

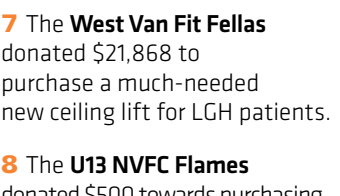
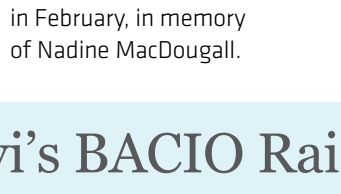
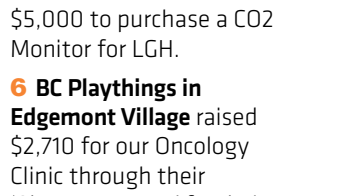
KUDOS

to our community!



Thanks to our very generous and committed donors, Lions Gate Hospital Foundation is able to continue its mission to support excellence in health care for you, your friends and family, and our community.

- 1 Mangia E Bevi & Caffé Al Mercato's 9th Annual BACIO Fundraiser** in January raised \$18,560 to benefit LGH's Oncology Department. Pictured (from left) are Doug Grisdale and Rob Parrot from Mangia E Bevi with Oncology Clinic director, Dr. Sasha Smiljanic.
- 2 The Gary Dorman Memorial Charity Golf Tournament** raised \$20,000 for our LGH Equipment Campaign to purchase a neurosurgery drill.
- 3 The Light, Hope and Life Foundation** donated \$10,000 for the Youth Mental Health Campaign at LGH.



4 The North Vancouver Firefighter's Charitable Society donated \$16,000 to LGH's Emergency Department in March.

5 The Rotary Club West Vancouver Sunrise donated \$5,000 to purchase a CO2 Monitor for LGH.

6 BC Playthings in Edgemont Village raised \$2,710 for our Oncology Clinic through their 'Show Your Love' fundraiser in February, in memory of Nadine MacDougall.

7 The West Van Fit Fellas donated \$21,868 to purchase a much-needed new ceiling lift for LGH patients.

8 The U13 NVFC Flames donated \$500 towards purchasing new medical equipment.

Mangia E Bevi's BACIO Raises \$18,560

For Antonio Sauro, Doug Grisdale and Rob Parrott, owners of Mangia E Bevi Ristorante in West Vancouver, giving back to the community is truly a labour of love. Doug's mother (and Antonio's mother-in-law) Daphne Grisdale died of cancer in July 2006, while Rob's 10-year-old daughter Julia has battled the same disease for three years.

In 2008, inspired by the desire to make a difference, the partners launched a special month-long dining fundraiser called BACIO (Because A Cure is Obtainable), which also means "kiss" in Italian, offering a three-course dinner for \$40 of which \$5 was donated to BC Children's Hospital and \$5 to Lions Gate Hospital Foundation. This year they also included in the fundraiser

proceeds from pizzas sold at their new location across the street, Caffé Al Mercato. In the eight years since launching BACIO, Mangia E Bevi, with the generous support of its valued patrons and dedicated staff has raised an astounding \$253,510 for Lions Gate Hospital Foundation. Thank you to Mangia E Bevi and to everyone who participated in BACIO.

THANK YOU FOR YOUR SUPPORT.

If you'd like to support Lions Gate Hospital Foundation through your event, please email us at info@lghfoundation.com



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THE PULSE



SPRING 2016 | NEWS FOR THE FRIENDS OF LIONS GATE HOSPITAL FOUNDATION

Youth Mental Health Campaign

Every parent wants their child to have a happy, healthy youth. Sadly, however, it's estimated that one in five Canadian youth are growing up with the heavy burden of a mental disorder, like anxiety, depression, bipolar disorder, schizophrenia and psychosis.

Even more tragically, for some youth, the anguish and hopelessness are so great they turn to suicide. It's a desperate situation, made all the worse by the fact that there are no dedicated in-patient beds for youth in our region. Up until now, youth struggling with mental disorders have been admitted either to the medical pediatrics ward at Lions Gate, or into adult psychiatric in-patient facilities, neither of which is suitable.

Now, with your help, there is new hope for our young people facing mental health and addiction crises. Lions Gate Hospital Foundation is partnering with VCH – Coastal Community of Care and the Provincial Government to open BC's first-ever Youth Concurrent Disorders Unit in the HOpe Centre at LGH.

The new Youth Concurrent Disorders Unit, scheduled to open in April 2017, will



Owen Tucker was a North Shore resident diagnosed with bipolar disorder and OCD.

provide youth with the "gold standard" in mental health treatment, supported by a multi-disciplinary team (psychiatrists, occupational therapists, teachers, counselors, etc.) who will work with each patient from initial diagnosis and treatment right through to discharge and connection to community resources. The goal is to provide these youth with the right diagnosis, treatment and continuity of community-based care to shift their trajectory into a positive, healthy adulthood.

In addition, the unit will provide state-of-the-art addiction treatment for youth whose situation is complicated by co-morbid misuse of alcohol or drugs. Once operational, it's anticipated the Youth Concurrent Disorders Unit will provide mental health and co-morbid addictions care to close to 170 youths annually.

The new unit will occupy one-half of the third floor of the HOpe Centre, providing care to youth ages 13 to 18 years from throughout the region, including the North Shore, Vancouver, Richmond, the Sea-to-Sky Corridor and Sunshine Coast.

In addition to receiving help with mental health and addictions issues, youth can continue to go to school, or receive vocational counseling, if they are thinking about working. Help is provided by an occupational therapist, physical therapist and social workers, among others.

MENTAL HEALTH CRISIS FOR YOUTH

Did you know...

- Suicide is a leading cause of death in youth
- Most mental illness begins in youth or young adulthood
- 50% of mental health disorders manifest by age 14
- 60% of youth with substance use disorder have a mental illness



Youth Mental Health Campaign

With your help, our plan is to completely transform mental health and addictions care for our youth in crisis. Please give generously to the Youth Mental Health Campaign.

For more information or to donate, please go to lghfoundation.com or call 604-984-5785.

Cont'd from page one

Lions Gate Hospital Foundation is committed to raising \$5 million to build this vital new mental health facility. The project has the full support of the Ministry of Health, which has committed \$3 million per annum in operating costs for the unit contingent on it becoming operational

by April 2017. That's why we are reaching out to you now.

Our youth, who are struggling with mental health and addictions, need our help now. Please support Lions Gate Hospital Foundation and the Youth Mental Health Campaign.



Designed specifically with the unique needs of youth in mind, the Unit will feature:

- 10 private bedrooms
- Lots of natural sunlight
- A spacious recreation room where youth can socialize and spend time with staff
- Easy access to a gym
- Private spaces for sitting, reading or playing guitar
- Special areas where family members can visit
- A resource room where youth can continue their schooling or receive vocational counselling, as needed.

New Dual Imaging Unit

Dr. Kevin Rowan, head of the LGH Diagnostic Imaging Department.



Lions Gate Hospital Foundation, in partnership with Vancouver Coastal Health, is looking to bring a new dual fluoroscopy and x-ray unit to Lions Gate Hospital. It's all part of a bold new vision to better meet increasing need for imaging services, while also bringing better efficiencies to the Diagnostic Imaging Department.

The 18-year-old fluoroscopy unit is currently used only four hours a day, four days a week (fluoroscopy captures moving body structures pro-

ducing an image akin to an x-ray movie). The vision is to redevelop this under-utilized area into a dual unit, comprising a fluoroscopy unit and a state-of-the-art digital x-ray unit. This will allow the imaging department to do more chest x-rays from ER, and more bone x-rays from the cast clinic to relieve the backlog in both areas.

The new x-ray unit would use digital radiography, which is easier for technicians to use and produces highly detailed images almost instantaneously.

The new fluoroscopy unit will continue to provide moving x-rays for imaging swallowing studies, spinal procedures, joint injections and joint stress analysis.

Together, the new dual unit will increase efficiencies in patient flow and reduce wait times in the ER, cast clinic and for outpatients.

If you wish to make a donation towards the purchase of this critical piece of equipment and help reduce imaging wait times, please call 604-984-5785 or visit lghfoundation.com.

"I don't want the Radiology Department to be a bottleneck for the hospital. Having the dual unit will enable us to increase patient throughput with x-rays and improve efficiency."

Dr. Kevin Rowan

Thank You

For Supporting the LGH Equipment Campaign

Thanks to you, our incredibly generous donors, the LGH Equipment Campaign raised an astounding \$1,075,189 for the purchase of new, state-of-the-art tools and technology, and to replace worn equipment, throughout Lions Gate Hospital.



Your gifts have helped improve care in virtually every department at LGH. To date, 26 much-needed new or replacement pieces of equipment have been purchased (ranging from

\$1,250 to \$26,000), including eight Neopuff infant respiratory support devices for the Neonatal ICU, a power drill for neurosurgery and ceiling lifts for departments throughout LGH, with more

than \$700,000 worth of new equipment still to come. Thank you to everyone who contributed to this vital effort. Together, we've made a difference to health care in our community.

DONOR PROFILE: Sheilah Henderson



When Sheilah Henderson's husband, Stuart, discovered his cancer was terminal, his large circle of friends throughout the North Shore wanted to do something special for him. Stuart had an idea in mind.

"He didn't want to do anything for himself," says Sheilah. "His idea was for his friends to raise money for Lions Gate Hospital, because he felt he could raise more if he asked for it before he died, rather than through in memoriam tributes."

Together, Sheilah and Stuart set about sending "ask" letters to their friends, family and colleagues, who responded with the same generosity of spirit that inspired the

couple to take action. Within three months, they had raised \$50,000 for Lions Gate Hospital Foundation.

Inspired by what she and Stuart had accomplished together, and by the work of the Foundation, Sheilah has gone on to become a regular contributor to fundraising campaigns, a monthly giving donor, and a member of the Foundation's Legacy Society with a gift in her Will.

"It [my monthly gift] is not a huge amount, but it's what I can afford and it makes me feel like I'm contributing on a regular basis," says Sheilah, who is the former executive director of the Vancouver Community College Foundation, now retired.

UPCOMING EVENTS

May 6
16th Annual Lions Gate Hospital Gala at Capilano Golf & Country Club
SOLD OUT
Sponsored by Goldcorp

May 26
The Barn Burner music benefit by NV Charitable Firefighters Society

June 20
20th Annual LGH Foundation Golf Classic at Capilano Golf & Country Club

For more information call 604-984-5785

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Sheilah also gives of her time, volunteering when needed in the Foundation office and at events.

"It's important to me to make a contribution to something that is so critical for our community," says Sheilah. "It's good to know I'm helping make our hospital the best it can be for me and my friends, whenever we may need it."

WAYS TO GIVE

- A gift in your will
- Become a monthly donor
- Volunteer your time
- A gift of stock
- A donation in honour of a loved one

We welcome donations by mail, by phone or online via our website.