



# PARTNERS

OF THE SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

WINTER 2019

## Fundraising for Long-term Care

This year's Annual Fundraising Campaign aims to raise \$2 million for equipment and renovations at the Saanich Peninsula Hospital's Long-term Care Unit. We were very fortunate to have some current residents participate in a photoshoot, demonstrating clearly that age is just a number and doesn't have to define us. They also shared some details about their lives, which we recognise as an important way to show the wider community that our residents are (or could be) their grandparents, parents, sibling or friend.

One of the faces who you will see on billboards, bus shelters and our print advertisements currently is Dot. She was an exceptional example of how old age doesn't have to hold you back. Dot recently passed away and we wanted to take this opportunity to remember her, and share her story.

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*...continued from page 1*

Dot's feisty nature and enthusiasm to participate marked her time at the Saanich Peninsula Hospital's Long-term Care. She will be remembered fondly by the staff and other residents there. We are especially grateful that at the age of 102 Dot was happy to be 'poster girl' for our current fundraising campaign: her family is proud to see her face "all over town" and we are proud and grateful to be able to share her story.

Dot would admit to being "an ornery type", though the incredible smile she gave while saying that suggested something different! You might not have guessed that she was 102, especially if you were to have seen her joining in with all the leisure activities that the hospital provides. The art classes at McTavish Academy were an especial hit, but you'd also find Dot out in the garden, playing bingo, joining in at sing-along and participating in all the exercise classes.

She worked at the Royal City Sawmills in New Westminster, straight from school. She worked as a grader – it was really unusual for a woman to do that role (taking the exam it was Dot and 50 men!). She could still remember the exact actions she had to take, and the size of the lumber as it came from the machine, and how she had to flip it up, examine it, and grade it based on all the flaws. She worked with a tallyman who recorded all the information as she graded the lumber. It was quite a responsible role, and she "LOVED my job. And it was Union wages!" It's hard to imagine the things she would have experienced over her many years at the lumberyard. She was never afraid to stand up for herself, "it's a wonder I didn't get fired several times!"

Dot spent her life hunting and fishing “in the real wild”. She had fun memories of playing hooky at school, making mischief with school friends. She would tell you that hospital life didn’t suit her really, but she certainly made the best of it.

Activity and engagement 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 [www.sphf.ca](http://www.sphf.ca) ■

## New Board Chair Shelley Mann

The annual general meeting of the Saanich Peninsula Hospital and Healthcare Foundation was held on September 12 2019. At that time, Paul Hames indicated that he would not seek another term as Chair of the Board, but would stay on the board to provide support to a new President. A meeting of the directors is normally held after the AGM, and at this meeting, Shelley Mann was elected the new Chair of the Board. Congratulations Shelley!

We are so happy to have Shelley Mann filling the role of Board Chair for the Foundation this year. When we were filming our new campaign video this summer we had the chance to capture a quick conversation with Shelley as she sat with Paul Hames, the outgoing Chair.

Shelley told us: “I was born and raised on the Peninsula, as were my family, so the hospital is a personal tie for us. I have a passion for it



and am very excited about my new role. I’ve sat around the table already for the past couple of years [7 in fact!] and I’ve had a great mentor in Paul.” After 3 years as Board Chair Paul said “I feel really good about handing on the role to Shelley, as we go forward I know the Saanich Peninsula Hospital & Healthcare Foundation will be in great hands.”

Thank you for all your work Paul, and thank you for your commitment Shelley - we’re excited to see what we can achieve with you as our Board Chair. [By Karen Morgan](#) ■

# Dr. Ambrose Marsh

## Retired, but NOT gone

On Friday November 9, friends, family and colleagues came together to celebrate recognizing the outstanding administrative (within Island Health) career of Doctor Ambrose Marsh.

Dr. Marsh has worked at the Saanich Peninsula Hospital for 34 years in various capacities. He became Chief of Staff in 2001, and in 2014 was appointed to the role of Medical Director for Geography 3, Saanich Peninsula and Gulf Islands. He relinquished the role of Chief of Staff at the end of 2017 to focus on the Medical Directorship. In addition to these roles, Dr. Marsh continued to (and still does) practice in Sidney and, on top of all that, played a leading role in the development of the Shoreline Medical Centre.

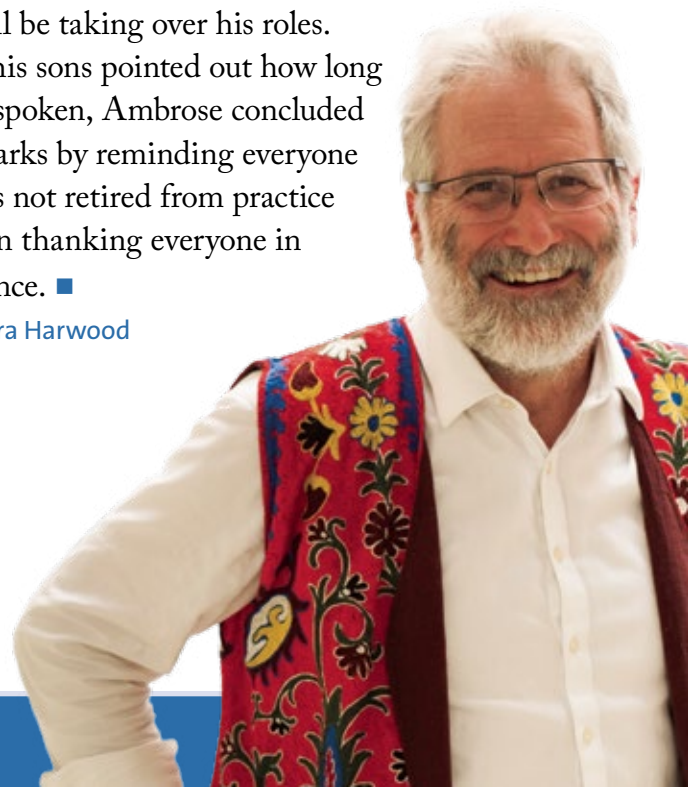
Throughout the evening, Ambrose mingled and chatted, making everyone feel he was there to speak to them alone. Videos projected on the walls of the Centre showed his humorous side.

There were accolades in the speeches from peers, from people who wanted to thank Ambrose for his professional and personal support. Speakers teased him about his disregard for ceremony and titles, his “golfing” skills (or lack thereof), and his love of casual clothes, non-matching socks and disco boots (worn at more than one golf tournament!). However, each speaker emphasized that, behind all this humour is a caring, brilliant man, who has built a sense of community at the hospital and inspired great affection on the Saanich Peninsula.

Most heartwarming were the tributes from his three sons. Family members can be proud of the professional achievements of a parent, but to hear the love and respect for Ambrose as a father was truly moving. Dr. Leah Norgrove, Ambrose’s wife, added to the family remarks by speaking of her pride, and respect her for him and the work they do together at the Bombo Regional Hospital in Tanzania.

Ambrose accepted the accolades with dignity and with humility, but also expressed his thanks to those with whom he had worked. He recognized that the knowledge and support of staff within the hospital has helped to achieve community recognition, and that the financial support from the Foundation has improved resources for staff and doctors. He expressed admiration and support for those who will be taking over his roles. When his sons pointed out how long he had spoken, Ambrose concluded his remarks by reminding everyone that he’s not retired from practice and then thanking everyone in attendance. ■

By Barbara Harwood





**Verna Ellsworth**  
 Tsartlip member - Home Support Worker  
 Saanich First Nation Adult Care Society

## The Journey Home Project

A long-running project created to improve the Palliative Care model for First Nations communities has been documented in a film. *A Journey Home* premiered at Sidney's The Mary Winspear Centre in October. The project started about five years ago with several meetings between hospital staff and people from the W'SANEC Nation. It was an opportunity for staff to learn about the different cultural practices, and discover ways that care in the Palliative Care Unit could be more culturally sensitive. We're proud to share the video with you here: <https://sphf.ca/the-journey-home-project/>

One of the doctors who championed the Journey Home Project is Dr Leah Norgrove. She has long been an integral part of the Saanich Peninsula Hospital and was foundational in establishing the 10-bed Palliative Care Unit. After many years of dedicated service Dr Norgrove, is stepping back from her Medical Leader role with the Palliative and End of Life Care Program. It is a sad day for staff at SPH who have benefitted so much from Dr Norgrove's skill, empathy, caring and leadership. Don't worry though, she will continue to practice family medicine and work on the SPH Palliative Care Unit part time. ■



**Sadie Underwood**  
 Tsawout Elder





The evening of October 19th 2019 was sunny and unseasonably warm as guests arrived at Church and State Winery. The grapes had been harvested and a Pinot Noir was fermenting quietly in the basement (it's expected to be a good year for Pinot Noir!).

While guests enjoyed a sparkling Pinot Gris and hors d'oeuvres, they wandered through the sunroom, taking in the many silent auction items. Competition was evident as friends vied with each other to take home at least one item. The Edie Daponte Trio was greeted with great enthusiasm as Edie sang several of Edith Piaf's well-known songs.

Robyn Burns (from CBC radio's "All Points West"), emceed the event, and introduced a variety of speakers. First were representatives of Church and State Winery. Consultant Frank Edgell provided a brief history of what is the largest winery on the Saanich Peninsula, and then Sommelier Patrick

described the wines he had selected to pair with the entrees.

After dinner, Paul Hames, Board Chair of Peninsula Co-op, spoke about how much Co-op values its involvement as the Presenting Sponsor. He was followed by Shelley Mann, Board Chair of the Foundation, who talked about the importance of the Foundation to her family and highlighted the impact of sponsors. The first Gala, in 1996, raised \$4,750. Since 1996, more than \$1.5 million has been raised, with more than \$750,000 of that since 2009, when Church and State became our venue host.



Dr. Ambrose Marsh and Shoreline Medical Executive Director Shawna Walker updated the audience on the development of Shoreline Medical. They both emphasized that the need is still great, which can be seen at 8:30 a.m. on Bevan Avenue when 30-40 patients regularly wait for the Walk-in Clinic to open.

The live auction was conducted by Jim Sinclair, our professional auctioneer, who kept the bidding fast and exciting. Items ranged from a Robert Bateman print to “miniature talking sticks” carved by Doug LaFortune.

We are grateful to everyone who contributed to another outstanding success - \$121,000 was raised, taking us over the top on the 2018-19 campaign for primary care. ■

By Barbara Harwood



# Happy Retirement Dr. Kathie Koziol

Recently, long-time gastroenterologist Dr. Kathie Koziol retired from practice, and we have heard from many of her patients that they were very sad to see her go. She often heard “You changed my life” from patients, and she considered this the greatest gift of her professional life.

At age 14, Dr. Koziol was diagnosed with scoliosis, a condition that required surgery to fuse her thoracic spine. In spite of the chronic pain that resulted, she felt that this surgery changed her life. The experience left her wanting to help others. She considered pursuing a career as a doctor, an engineer or (this came as a surprise to us!) a chef, but she took the pragmatic advice her father offered and pursued medicine.

After becoming a specialist, she spent 2 years in Medicine Hat, then came west to Victoria, working at the Royal Jubilee and Victoria General Hospitals. She found the call schedule very challenging, because by this point she was a single parent, and very dedicated to her two boys. Things were more straightforward at SPH, so when the offer came, she moved her practice out to the Saanich Peninsula.

Dr. Koziol’s dedication to her patients was well-known. She served her patients and they showed their affection with cards, comments



Dr. Kathie Koziol was featured along with several Saanich Peninsula Hospital doctors in the Foundation's 2008 Annual Fundraising Campaign.

and donations in her honour. Those donations helped fund Olympus scopes (which were easier on her back), advanced endoscopy training for the nurses who assisted her and a new endoscopy room in the PARR (pre- and post-operative suite).

She is very grateful for the hard work and expertise of the nurses who assisted her and for the many kindnesses shown by members of the peninsula community. “It was all about my patients”, she said recently. Many of us are so grateful for her care and concern, and wish her well in this new chapter of her life. ■

By Barbara Harwood

# 2019 Gala EVENING

PRESENTED BY



## THANK YOU with your help at this year's Gala we've raised **\$121,600!**

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100.3 The Q! Radio  
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Tim Maloney  
Victoria Butterfly Gardens  
Victoria Golf Club  
Victoria Symphony  
Victoria Window Cleaning  
Viking Air  
White Spot  
Wine Kitz



# Good NEWS



## Chamber of Commerce award

In October members of the Foundation staff and board attended the Saanich Peninsula Chamber of Commerce Crystal Awards at the Butchart Gardens. We were incredibly grateful and proud to receive the award for Entrepreneurial Spirit! We have made changes in the vision and mission of the Foundation in the past year, and the success of last year's fundraising campaign for primary health has already given us lots to celebrate. It's very meaningful to have the community's recognition of the work we are doing and the award is proudly on display at the Foundation's office at the hospital.

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## Donation from FIRM Management golf tournament

### Another wonderful donation from a long time fundraising initiative!

Rod Fimrite came into the office to present us with a cheque for \$28,401.01 - proceeds from the FIRM Management Golf Tournament. We are so grateful for this donation!

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## Help us fundraise over the holidays or any day!

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



We are excited to let everyone know that the Foundation now has a charitable account at the "bottle depot" in Sidney! 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!



AND new this year we now have a Peninsula Co-op account. When filling up at a Co-op Gas Station or buying groceries at a Co-op store you can use our account number: 130700 and we'll benefit from an annual rebate payment.



## Our Holiday Schedule

The Saanich Peninsula Hospital & Healthcare Foundation offices in both Sidney and at the hospital will be closed from December 23rd-December 30th, open December 31st (hospital office only) and closed January 1st to allow the staff to spend time with their families. Karen Morgan will be in the hospital office on Tuesday, December 31st to receive any last minute donations you may wish to make before the end of the year. All gifts post marked on or before December 31st will be processed for 2019 taxes. If you wish to drop off a gift and the office is closed, there is a secure drop box at the hospital just as you come in the main entrance, and a mailbox at the Sidney office at the back of the building. ■



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

# DONATION INFORMATION



## PARTNERS

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

### *Please contact us at*

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Saanichton, BC V8M 2B2

9710 Third Street  
Sidney, BC V8L 3A2

Ph: 250-652-7531

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