Saskatchewan and earned her BA from the University in Saskatoon.



Meet One of Our Generous Donors:

ROSALIND SHERA

While they were students in Jasper, Alberta, Rosalind met Patrick to whom she was married after they had graduated from University. They lived in Sault Ste. Marie, where their first son Bill was born, and in 1975 the family moved to Langford where their second son Geoffrey was born. Rosalind attended UVic and graduated in Social Work in 1985 when she began work in the Ministry of Social Services. In 2005 Rosalind and Patrick moved to North Saanich.

As a young family, Patrick and Rosalind were generally blessed with good health and other than a few visits to emergency for the usual

broken bone or the need for stitches, they had few visits to their family doctor. However, in more recent years, as they and their close family relatives age, they have needed more specialized medical help, and sometimes hospitalization. They have been to the Saanich Peninsula Hospital Emergency Department several times in recent months. Rosalind stated that “without our hospital we would have had to go into Victoria for identical treatments.”

Rosalind and Patrick have been donors to the Saanich Peninsula Hospital & Healthcare Foundation for many years, but have increased their donation by doubling it because they recognize how valuable the hospital and the Foundation are for them and for the entire peninsula. They appreciate the ability to have specialized tests done locally and as they look at the work done by the Foundation they see that it is very forward looking in fundraising and putting money into much needed community services such as medical clinics. They want to continue living independent lives and they recognize that medical services are an essential part of that. Thank you Rosalind and Patrick! ■ [By Barbara Harwood](#)

Adapting to the Times with an Amazing Scavenger Hunt!

We are living through some crazy times, but despite that – and also because of it – the Saanich Peninsula Hospital & Healthcare Foundation (SPHHF) created a special socially distanced event for the Peninsula this summer. We couldn't come together for the Bed Races, but we really wanted to reach out to our community and find a way to safely be together in support of our local healthcare.

100.3 The Q's Amazing Scavenger Hunt combined community spirit, gritty athleticism and downright quirkiness. It was an event people of all ages and abilities could participate in.

Local businesses and organizations sponsored special stops on the route and many contributed to the prize packages of local goodies for the winners. Many Bed Race sponsors joined the event and we had many new sponsors as well! These generous companies not only allowed us to host this event, but they were a huge part of the fun. This truly was a community event.

Teams of up to six within each other's bubble began the event at Mary Winspear Centre standing in 10 foot chalk circles that were 10 feet apart. The teams then had to navigate through clues, and pick up scavenger hunt points along the way. All the stops had fantastic challenges to complete from painting at the McTavish Academy of Art, digging in sand at Butler Concrete & Aggregate, singing at Raymond James' refreshment stop, to car trivia with Torque Masters.

For the SPHHF staff, it was pure joy for us all to know we are part of such a caring group of people. The money you all raised goes directly back to the community by supporting our local hospital and healthcare. Thank you!

Everyone had a good time and we were asked to put the event on again, so reserve the last Sunday in August 2021!

Here's what some of our teams and sponsors had to say:



Bayshore Milestones Team

The Amazing Scavenger Hunt took place on Aug 30th, which happened to be my 60th birthday! I let all my friends and family know that the only gift I wanted was for them to donate to our team, 'the Bayshore Milestones'! My teammates were childhood friends (also turning 60), we all grew up on the peninsula and so the SPHHF Amazing Scavenger Hunt was the perfect way for us to spend the day together and respect the social distancing directives. The SPHHF put on a wonderful event; we felt safe and it was well organized. The check point stops were a lot of fun and we even learned a little bit about our home town! Of course my friends made me dress up and

had matching outfits, with balloons and noisemakers, so I think it was easy for the Foundation to award us Best Team Spirit; we certainly were the noisiest!!

One donation that I received came from a person I didn't know. His name was Greg Hilder. I was trying to figure out who he was so I could thank him. Then I read of his passing in the paper on Sept 21st and in his obituary he asked for a donation in his memory to the Saanich Peninsula Hospital. Clearly this Foundation was near and dear to him and so I want to let his family know that I appreciated his gift and wish I could have thanked him in person. That is the thing about fundraising for our local hospital, we all have stories that connect us to it. Aren't we all so lucky, especially during these times, to have our hospital and the work of the foundation supporting it, so our children will also be part of those stories in the years to come. Thank you SPHMF for the work you do, bringing our

community together for an important cause.



Auxiliary Artillery Team

“The Auxiliary Artillery” was a

team of four members of the Hospital Auxiliary who took part in the Amazing Scavenger Hunt. We had a driver - Linda Snelling, a photographer - Colleen Riddell, and two “seasoned members” Ruth Christian and Shelagh Bell. Our hats are off to those who organized the Hunt! The event was well planned and executed and we were impressed with the clues that sent us all over the Peninsula. Each clue we were given was

usually recognized by one of the team and off we went - sometimes in the wrong direction! One of our favourite places was the McTavish Academy of Art, where we got a chance to show our art painting skills. We earned the prize for Top Fundraisers, winning a lovely prize basket of goodies that was shared by the team. Thank you so much to those who gave!



Green Earth Team

We were a team of four who share a bubble so this was a very fun way for us to spend an afternoon. We were pretty strategic about the geography of the challenges, once we had gone over the questions a couple of times. One of the members on our team has lived on the peninsula their whole life, so brought good background knowledge to solve some of the challenges. Our driver did get a little frustrated when one of us would call out, ‘turn here’ or ‘there it is, pull over so I can get a photo’ without telling him right, left or otherwise. We laughed a lot!

The whole thing was very well thought out; from staggered start points, clues, riddles etc. An unimaginable amount of work must have gone into planning the hunt, including finding sponsors. The friends who we told about it after the fact all wished they had signed up. ■ **By Jan Buehler**

PRESENTED BY



THE AMAZING SCAVENGER HUNT

PENINSULA CHALLENGE

Thank you to everyone who helped to make our first ever Amazing Scavenger Hunt such a success!

20 teams went head-to-head in this socially-distanced challenge event. Visit our website to see photos from the day and find out how you can support our fundraising for Long-term Care beds.

THANK YOU TO OUR SPONSORS

With your support we've raised over

\$10,000

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SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

The Fun of the Virtual Gala at Home

OCTOBER 2020



We changed our Annual Gala to a virtual format this year. Although we missed being together in person, so many positives came from this event. It brought us together during these uncertain times, and reinforced just how fortunate we are to be a part of such a supportive and generous community. A huge thank you to Peninsula Co-op and Firm Management for their continued support of our Gala Evening, even in this new virtual format. Here is one (anonymous) attendee's experience of the event:

What a brilliant idea to hold a Virtual Gala, and what a success it was in every way. My neighbour and I signed up and then the fun began; what were we going to wear, how do you make a fascinator and having made it how do you ensure it will stay on your head during dinner? All was in order.

The food from Toque Catering arrived, beautifully packaged and with full directions for heating the main course. 5 p.m. was our designated Happy Hour when photographs would be taken. Sending the photographs to be included in the Best Dressed video proved to be somewhat of a challenge, but eventually we succeeded.

Now to dine. Candles were lit and drapes were left open so that all passers-by could see what fun we were having. Candles were

flickering in the garden too, adding to the overall ambience. Maureen Washington was singing in the background and we had conversation and laughter in the room. The main course was in the oven as we ate our delicious crisp and colourful salad, the wine added to the delight and then the hot beef was served on hot plates and proved to be even more delicious.

From time to time we visited the online Silent Auction and registered our bids. Being able to do this without being rude to fellow table guests was an added pleasure. Before enjoying dessert and chocolate, we checked on the Auction. One of us was outbid on an item so we decided to join forces and make a real drive to get the one item. Bidding was to end at 10 p.m. so at 9:53 p.m. we submitted our bid and were successful. What a great feeling!

We had enjoyed every minute of the evening, we had no concerns about calling a taxi to take us home. We sent a congratulatory message to the Saanich Peninsula Hospital & Healthcare Foundation Staff and decided that we would look forward to a Virtual Gala next year, whether COVID-19 was around or not.

Thank you to everyone involved. The memories will be with us for a long time. ■

2020 Gala *at home* EVENING

PRESENTED BY


THANK YOU

with your help at this year's Gala we've raised **\$87,000** and counting!

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Anneth Farm	Hughesman Morris	Sidney Pier Hotel & Spa
Arbutus Ridge Golf Club	Il Terrazzo Ristorante	Smart Dog Training
Atticus Clothing	IMAX National Geographic	SPH Emergency Department
Bayshore Home Health	Janis Jean Photography	SPH Board of Directors
Blue's Bayou	Karen June Booth	Stanley Park Brewing
Brentwood Bay	Laurie Dittrich	Star Cinema
Village Emporium	Market on Yates	Stem to Stern Massage Clinic
Brown's the Florist Sidney	McTavish Academy Of Art	Symphony Vineyard
Buddies Natural Pet Food	Prairie Inn	Tanner's Books
Buddies Toys	Provenance Fine Things	Thrifty Foods Sidney
Category 12 Brewing	RNR Diner	Thyssenkrupp Elevator
Church & State Winery	Saanich Peninsula Hospital Staff	Tim Maloney
SPH Acute Care	Sassy's Family Restaurant	Victoria Butterfly Gardens
Country Grocer	Sea Cider	Victoria Flying Club
Dan's Farm and Country Market	Seaside Magazine	Victory Barber & Brand
Deep Cove Market	Scotiabank	Wanik
Dog's Breath Antiques	Sheringham Distillery	Woofability
Fairway Market		Zanzibar Restaurant

SUPPORTING SPONSORS

Elizabeth May

The Smith Manoeuvre

End of Year Donation Information



*The Board and Staff
of the Saanich
Peninsula Hospital &
Healthcare
Foundation wish you
and your families a
safe and happy
holiday season!*

Please note the Foundation offices are currently closed to public in respect of our health authority rules but you can connect with us via phone at 250-656-2948 or info@sphf.ca

The offices will be closed between December 24th and January 4th.

For any last minute year-end donations, if health authority rules allow, we will open the office on Thursday Dec 31st from 10 am-3 pm. Feel free to come down to say a social-distanced hello that day. Please watch the Foundation Facebook page for further info in case we must remain closed. But we do have a mailbox!

Donations can be mailed to the Saanich Peninsula Hospital & Healthcare Foundation at 9710 3rd Street Sidney, V8L 3A2. For a tax receipt in this year they must be post-marked by December 31st.

SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION
AMAZING KITCHEN TOOLS FOR YOU - VITAL EQUIPMENT AND SUPPLIES FOR THEM

Gifts for the Griller
Favorites for \$30 & Under
Everything You Never Knew You Needed

SUPPORT THE SPH FOUNDATION - SHARE THE SHOPPING LINK WITH FRIENDS AND FAMILY

Pampered Chef Fundraiser

Support the Saanich Peninsula Hospital & Healthcare Foundation by placing an order of Pampered Chef products using the link:

pamperedchef.ca/party/janbuehler1116

The Foundation will benefit from a percentage of all the sales! **It's a great idea for gifts (even a little gift for yourself).**

Thanks to Melissa Camelon, who is a long time Saanich Peninsula resident and a local healthcare worker.

Campaign Updates

We don't always know what's coming next, but preparation is the key to success.

Many of us have known for a long time just how important it is to have the Saanich Peninsula Hospital close at hand. Recently, it's taken on an even greater role in our community. COVID-19 has been scary for us all, but isn't it comforting to know that our hospital is there for us? Doctors and staff have gone above and beyond to care for us, and we're so proud of the innovation and creativity they have displayed.

But moving forward, we need your help. We want to complete important projects at the Saanich Peninsula Hospital, to ensure that we are ready for whatever comes next. With your support of equipment purchases, you can help Operating Room staff and doctors catch up with the backlog of surgeries AND you can help everyone handle the second wave of COVID-19 that we're currently experiencing, and subsequent waves, by supporting smaller renovation projects to create overflow space.

Again and again, we have witnessed firsthand what can be accomplished when community members, like you, put their hearts and soul into bringing about much needed change.



Watch our campaign video
at sphf.ca/get-ready

What we need:

- **New equipment to support opening the 3rd Operating Room**
- **Additional sterilizing equipment to support the increase in instrument cleaning**
- **Renovations to create overflow space for patients to ensure social distancing and safety during flu season and further waves of pandemic**
- **Replacement of key Operating Room equipment to support catch-up of orthopaedic, gynaecological, and dental surgeries**
- **New equipment to support surgeries new to SPH, such as medically necessary plastic surgeries.**



...continued from page 3

Wilson the Clinical Nurse Leader, Jeanne Tolmie the Social Worker, Dr. Leah Norgrove and Dr. Andrea Lewis, our palliative care physicians, along with the nursing staff, rehab and spiritual health. The Palliative Care Team is so grateful to you, the Foundation donors, for your support of a very special project that is being completed; an outdoor visiting space next to Palliative Care. In this tented, and heated outdoor space, larger families can gather in a safe way with loved ones receiving care. Saanich Peninsula Hospital and its Palliative Care team recognize the challenges that COVID-19 has presented to families and loved ones desperate to spend time with patients who are receiving end of life care. The Palliative care team cannot thank the Foundation donors enough for helping support this creative solution that helps keep families together. We were really needing to limit the amount of people coming in to see the patients and the unintended impacts that this had on families was hard on everyone. Recognizing that need, physicians and nursing staff started dreaming big about what could be done to help patients and their families. Foundation donors made it a reality. Now there is a space that can be used by families and patients for quiet reflection, visiting and spiritual ceremonies. ■ [By Jan Buehler](#)

...continued from page 6

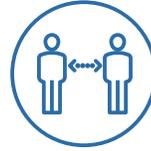
time together, patients and residents inform me of their spiritual needs, I learn what spiritual and/or religious resources they have used in the past so I can support them here at SPH to continue to access them; each patient and resident is unique.

So as this pandemic challenges each of us, no matter what our age or physical state of well being, I believe we can learn from the wisdom of our seniors and the ancestors that have gone on before us. Looking back at the history of our world, we can see evidence that human beings over all have a resilient nature. Change may be inevitable; but it is what we choose to do with that change, how we choose to define it rather than letting it define us – is what's important.

It is never too early or too late to explore the existential/spiritual questions of life. I invite you to turn off your smart phone, computer, and TV; give yourself a break from all the negative doom-scrolling information available on the internet; instead, enjoy this time of social distancing to explore what gives your life meaning – how do you define yourself? What is your role in your family, your community, your work place? Are you conscious or unconscious of the ebbs and flow of your destiny? However you choose to define the Sacred, do you make time for and include the Sacred in your life?

Take a silent pause and ask yourself – “If not now, when?” ■ [By Oceanna Hall, Spiritual Care Practitioner at SPH](#)

Covid-19 Reminders



Please remember to wear a mask, wash your hands, and social distance.



This year show you care by staying apart

We need to celebrate the season differently this year, by keeping gatherings small, local and within our social group. You can still feel connected with your extended family and circle of friends though, through phonecalls, a video chat, or a Christmas card or letter in the mail.

The BC Centre for Disease Control has up-to-date information about COVID-19 and how to protect yourself, your family and your community: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

*Isolate now,
so when we meet again
no one will be missing*

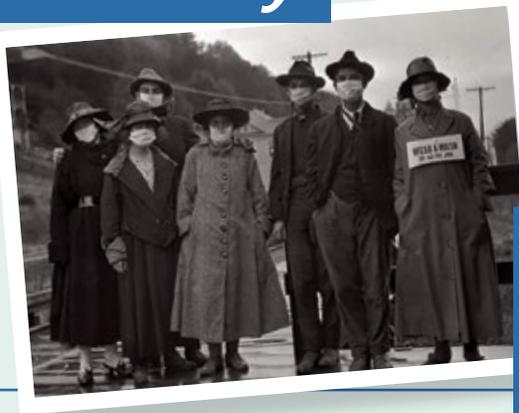


A woman wearing a gauze surgical mask while working.



People wore masks during the 1918 Influenza Pandemic to slow the spread of the outbreak.

Pandemic History



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Wherever the need is greatest

I have remembered the SPHMF in my will

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