

WELL

into the
FUTURE

BRINGING LIFE-CHANGING CARE TO LGH



From refugee to philanthropist – a remarkable story of survival and altruism **p.13**



HISTORY MAKERS

Meet the supporters transforming the future of health care **p.10**

POWERFUL DIGITAL IMAGING TOOLS BRING FASTER, BETTER CARE TO LGH **p.12**

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When you leave a legacy, the impact you have on the community will stretch beyond your lifetime.

"I want a big part of my estate to go where I know it's going to make a difference,"
Audrey B, LGHF supporter.



Claudette Carracedo

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Making History Together

OUTSTANDING! THAT'S THE ONLY WAY TO DESCRIBE the response of local donors who answered our call to help raise \$100 million to build a high-tech Medical & Surgical Centre at Lions Gate Hospital (LGH).

This is truly a project that resonates deeply in our community and in just 18 months, our big-hearted family of supporters has given more than \$90 million. This is the biggest fundraising campaign the North Shore has ever seen and it will accommodate present and future leading-edge medical technologies to meet the needs of our changing community. (Read more on page 8.)

Even as we celebrate this important milestone, we recognize there is still a long way to go to honour our commitment to contribute \$100 million to this project. Please help us keep the momentum going. The goal line is within sight!

Please give what you can to support this life-changing facility which will make a difference in the lives of our family, friends and neighbours far and wide for generations to come.

As we plan for the future, we would also like to take a moment to share the latest developments happening right now at LGH.

Your generosity has been instrumental in improving many areas of patient care in 2018. The Hospice Expansion Project is now complete and it has created a unique palliative care hub on

the North Shore. It is the first facility of its kind in B.C. and every year hundreds of outpatients will be able to access a range of life-enhancing services. (Story on page 7.)

We've also added a new fluoroscopy and digital X-ray unit to the Digital Imaging Department. This is the latest in a long line of investments in digital diagnostics that have been funded through the Foundation. (See page 12 for details.)

Please take the time to read this issue of *Well into the Future*, which also features spotlights on people like you, whose generosity ensures that we all have access to the best possible care in our time of need.

Pierre

Pierre Lebel
Chair,
LGH Foundation

Judy

Judy Savage
President & CEO,
LGH Foundation



Cover: Claudette Carracedo. Inset: Cindy Goodman. Right: LGHF. Cover stars (L-R): Sara Salmon, Hannah and Kyle McLellan, Paul Myers, Dr. Shafik Thobani and Arta Zakhireh.



Magazine of
Lions Gate Hospital
Foundation
2018/2019
VOLUME 12 NUMBER 1

WELL into the FUTURE

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Making a GRAND Entrance



The finishing touches are being applied to the atrium at LGH.

THE OLD DARK AND DATED ATRIUM at LGH has been transformed into a bright, airy and more welcoming space for patients, visitors and staff.

More natural light, additional seating areas, a renovated café, improved climate control, new visitor washrooms, a mezzanine, a more prominent patient registration area, a new information desk and easier wayfinding are among the improvements made to the busiest area of the hospital.

The renovation was the second phase of the LGH Now Campaign which raised \$8.5 million to build a new outpatient facility and upgrade an atrium that has not seen much change since the 1970s. The Denis & Joan Creighton Outpatient Care Centre opened last fall. Construction work on the atrium was completed earlier this month.

Thank you to all of our donors who contributed to the campaign. ■

Hats off to NIP/TUCK

A WILD WEST EVENING at the 5th Annual Nip/Tuck Lawn Bowling Classic raised an event record of \$47,715 (net). Close to 200 people gathered for the informal summer fundraiser organised by the Foundation's Young Professionals Committee and hosted at North Vancouver Lawn Bowling Club. Many thanks to all of our sponsors, donors, hosts, participants and volunteers who came together to create a fun-filled evening of philanthropy and cowboy couture. ■



ART & SOUL



Carrie unveils her painting at North Shore Hospice.

A SCHOOL PROJECT CREATED by West Vancouver student Carrie Zhou has blossomed into a lasting memorial of former patients cared for at North Shore Hospice.

As part of a personal project requirement for her coursework at Mulgrave School, Carrie, who is 16, interviewed three hospice residents who were close to the end of their lives.

The wisdom they shared and their unique characters are reflected in the 36" x 48" oil-on-canvas painting titled "The Art of Death," which now hangs in the reception area of the hospice.

Each flower represents the personality or memory of a patient and the lovebirds symbolize the desire of one resident who revealed that he would return to the time he first fell in love if he was given one last wish.

The painting was donated to the North Shore Hospice together with a generous \$10,000 donation from Carrie's parents. ■



Dr. Kevin Rowan, Head of Diagnostic Imaging, Suzanne Malfair, Clinical Coordinator for the pharmacy, and Corrie Irwin, Director of Surgical Services, make a big splash for LGH.

TANK YOU, VERY MUCH!

STAFF AND PHYSICIANS at Lions Gate Hospital volunteered for dunk tank duty to raise funds for the Foundation during the LGH Staff BBQ in September.

The annual BBQ is one of several staff fundraisers held in support of the hospital throughout the year. The lunchtime event, which was sponsored by Save-on-Foods and Davies Home Healthcare, raised more than \$3,000 for the Medical & Surgical campaign. ■

THE SPRING SWING

A TRIO OF SPRING FUNDRAISERS

boosted the campaign to build a new high-tech Medical & Surgical Centre at LGH.

The Third Annual LGH Community Cares Gala, hosted at Vancouver's Four Seasons in March, set the pace by raising an event record total of \$202,624 (net).

In May more than 200 people gathered for the 18th Annual Lions Gate Hospital Gala, held at Capilano Golf & Country Club in West Vancouver. An impressive total of \$1,038,79 (net) was raised from the evening.

A month later, the 22nd Annual LGHF Golf Classic, hosted once again at Capilano Golf & Country Club, raised \$680,316 (net) – the highest amount in the event's history.

Thank you to all members of the organizing committees who worked so hard to ensure the success of these events, as well as the sponsors, volunteers, donors and guests for making Spring 2018 one of our most successful fundraising seasons. ■



Left: 2018 Gala Committee
Above: LGHF Golf Committee
Below: Asian Advisory Committee





HITTING A HIGH NOTE

Talented musicians from the Young Pianist Club have raised more than \$12,000 for Lions Gate Hospital Foundation by hosting Christmas and summer fundraising concerts. The musicians, who have played to packed venues in Vancouver, are planning another fundraising concert in December. Check out the events page on our website for details later in the year.

The FANTASTIC FOUR



MEHRI PARSI



LAUREN MILLAR RN



JEFF KUSAKA RPN



NATASHA MOHAN

CONGRATULATIONS to Mehri Parsi, Lauren Millar, Jeff Kusaka and Natasha Mohan, recipients of the 11th Annual North Shore Health Care Awards hosted by Lions Gate Hospital Foundation. These awards honour staff and volunteers from across Vancouver Coastal Health (VCH) facilities on the North Shore for their dedication to providing excellent patient support and care.

1 Mehri Parsi, who was originally hired in 1968 to work in food services at LGH, received the Spirit of Philanthropy Award.

2 Registered Nurse Lauren Millar, who works on the orthopedics ward at LGH, is the recipient of this year's Workplace Inspiration Award.

3 Jeff Kusaka, a Registered Psychiatric Nurse at The HOpe Centre, took home the Clinical Practice Award.

4 The Dr. Les Janz Leadership Award was presented to Natasha Mohan, Team Lead of Respiratory Therapy. ■

Read more about these outstanding individuals at: www.lghfoundation.com/news/healthawards

FOR THE LIVING

The Every Day Counts program offers patients a "one-stop shop" for long-term support and well-being



Every Day Counts Program Coordinator Jane Jordan and patient Barbara Gee celebrate the new outpatient facilities.

it is yoga, a seminar or any other activity, we can connect and meet people we can talk with."

"We may have different illnesses, but we all seem to connect and it is nice to have that support," she adds. "I think that is very important."

Thanks to the Foundation's Hospice Expansion campaign, which raised \$2.36 million, the Every Day Counts program is located in the new palliative care hub.

This hub for people living with life-threatening illnesses also houses a new Palliative Outpatient Clinic, providing patients with convenient, rapid access to the North Shore Palliative Care Physician Team.

"The Centre is open-access; no referral is needed and everyone is welcome," says Jane Jordan, program coordinator of the North Shore Palliative and Supportive Care Program. "We see people connecting with each other through the program. After yoga, they might go out for coffee together, so it becomes about creating that sense of community. It's an honour to support people at this crucial time."

The palliative care team on the North Shore currently connects with about 800 patients each year. By accessing resources in one central location, people like Barbara can find the clinical support they need as well as seek out kinship and comfort. Find out how you can help at www.northshorehospicepalliative.com. ■

Sometimes, it's the first few steps on a journey that can be the hardest. For Barbara Gee, who was diagnosed with cancer in 2014, going to the Every Day Counts program offered by the North Shore Hospice was something she put off for a long time. From her very first encounter, however, she felt right at home.

Every Day Counts is a free program available to people with life-threatening illness. It's a kind of "one-stop shop," which makes people's lives easier when they may not have the energy to travel far or frequently and want to focus on their well-being.

The program addresses all aspects of a patient's quality of life through one-on-one counselling, physical activities including yoga and pole walking, music therapy, relaxation and meditation sessions, and more. What makes it stand out most is its life-affirming philosophy.

"I know it is really hard to take the steps to go, but it is not just for palliative patients," Gee says. "The staff are just so easy to talk to, and they have so much information and they are willing to talk about anything and everything. I think they are fabulous. This sounds strange, but they make it such a happy place to be."

As well as participating in the yoga sessions, Gee has also accessed several of the program's support seminars, which range from practical to emotional and include symptom management, managing palliative resources, and taxes and estates.

"When you attend the Every Day Counts program, you learn more about the hospice," Gee says. "You may not need it today or tomorrow or in a year, but you know it is there. With the Every Day Counts program, whether

A New Era for Palliative Care

THE NORTH SHORE HOSPICE, which opened in 2010, is the North Shore's first and only free-standing hospice.

The expansion, which was completed in October, has created the province's first palliative care hub.

This groundbreaking facility was made possible by the generosity of close to 2,000 donors.

The new centre will provide wrap-around support services for patients living with life-threatening illness from across the North Shore, the Sea-to-Sky Corridor and in the rural coastal communities of Bella Bella and Bella Coola. ■



The FUTURE on 13th Street



Top: The new Medical & Surgical Centre will be the largest, most advanced facility in the province. Opposite, clockwise: Operating rooms will be built to keep pace with advances in medical technology; in-room patient information systems will help patients keep track of their care; patients will enjoy private, secure environments with the new single-patient rooms.



The Medical & Surgical Centre is the future of health care on the North Shore. When it is built, this long-overdue facility will offer residents from right across the North Shore, Sea-to-Sky corridor, Sunshine Coast and Central Coast access to one of the most technologically advanced community acute care centres in B.C.

At 225,000 sq.ft, the facility, which will be built between the Paul Myers Tower and The HOpe Centre on 13th Street, will be the largest facility on the LGH campus.

CHECK OUT THE CHECK-IN

Innovation starts at the check-in. Self-service kiosks will allow patients to bypass lineups during busy periods. They will be able to check-in, see a schedule for their care, complete admission questions and get directions via touch-screen. With a unique patient number, visitors will also be able to locate patients and navigate their way around the facility more easily using the kiosks or an app on their phone.

REMOTE-CONTROLLED ROOMS

Curtained partitions, overheard

conversations and shared bathrooms will be a thing of the past thanks to 108 single-private rooms with ensuite facilities.

Patients will have hands-on control of light levels and room temperature so that they can set their own comfort levels to create a restful environment, which is essential to aid a faster recovery.

They will also be able to perform rehab activities without disturbing other patients.

These spacious, family-friendly rooms will be furnished to provide greater comfort for visitors who

provide essential emotional support for loved ones.

Single-patient rooms will enable staff to better manage infection control, making the whole hospital a healthier place for everyone.

SELF-SERVICE INFORMATION

With a screen in every room, patients can stay informed and up-to-date with their treatment via internet-based patient portals. Patients will receive personalized education and health care information related to their specific health needs and have access to their care

plans and records so that they are better informed.

IN-SURGERY INNOVATIONS

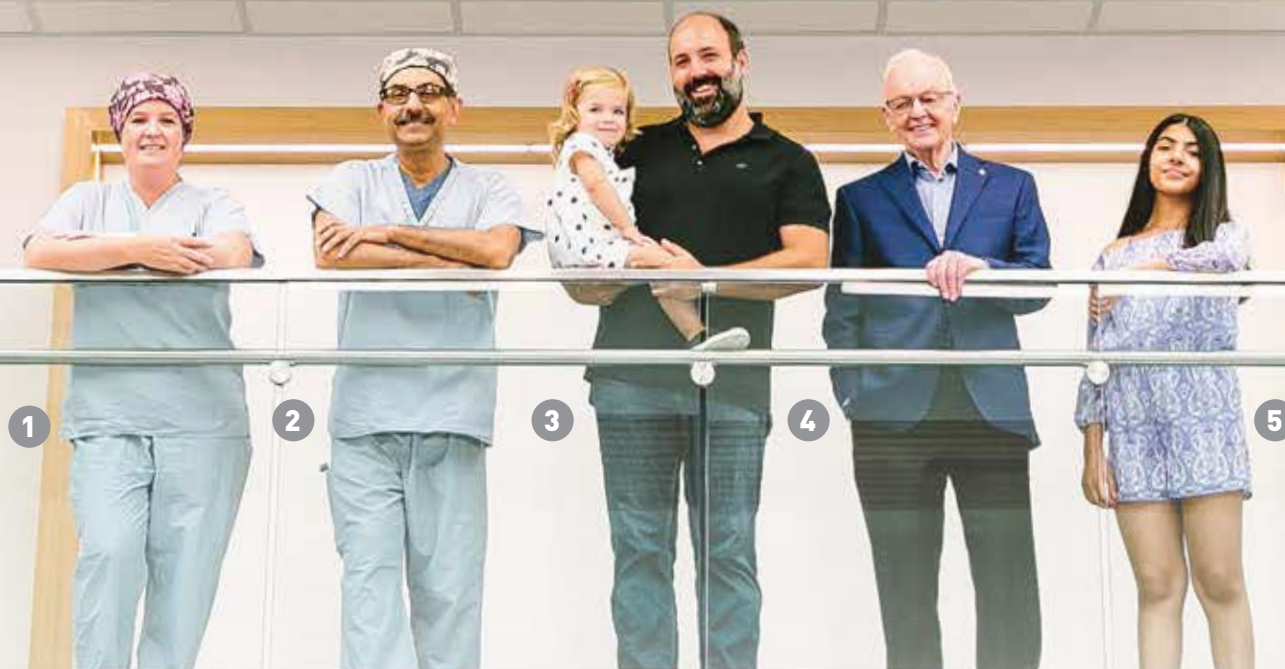
Eight state-of-the-art operating rooms will be located on the second floor of the new facility. They will be larger and more flexible than the existing ORs with the infrastructure to integrate medical technology as it evolves. Intra-operative imaging that gives surgeons up-to-the-second visuals as they operate on patients is just one example of the technology that will be available at LGH when the Centre is open.

VIRTUAL TELEHEALTH CENTRE

A new Telehealth Centre will enable patients to go home and recuperate while having extended access to medical personnel. Video conferencing capabilities and advanced patient monitoring devices will make high quality health care more readily accessible to patients in remote locations. The technology will also enable shorter stays and less travel for patients who require less hands-on care but continued observation. ■

EVERY DONOR COUNTS

It takes a community to build a hospital



**MORE THAN
5,700
DONORS**

have contributed to the \$100 MILLION campaign to build a **MEDICAL & SURGICAL CENTRE** at LGH and the stars of this year's *Well into the Future* cover are among the supporters of the new Centre. Every donation – of every size – is gratefully received. Here, we celebrate the many ways in which our supporters have made their donations count.

1 SARA SALMON RN

Sara Salmon, RN, coordinates surgery for orthopedic patients at LGH where she has worked for 18 years. Sara started out supporting a campaign to fund orthopedic equipment and every year since, she has volunteered at the LGHF Golf Classic and the Lions Gate Hospital Gala.

Thanks to volunteers like Sara, millions of dollars have been raised to support patient care. "I see first-hand that we don't have enough money from the government to pay for everything," says Sara. "I was born at LGH and my kids were born here too. The hospital is near and dear to my heart and we couldn't do without the support of the Foundation."

2 SHAFIK THOBANI MD

Known for his caring and calming presence in the operating room, anesthesiologist Dr. Shafik Thobani is also a donor and all-round cheerleader for the Foundation.

Dr. Thobani is one of several LGH physicians whose support of the Foundation helps raise awareness of the hospital's vital needs. He's a donor and a great ambassador who inspires others to support LGH. "It is very important that donors give to the Foundation. It really makes a difference to the quality of care we can give to the patients," says Dr. Thobani. "Also, when you have the best environment to work in and current equipment to work with, you attract the best talent, and that also makes a big difference."

3 KYLE & HANNAH MCLELLAN

Kyle McLellan was born at LGH and so were his two daughters (including Hannah, pictured). He's a second-generation donor and an active member of the Young Professionals Committee, which organizes the annual Nip/Tuck Classic. Over the past three years, the event has raised more than \$117,000 for the Foundation. "For my family, LGH has always been our hospital. For me, the hospital means everything from the start of my life to the birth of my children," he says. "Being a part of the Committee is a way for like-minded people to give back to their community."

4 PAUL MYERS

Paul Myers is our very own \$25-million man. He grew up in Lynn Valley and remembers having his tonsils taken out at the old North Vancouver General when the streetcars were still running. His record-breaking gift inspired a one-of-a-kind philanthropic effort within our community and the new Centre will be named in his honour. Without Paul's historic gift, plans for a new acute care facility would still be on ice. He says: "With community support we were able to make this project a high priority and I am very pleased to see that the campaign has reached \$90 million. I hope we can hit the magic mark very soon."

5 ARTA ZAKHIREH

When Grade 7 student Arta Zakhireh decided to raise money over the summer break, she chose a cause close to her heart.

Arta, who has dreams of becoming a physician, put her creativity to work and crafted handmade candles, notebooks and cards to sell to friends. "I like to help people and it makes my heart really happy that I was able to donate even a little towards the \$100 million."

Arta is one of the hundreds of local students and young people who have supported the hospital.

READ MORE about donors who are making a difference at www.lghfoundation.com/everydonorcounts

TAKE US TO THE TOP



LGHF mascot Seymour and Dr. Alex Ritchie of the LGH Emergency Department celebrate reaching the \$90-million mark by unfurling a banner down the side of the Paul Myers acute care tower in July.

LESS THAN TWO YEARS after launching the historic campaign to raise \$100 million to build a transformational Medical & Surgical Centre at Lions Gate Hospital, the Foundation is less than \$10 million away from its goal.

Propelled by a huge community effort inspired by Paul Myers' initial \$25-million gift, the fundraising effort has been embraced by the whole of the North Shore Community including individuals, families, community groups and businesses large and small.

"It has really been inspirational to see how the local community cares so much about our hospital and how generously people have responded to such a big ask," says Judy Savage, President & CEO of the Foundation. "We still have a lot of money to raise and I urge everyone to contribute what they can to support this life-changing facility, which will impact patients from the North Shore and beyond."

Since the banner was unveiled, a total of \$92 million has been raised. You can help us take the fundraising tally to the top at www.lghfoundation.com. ■

GETTING UNDER OUR SKIN

A recent purchase of leading-edge Medical Imaging tech means faster, better care at LGH By Gail Johnson

WHETHER THEY NEED SURGERY, treatment for a chronic or life-threatening condition or a cast for a broken bone, there's one hospital department many pass through during their journey to better health – Medical Imaging.

With the support of local donors, Lions Gate Hospital Foundation has invested a total of \$15 million in diagnostic imaging at LGH. The latest addition is a highly sophisticated dual Fluoroscopy and Digital X-Ray Unit, which provides state-of-the-art technology that speeds up access to care and allows for more sophisticated procedures.

The new machine, which was purchased following a \$2.5-million campaign, not only captures X-Ray images but allows radiographers to view real-time internal images of moving body parts and systems. Think of it as a medical movie.

The imaging has a vast range of applications, from diagnosing problems to guiding physicians administering pain medications in the joints or spine.

Patients with arthritis, those who have suffered a stroke, spinal injury or live with chronic back pain, and patients from the Emergency Department and Cast Clinic are just some of people who will benefit from this advanced technology. Patients requiring guided biopsies and stomach and bowel examinations will also have access.

“When a patient comes through the doors, we’re the people who provide a key piece of the puzzle into providing a diagnosis, which facilitates their treatment,” says Dr. Kevin Rowan, Head of Diagnostic Imaging. “Whether someone comes in through the emergency department, is a chemotherapy patient



needing to know if their disease is progressing or is in recession, or needs imaging for a knee or hip replacement, we support every facet of care at Lions Gate Hospital.”

With the installation of the fluoroscopy unit, the hospital’s X-ray capacity has increased by as much as 50%, meaning speedier access to imaging for patients – and less time waiting for diagnosis. “Without the Foundation and the support of donors, we would be nowhere near as cutting-edge,” Rowan says.

LGHF has also funded a second CT scanner, an MRI, ultrasound and nuclear medicine scanners with the support of generous donors.

With the MRI unit scanning 24 hours a day during the week and 20 hours a day on weekends, wait times are lower in many priority areas.

Medical Imaging Site Coordinator Egidio Pasin notes that the need for the new imaging equipment has never been greater.

“Our patients include not only the aging demographic but also the active demographic on the North Shore – people who hurt themselves skiing, snowboarding and mountain biking all come through Lions Gate Hospital,” Pasin says. “With the new machines, we’re able to alleviate bottlenecks. We’re ever grateful to the Foundation for purchasing this very expensive equipment.” ■

“We had \$50 when we came to Canada.”

– Aranka Lenart



The Will to Make a Difference

SIXTY-TWO YEARS AGO Aranka Lenart walked through a minefield to escape tyranny. Born and raised in Hungary by a family of entrepreneurs, she was forced to leave it all behind following the turmoil of the Hungarian Uprising. She crossed the border into Austria on foot with her husband Mickey and caught a train in Salzburg and then a plane to safety in England.

After a short time in the U.K., she arrived in Canada as a Red Cross refugee. She barely knew any English and had few belongings to her name. All she knew about Canada was a few city names – Toronto and Montreal, and the Great Lakes. Aranka and Mickey were among approximately 37,000 Hungarian refugees given asylum in Canada following the Soviet occupation of Hungary in 1956.

“It was unbelievable but you did what you had to [do to] survive,” says Aranka.

Aranka and Mickey moved to North Vancouver, liked what they

saw and started a new life. “We had \$50 when we came to Canada,” she recalls. “We didn’t even need a closet because we travelled with just one bag of clothes.”

They spent a month in a hotel on Capilano Road before moving out to rented accommodations close by. The couple were hard-working and resourceful. In the early years, Aranka loaded the dishwasher at a local restaurant on Marine Drive while Mickey found work as a gardener. They changed jobs, made a life for themselves and saved to buy first a bed, then a TV from Woodward’s and eventually put a down payment on their first home.

Aranka and Mickey were always grateful for the kindness of strangers and were keen to support a community that had given them refuge and the opportunity to start afresh.

“My husband said when we came here on the airplane with the Red Cross we didn’t have any money and yet we ended up here. We decided hospitals always needed money and

didn’t have much but we knew we could always give something. When we had more, we gave more.”

The couple made their first donation to LGH in the late ’80s and became monthly donors a few years later. Thanks to sustained donations, they had an impact on a wide variety of health care services ranging from operating rooms and hospice and palliative care to mental health, neurology and the current Medical & Surgical campaign. Like many Foundation donors, Aranka has also chosen to make a provision to the Foundation in her will, to support the continued improvement of care in the LGH family of facilities.

Both Mickey and Aranka’s mother-in-law, who was able to join

Despite arriving in Canada with next to nothing, former refugee and longtime LGH supporter Aranka Lenart has always found a way to give back By Yolanda Brooks

them three years after they landed, received palliative care at Lions Gate Hospital. Aranka herself needed surgery at LGH to remove a brain tumour more than 17 years ago.

A blood clot led to complications following surgery and for three days physicians feared she wouldn’t make it. She survived and celebrated her 90th birthday last year.

Aranka, who was widowed almost 30 years ago, remains a loyal supporter of the hospital. “You cannot always plan for what happens in life but you have to face the future, whatever happens. LGH cured me and I survived because Lions Gate Hospital is a very good hospital,” she says. “I have always been very satisfied with the treatment and the support from everyone there.” ■

To find out more about legacy giving and our monthly donation program, please contact Sandi London, Development Relations Manager, at 604.984.5857 or sandi.london@vch.ca.



Above: Egidio Pasin and Dr. Kevin Rowan with the new fluoroscopy unit. Below: Dr. Rowan and team looking through the CT scanner.

2018 CHAIRMAN'S CIRCLE MEMBERSHIP

LIONS GATE HOSPITAL FOUNDATION is honoured to celebrate the generosity of individual community leaders and philanthropic families who have made significant donations to support the work of the Foundation. With their ongoing commitment to the Lions Gate family of facilities across the North Shore, this visionary group of donors has played a significant role in our mission to continuously improve care for all patients. In recognition of their valued support, we invite donors who have contributed a cumulative total of \$100,000 or more to join our Chairman's Circle. Their spirit of philanthropy inspires the whole community and the impact of their support is felt by patients and staff every single day.

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Goli Nowtash
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Ross & Ursula Southam
Graham & Kyra Stanley
Bill Stewart
Millie Stewart
Jim & Julie Szabo
Graham & Elaine Thody
Bruce Waters & Beverley White
Talal & Christi Yassin

We would also like to thank those Chairman's Circle members who have requested to remain anonymous.

For more information on the Chairman's Circle, please visit www.lghfoundation.com or contact Louise Campbell, Vice President, at 604.904.3561 or louise.campbell@vch.ca.



The Royal Canadian Legion – West Vancouver branch is one of the many community groups contributing funds to support new technology and equipment, infrastructure upgrades and enrichment programs at LGH. Donor investment in the LGH family of facilities enhances many areas of patient care.

This \$50,000 carbon-fibre cranial support unit, which is used to treat neuro-surgical patients, was funded through donations to the Foundation.



LGH EQUIPMENT UPDATE

YOUR DONATIONS ensure that the latest medical equipment is available to staff and physicians. With donor support, patients have better access to updated technology and enhanced clinical programs. Donor-funded purchases in the last year include:

Intravenous infusion pump	Home Care Support	\$4,200
Four sleep apnea machines	Surgical	\$5,580
Music therapy	Cedarview Lodge	\$5,900
Treadmill	Rehab Services	\$6,100
Chill Out Room equipment & furnishings	Carlile Centre	\$10,000
Bladder scanners	Surgical	\$ 30,000
Vein viewer	Pediatrics	\$ 17,000
Head frame	Neurology	\$ 50,000
Image analyzer	Oncology	\$100,000
Cardiovascular ultrasound	Cardiology	\$150,030

Thank you to all our donors who have made possible the purchase of these and other much-needed items.

FOR A COPY of the Foundation's audited financial statements for 2017-2018, please visit our website at: www.lghfoundation.com/about-us/financial-reports/Attachments area



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