



IMAGING

The Next Generation

LGH Foundation
launches a
\$1.5-million campaign
for high-tech
nuclear medicine
gamma cameras

plus

- Rapid Access Joint Replacement
- Endoscopy Unit Opens
- New Art Program

Major Steps Forward



Success can be defined in many ways and this year we are extremely proud of the major steps we've taken towards supporting the highest quality health care on the North Shore.

This year our Foundation completed the largest undertaking in its history, raising a record \$26.5 million toward

the development of The HOpe Centre (The Greta and Robert H.N. Ho Psychiatry and Education Centre). Now more than 50-per-cent complete, we look forward to the centre's official opening in early 2014, bringing with it the mental health and addictions facilities our community so desperately needs.

I'm also pleased to report that we surpassed our \$3.5 million fundraising goal for the new Endoscopy Unit, which opened in June. Endoscopy screening is critical to the early detection of colon cancer – the second-leading cause of death in B.C. – making this a vital service for our community.

Looking to the Future



It's been another landmark year for our Foundation. This year we celebrated the opening of the new Endoscopy Unit at the same time we saw our new mental health facility [The HOpe Centre] start to take shape at the corner of East 13th Street and St. Andrews Avenue.

I'm very proud of the Foundation's past, present and emerging achievements, but I'm even more excited about the future of Lions Gate Hospital.

With Phase I [The HOpe Centre] of the LGH campus renewal well underway, the Foundation is now working with Vancouver Coastal Health to prepare for Phases II and III, which will include both new construction and the renovation of some existing areas. Together, we're working on shaping the future of LGH for years to come.

This fall, the Foundation is launching a \$1.5-million campaign to purchase two state-of-the-art gamma cameras for our Nuclear Medicine Department, which you can read about on page 8. Dr. Philip Cohen believes this technology is so vital to LGH that he's

In February, we launched a \$1.2-million campaign for much-needed equipment for our busy Orthopedics Department. Thanks to your generosity, we were able to provide our talented team with vital equipment upgrades, including a new low-radiation orthoscan X-ray machine and specialized-fracture operating table. These state-of-the-art tools will enable our team to continue to provide the highest quality of care, while reducing patient wait times for hip, knee and other joint replacements and surgeries.

I'd like to extend my sincere thanks to all of our donors and to everyone who supported our many events this past year, including our highly successful Gala and Golf Classic. I'd also like to acknowledge our Board members, honorary directors, committee members, and our hundreds of dedicated volunteers. Thanks to your efforts, everyone in our community has access to the highest quality health care – today and into the future.

Clark Quintin, *Board Chair*
Lions Gate Hospital Foundation

made an exceptional personal commitment to match all donations, dollar for dollar, until the Foundation reaches its goal.

It's impossible to talk about the future of the Foundation without embracing our young people. That's why, this fall, the Foundation is launching a new Youth Advisory Committee to provide youth with insight into the Foundation's work, engage them in its activities and provide them with leadership opportunities. Now is the time to cultivate tomorrow's leaders.

Once again, I would like to thank the many dedicated donors – from individuals like Peggy Horne, who you'll meet on page 13, to local businesses and major corporations – who support the work of the Foundation. Every donation, large and small, makes a difference.

Thank you to our dedicated Board, our many devoted volunteers and our outstanding health-care professionals. Your hard work and deep commitment to providing high-quality health care to our community is an inspiration.

Judy Savage, *President*
Lions Gate Hospital Foundation



LIONS GATE
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WELL into the FUTURE

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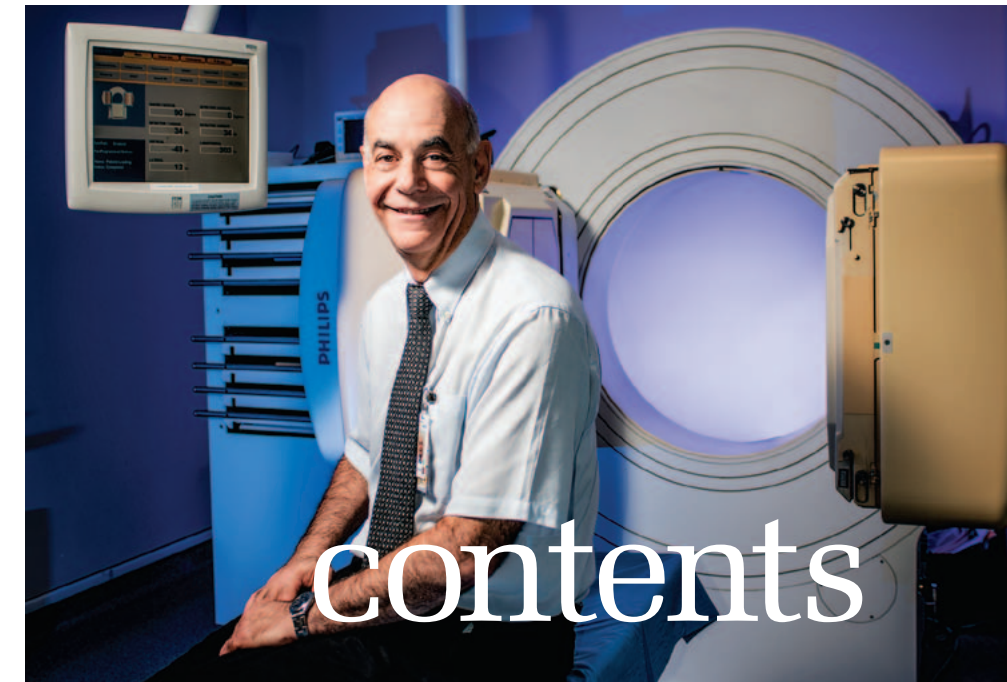
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EARLY DETECTION SAVES LIVES



Did you know that colon cancer is the second-leading cause of cancer death in B.C.? In 2009 alone, more than 20,000 Canadians were diagnosed with the disease. That's the bad news. The good news is that colon cancer is also one of the few cancers that can be successfully prevented and treated through early screening to detect polyps before they become malignant.

When you consider the amazing cancer-prevention success rate of early colon cancer screening using the fecal immunochemical test (FIT) or colonoscopy, it's no wonder that B.C. health authorities have made colon cancer screening a top priority.

On April 1, 2013, the province launched a new program to help raise awareness of colon cancer and

to encourage everyone over age 50 to consult their doctors about colon cancer screening. To facilitate more early-detection screening, British Columbians will have access to FIT screening every two years, while people with a significant family history of colorectal cancer will be referred to their regional health authority for a screening colonoscopy (see our story on LGH's new Endoscopy Unit on page 12). It's a program with the potential to save thousands of lives.

So, if you're between the ages of 50 and 74 and have never been screened for colon cancer, talk to your doctor. Meanwhile, for more information on B.C.'s new colorectal cancer screening program, visit www.screeningbc.ca ■

COMFORT FOR CHEMO PATIENTS

When cancer patients come to Lions Gate Hospital to receive chemotherapy treatment, patient comfort is a top priority. That's why the purchase of 18 new top-of-the-line chemotherapy chairs this past April – made possible thanks to a generous \$15,000 donation from former cancer patient Mary Skipp, together with support from other generous donors to the Dr. Paul Klimo Medical Oncology Clinic – is so deeply appreciated by patients and staff.

Up to 30 people a day come to the clinic to receive chemotherapy. Over time, and with that kind of use, it was inevitable the unit's existing therapy chairs would start showing signs of wear and tear.

"The chairs were beginning to get uncomfortable, especially for patients who spend long days here," says oncology nurse clinician Pat MacDonald. "The footrests

weren't working properly anymore and didn't stay up when the chairs were reclined.

MacDonald says that the new chairs are not only more comfortable, but are also easier for patients to recline themselves, and the large, rectangular side tables better suit the needs of the nurses.

Mary Skipp beat lymphoma twice while under Dr. Klimo's care, so she knows first-hand what it's like to sit for long periods while receiving intravenous chemotherapy at LGH. When she decided to give back to the clinic, she supported something she knew would make a difference.

"I know chemotherapy can be trying," says Mary. "I just wanted other cancer patients to be comfortable while undergoing treatment."

No doubt her gift will go a long way towards providing comfort to those who need it most. ■



Mary Skipp

2013 NORTH SHORE HEALTH CARE AWARDS FOR OUTSTANDING ACHIEVEMENT

Once again, the annual North Shore Health Care Awards for Outstanding Achievement attracted a full slate of worthy candidates from the health-care professions. Nominees in three categories were honoured at a ceremony held on January 17, 2013, where the Foundation also announced its choice for the Spirit of Philanthropy Award, which pays tribute to a health-care professional who goes "above and beyond" in supporting the Foundation's fundraising efforts. ■

AWARD WINNERS: (Left to right): Dr. Alan Baggoo, orthopedic surgeon (Clinical Practice); Angela Crawford, homecare nurse (Workplace Inspiration); Lori Baker, trauma nurse clinician (Spirit of Philanthropy); Susan Thack, team leader, Mental Health Program (Leadership).



INTRODUCING HEALTHCARE HEROES

Lions Gate Hospital Foundation is pleased to announce its new Healthcare Heroes recognition program. It allows patients and family members to thank health-care providers for their delivery of exceptional care by making a donation in their honour. These gifts to the Foundation are used

to purchase new equipment, upgrade facilities and support staff education. Recognize your Healthcare Hero today by emailing Tricia McLaren at tricia.mclaren@vch.ca or visiting our website at www.lghfoundation.com. ■



17TH ANNUAL GOLF CLASSIC

Capilano Golf and Country Club hosted this year's golf tournament, presented

by Locher Evers International and chaired by Mark Hannah. Held on June 17, participants enjoyed a glorious day on the course followed by a dinner emceed by Dr. John Maynard, with special guest speaker and entertainer Glen Suitor. The tournament raised \$326,290 for the Foundation, with proceeds going to the Foundation's \$1.2 million Orthopedics Campaign.



13TH ANNUAL WINE & CULINARY GALA

This year's Gala, presented by Goldcorp and chaired by Coryn Hemsley, netted \$775,375 for the Foundation. Guests were welcomed to the May 10 fundraiser by host Chuck Jeannes, president & CEO of Goldcorp, and emcee Sophie Lui, from Global BC. The event, held at The Pinnacle Hotel at the Pier, featured a delectable multi-course dinner, three auctions and live entertainment. Proceeds were directed to our Orthopedics Campaign and the purchase of two new echocardiogram machines.

The HOpe Centre to Open in 2014

Construction of The HOpe Centre (The Greta and Robert H.N. Ho Psychiatry and Education Centre), which began at the corner of East 13th Street and St. Andrews Avenue last August, is now more than 65-per-cent complete and is slated to open in 2014.

In addition to extensive mental health and addictions facilities, The HOpe Centre will house the Djavad Mowafaghian UBC Medical Education Centre and a new BC Ambulance station.

RESOURCE CENTRE

One of the other special features of The HOpe Centre will be a comprehensive information resource centre for individuals and families struggling with mental health issues. This new information centre, to be named the Kelty Patrick Dennehy Mental Health Resource Centre, was made possible thanks to a \$500,000 donation from the Kelty Patrick Dennehy Foundation.

The Foundation was established by Ginny and Kerry Dennehy to honour the memory of their 17-year-old son Kelty, who they lost to depression-related suicide in 2001. Since its creation, the organization has raised more than \$5 million for mental health resources, care and education.

"We're hoping the resource centre becomes a focal point where people will not only be able to get resources about mental illness, but will also be able to gather and seek out others who are dealing with similar issues," says Ginny.

Recently, the couple cycled 8,000 kilometres across Canada as part of their Enough is Enough campaign to help remove the stigma around mental illness and raise awareness about depression.

Kerry and Ginny Dennehy



To those who did not know her, Phyllis Lowdell may have appeared to be a very private person, but to those who were privileged enough to get to know her well, she was both an inspiration and a delight.

"Phyllis always had a joke to tell," says Elaine Henderson affectionately of her late friend. "She just loved music and singing."

Phyllis moved to the British Properties with her mother, Ann Lowdell, in the 1960s, becoming a lifelong resident of the North Shore. The move proved the perfect fit for a woman who loved nature and animals.

A veteran administrative assistant with IBM (where she worked until her retirement), Phyllis used her free time to fulfill her lifelong dream of flying. She earned her pilot's licence at age 32, becoming a member of the International Organization for Women Pilots, "The Ninety Nines."

In the last years of her life, Phyllis moved out of her house to become a much-loved resident of Sunrise in North Vancouver, endearing herself to all who knew her with her sunny disposition, sense of humour and hearty appetite for the cook's creations.

"Phyllis just loved good food," says Elaine with a smile.

Although Phyllis led a quiet life and never married, she was deeply devoted to her church – Christ Church the Redeemer in West Vancouver – and many other worthy charities that both she and her mother held dear. Indeed, when Phyllis passed away on August 31, 2011, at the age of 90, the bulk of her estate was willed to five of her favourite charities, including Lions Gate Hospital Foundation, each of which received in excess of \$600,000.

"We were both surprised and delighted by Phyllis' generous gift," says Joanne McLellan, director of gift planning. "While we regret never having had the pleasure of meeting Phyllis, or the opportunity to thank her for her thoughtfulness, her generosity will touch many people in our community through LGH, North Shore Hospice and The HOpe Centre. ■"

Artist Shirley Claire Williams

Healing Power of art



Lions Gate Hospital Foundation's new Art Program aims to create a more positive, uplifting environment for patients and their families.

By Louise Campbell

Imagine walking, or even being wheeled, through the halls of a hospital with blank walls. Now imagine those same walls coming alive with colourful works of art. The difference, in addition to pleasing the eye, can be very therapeutic.

Research shows that art can help reduce stress and anxiety, as well as lower blood pressure. It can increase patients' trust and confidence, and it can be a positive distraction for patients, their families, staff and visitors. Art can help create a hopeful, healing environment, often improving patient outcomes.

In May, Lions Gate Hospital Foundation officially launched its Art Program, encompassing some 40 works of art produced by many of Western Canada's most notable artists. These works can currently be seen on the walls throughout LGH – particularly in the corridor between the main lobby and the acute tower, as well as in the Hospice.

"The Foundation's goal is to provide the highest quality of health care on the North Shore," says Paul Hamilton, Foundation director and chair of the Art Program committee. "This includes

helping to create a positive and therapeutic environment. The new Art Program aims to do this by beautifying every wall of the hospital to harness the healing power of art and enhance patient care."

The Art Program committee will jury all works of art with acceptance based on each work's suitability for a health-care setting.

"We hope to develop an art collection the community can be proud of – one that will feature many styles and forms of art," says Hamilton. "We look to the community to help us develop the collection and encourage local participation." ■

For more information visit www.lghfoundation.com or email joanne.mclellan@vch.ca



Art can help create a hopeful, healing environment, often improving patient outcomes.

The past 100 years have produced spectacular advances in medicine, but few have been as singularly transformative as the development of medical imaging. What began with the X-ray has since evolved to include computed tomography (CT) and single photon emission computed tomography (SPECT) – scanning technologies that allow doctors to see the internal structures of the body in amazing detail. Now, the next generation of imaging is here – a fusion of these two technologies known as SPECT/CT. It's technology considered so vital to diagnostics that Lions Gate Hospital Foundation has committed to raise \$1.5 million to purchase two gamma cameras with SPECT/CT technology for LGH's Nuclear Medicine Department.

NEXT GENERATION IMAGING

Dr. Philip Cohen, clinical director, Nuclear Medicine at LGH, says the plan to purchase the two new cameras comes at the perfect time for LGH.

"Our existing gamma cameras are 10 years old and need to be replaced, and we feel SPECT/CT technology is definitely the way to go," says Cohen, adding that LGH is one of only two Greater Vancouver hospitals currently operating without this technology.

SPECT/CT is a hybrid technology. The CT scan captures the anatomical structures of the body, while the SPECT gamma camera shows how the body is functioning. Sophisticated software then merges the two scans to produce a 3-D image of unprecedented detail, clarity and precision, allowing doctors to pinpoint problem areas for a faster, more accurate diagnosis.

"This technology will be useful on a day-to-day basis for showing our surgeons the location of even small lesions," says Cohen. "For instance, in breast cancer patients, we can help surgeons identify which nodes are involved and expedite treatment."

The new imagers will also play a key role in conducting bone scans and work-ups for cancer patients, as well as diagnosing certain tumours, identifying abnormalities of the parathyroid, revealing musculoskeletal injuries, assessing complications caused by diabetes and evaluating heart function in patients with coronary disease.

"In one of the cardiac tests we perform, we're looking for blood flow through the coronary arteries," says Rhonda Hollerbaum, supervisor of Nuclear Medicine. "In many patient body types,

tissues overlying the heart can interfere with obtaining the most accurate image of the heart. SPECT/CT is able to adjust for these body types to more accurately visualize the heart."

REDUCING EXPOSURE

During a nuclear medicine scan, a patient receives a small dose of radiopharmaceutical tracer. As the tracer courses through the body, a gamma camera captures its path, producing a roadmap of the body's functions. These tracers typically lose half their radioactive properties (comparable to a normal X-ray) within about six hours, and are finally biologically eliminated from the body.

"What's exciting about the latest SPECT/CT software is that it can actually recapture many of the gamma ray signals that wouldn't normally be detected by a camera," explains Hollerbaum. "This means we'll be able to produce a high-quality image in less time. It also means that we'll be able to reduce the amount of radioactive tracer given to a patient and still obtain a high-quality scan."

The ability to use smaller doses of tracers is particularly significant for cancer patients, many of whom must undergo frequent bone or heart scans.



RESEARCH POTENTIAL

The implications of this new technology go well beyond faster, better-quality scans. It also means shorter scanning times for patients and will allow Cohen's department to do more research.

"We're involved with several trials, but we have to do all the studies at UBC because we don't have SPECT/CT," says Cohen. "This is going to open up the opportunity for us to take new tracers that are just being investigated and work with them."

Cohen believes the new hybrid gamma cameras are so vital to health care at LGH that he has made a personal commitment to match – dollar for dollar – every donation made to the Foundation's \$1.5 million Nuclear Medicine Campaign.

"I can't say enough about Dr. Cohen's generosity," says Foundation president Judy Savage. "For Dr. Cohen to pledge this level of personal support to our campaign only confirms the importance of this technology to our hospital."

To find out more about the Nuclear Medicine Campaign or to lend your support, please call Lions Gate Hospital Foundation at 604-984-5785 or visit the Foundation website at www.lghfoundation.com. ■



WINDOW ON THE MIND

Thanks to the recent acquisition of a highly specialized Prism 3000XP triple-head gamma camera, made possible through a \$100,000 grant from Lions Gate Hospital Foundation, Lions Gate Hospital (LGH) is now in the vanguard of SPECT (Single Photon Emission Computed Tomography) technology – technology that will help doctors at LGH conduct research to help patients suffering from mental illness.

"This is practically the only camera of its type in Canada, and is probably the best SPECT system for looking at the brain," says Dr. Philip Cohen, head of the Department of Nuclear Medicine at LGH.

The triple-head gamma camera, which can provide high-definition images of the deepest areas of the brain, is an important acquisition for LGH, especially in light of the development of The HOpe Centre – the new mental health centre currently under construction on the LGH campus and scheduled to open in 2014.

"Our psychiatrists are interested in looking at brain perfusion patterns in schizophrenia and bipolar disorders, and we want to use it as a research focus for the new HOpe Centre."

Cohen feels the new triple-head gamma camera will play a major role in helping doctors diagnose changes in psychiatric patients more objectively and institute the appropriate therapies more quickly.

"People with schizo-affective disorder really have unusual, abnormal brain SPECT studies," observes Cohen. "There are patterns that are more suggestive of one disorder versus another, and we're trying to relate the patterns. If we know what a patient's diagnosis is, we can see if the scan will predict if they are getting better, and get them on the right medications sooner."

Cohen adds that these studies will not only benefit patients with mental illness, but also those who have sustained head trauma or are suffering from a stroke, dementia or other neurological disorders to people who have epilepsy and cerebrovascular disease. □

– Joseph Dubé



Replacing Joints, Restoring Lives

Lions Gate Hospital's Joint Replacement Access Clinic is fast-tracking service for people in need of hip or knee joint replacement.

By Helena Bryan

To look at her now, happily walking her dog down the trails of Deep Cove, it's hard to believe that only a few years ago the pain in 60-year-old Wendy McGregor's knees from severe osteoarthritis was so excruciating that she could hardly walk. The turning point came when her doctor referred her to Lions Gate Hospital's Joint Replacement Access Clinic (JRAC), where she eventually received new joints in both knees and a new lease on life.

Reduced wait times, better outcomes

Wendy is just one of the thousands of patients who've had their lives and mobility restored by the JRAC, established eight years ago as part of LGH's Department of Orthopedics. In fact, its multidisciplinary approach to providing hip and knee replacements has been so successful that it is now the gold standard in B.C.

What's special about the JRAC is that its entire health-care team, including pharmacists, surgeons, anesthetists, nurse clinicians, physical therapists and occupational therapists, all work under one

roof. That means patients requiring joint replacement surgery have complete access to all the necessary specialists, as well as pre- and post-surgery supports and resources.

"With everything centralized and standardized, we can do joint replacements faster, and quality is easier to maintain," says Dr. Alan Baggoo, head of LGH's Department of Orthopedic Surgery. "It also allows us to do more surgeries."

The numbers say it all. Before JRAC, getting a consultation with an orthopedic surgeon took up to two years, with another two-year wait for the surgery. Today, patients wait an average of four to six weeks for a consult and another four to six months for surgery. Patients are also discharged much sooner – two to three days after a knee replacement and three to four days after a hip replacement.

Demand on the rise

To date about 8,000 surgeries have been performed at the JRAC, most of them to replace hip or knee joints damaged by moderate to severe osteoarthritis, rheumatoid arthritis or avascular necrosis (dead

Thanks to Lions Gate Hospital Foundation's successful Orthopedics Campaign, Dr. Alan Baggoo (left), pictured here with Foundation president Judy Savage, has the updated tools needed to support joint replacement surgeries at LGH; (below) 78-year-old Valerie Moller is back to line dancing after having both hip joints replaced at LGH.

bone tissue caused by lack of blood supply). What the numbers don't say is that after about 12 weeks most patients not only return to full mobility, they are pain-free.

"These surgeries can make a huge difference in quality of life," says nurse clinician Daniela Martino. "The most common response we hear from patients is, 'It's sure nice to have my life back.'"

Preparation facilitates rapid recovery

The success of the JRAC program lies in its comprehensive approach to patient care throughout the process, beginning the moment a patient becomes a candidate for surgery.

Upon admission to the JRAC patients undergo a complete evaluation of their medical history, home environment and social supports to identify and address any potential complications to recovery. They're also sent to physiotherapy for pre-surgery muscle strengthening.

Following surgery, and sometimes beginning on the day of surgery, patients are visited by physiotherapists and occupational therapists to get them mobile as soon as medically possible.

Before discharge from hospital an occupational therapist reviews the devices patients need to do daily activities safely, while a physiotherapist provides guidance on post-operative exercises and helps patients practise walking and climbing stairs to ensure they can manage at home.

Typically, patients need about eight weeks of post-op physiotherapy, but the recovery process is ongoing and is supported by the JRAC's take-home guidebook. For most patients, full recovery takes about three months.

That was certainly the case for 78-year-old Valerie Moller, who had her left hip replaced in April 2007 and her right one done in 2009, so that

she could get back to line dancing.

Valerie says she felt supported at every stage of the process: "The clinic gives you all the tools you need for a full recovery, but it's up to the patient to do the work. Think about being pain-free, and then do as you're told. You'll be glad you did when you have your life back." ■

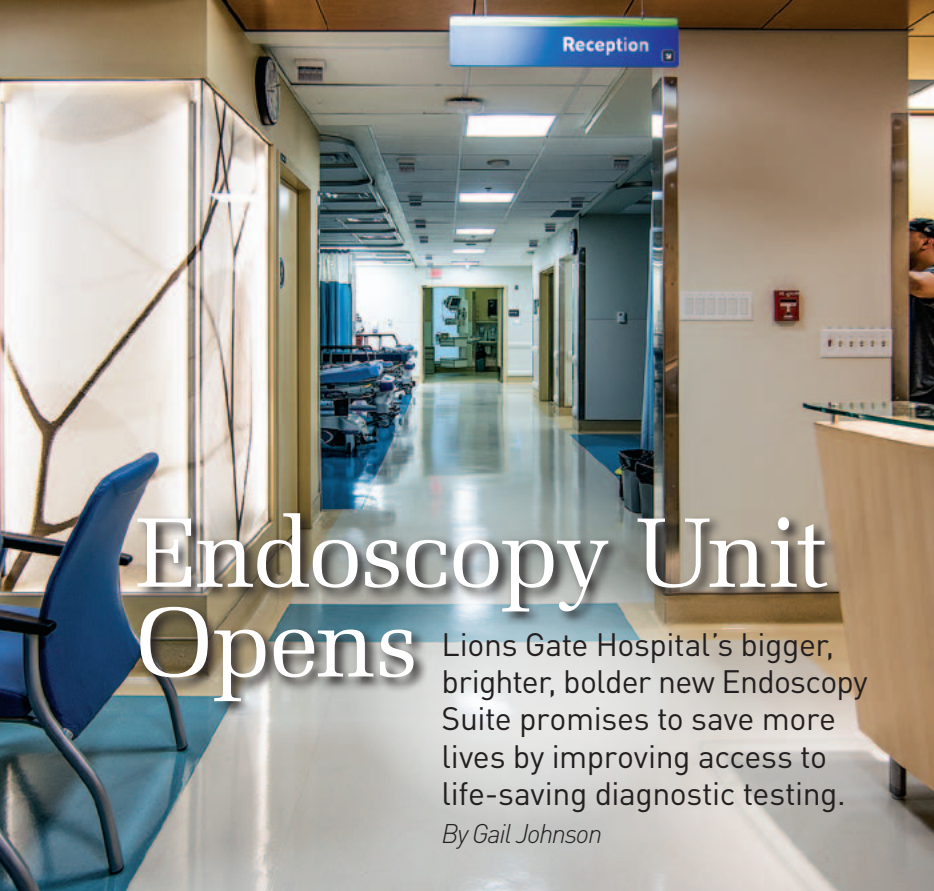


Celebrating Success

A first-class orthopedics team and a first-class approach to care allow LGH's Joint Replacement Access Clinic (JRAC) to perform about 1,000 joint replacement surgeries a year. Now, thanks to Lions Gate Hospital Foundation's successful Orthopedics Campaign, the JRAC team has the funds it needs to replace and update its highly specialized medical tools in order to continue to deliver superior care.

"Having the best-available equipment at LGH will allow us to treat more patients more efficiently," says Dr. Alan Baggoo, head of LGH's Department of Orthopedic Surgery. "Anyone who has ever been laid up by a joint issue knows how wonderful it is to recover and get back to life."

The Foundation would like to extend its thanks to the more than 1,500 caring donors who supported the recent LGH Orthopedics Campaign. Thanks to you, the Foundation successfully achieved its goal of raising \$1.2 million to replace and update highly specialized medical tools for orthopedics. □



Endoscopy Unit Opens

Lions Gate Hospital's bigger, brighter, bolder new Endoscopy Suite promises to save more lives by improving access to life-saving diagnostic testing.

By Gail Johnson

Over the last 25 years, Tim Hollick-Kenyon has undergone more than 10 endoscopic procedures. Believe it or not, he considers himself to be a lucky man.

"I'm 84 years old," says Hollick-Kenyon. "Without receiving this kind of treatment, I wouldn't be here right now!"

That's because most of the procedures the long-time North Vancouver resident has experienced have been colonoscopies, which helped his medical team identify and remove potentially dangerous polyps from his colon that, if left untreated, might easily have turned malignant.

As Hollick-Kenyon can attest, endoscopy procedures, which involve looking deep within the colon using a relatively thin, lighted instrument, can be life-saving. Now, thanks to the opening of its new state-of-the-art Endoscopy Suite, Lions Gate Hospital (LGH) will be able to offer this life-saving service to many more patients and further enhance its vital role in cancer screening throughout the North Shore.

Major Improvements

The new Endoscopy Unit, created thanks to \$3.5 million in funding from the donors to Lions Gate Hospital Foundation, is an important investment in health care for the many people served by LGH.

Dr. Michael Hahn, director of endoscopy and head of the Gastroenterology Division at LGH, says the three-procedure-room unit offers tremendous improvements to patient care, including improved accessibility. The former unit was much smaller and outdated. The new suite, which is bigger and brighter, will allow his team to perform as many as 2,600 additional colonoscopies per year, increasing

the annual total to about 9,000.

"This unit will enhance delivery by close to 40 per cent," says Hahn. "It's important that people coming to our unit have better access to care, so that they can get answers quickly."

There was little space in the former unit for discreet patient intake. Now, people are able to review their health history and the procedure itself with a nurse in a private cubicle, a set-up that

makes patients feel more at ease and improves quality of care.

Finally, the unit features state-of-the-art equipment, including the most advanced sterilization technology – a crucial element in patient safety.

"We've always been meticulous about sterilization, but the new system is in line with the top standards of care," says Hahn. "All of these improvements ensure that patients get good, private, safe care."

The unit's recent opening coincided with the launch of the provincial Colon Screening Program (www.screeningbc.ca), promoting the early detection and prevention of colon cancer.

Hahn says the Endoscopy Suite expansion would not have happened without the support of the Foundation and the more than 4,200 donors who supported the campaign.

"We're very fortunate to have a strong Foundation that is very committed to enhancing the delivery of health care to our regional citizens," he says.

Hollick-Kenyon, meanwhile, is currently being monitored because of a growth on his kidney, which may mean additional visits to the new unit. However, he is unperturbed. He'd much rather go for regular procedures than risk a devastating diagnosis.

"When you have been through colonoscopies nearly a dozen times like I have, you know the truth: they are simple, and there is no pain or danger," he says. "In the end I just ask them to pass me my crossword puzzle." ■



Dr. Michael Hahn

MEET PEGGY HORNE

For this active senior, Lions Gate Hospital Foundation's tribute gift program has become a meaningful way for her to remember her friends.

By Ann Collette

When it comes to being rooted in the North Shore community, long-time Lions Gate Hospital Foundation supporter Peggy Horne's roots run deeper than most.

"My family moved to the North Shore in 1913," says Peggy, whose father worked as a marine engineer with one of the major shipyards.

One of eight children – five girls and three boys – she grew up in what was then a fledgling community, tightly centred around Lonsdale Avenue. She attended Lonsdale and Ridgeway elementary schools, graduating from North Vancouver High School in 1939, and later marrying her high-school sweetheart, Wes Horne, at St. Andrew's United Church in 1941.

"I met Wes when I was 15," says Peggy. "We were together for five years before we got married."

Wes worked at his father's shingle mill and later as a shingle and shake inspector for a large American company before retiring in 1983. The couple also went on to have three children, three grandchildren and two great grandchildren. "In fact, my son just turned 69 and my daughter is going to be 68," she says proudly.

While Peggy has enjoyed a good life, it hasn't been without its moments. Peggy's youngest daughter, Joy, died at age 17 from Hodgkin's lymphoma, and in January 2008, Wes, her husband of 67 years, passed away from heart failure. Today, their photographs smile back at Peggy from across her coffee table. They are clearly never far from her thoughts.

ACTIVE SENIOR

Now age 92, Peggy is something of a poster child for active living. Every Wednesday, she gets together with friends for a luncheon at Eighties Restaurant, and once a month she and other former students of North Van High meet up for lunch at Cheers.

"There's no one else from my year," Peggy says with a laugh, "but all of us are former students."

As a lifelong resident of the North Shore, Peggy knows the importance of having a great community hospital. All three of Peggy's children were born at North Vancouver General (predecessor to Lions Gate). Her mom and dad received health services there, and it's where her children had their tonsils out. Peggy herself was assessed for

a life-threatening infection at Lions Gate, and on another occasion underwent emergency surgery for appendicitis, and it was there, too, that Wes received treatment for throat cancer, bladder cancer, pneumonia and later a failing heart.

"Lions Gate has done a lot for my family over the years," says Peggy. "My family has always received excellent care."

PAYING TRIBUTE

Like many people, Peggy supports charitable causes that she knows make a difference in people's lives, including Lions Gate Hospital Foundation.

"I actually got to know more about the Foundation when I met Judy Savage [president of Lions Gate Hospital Foundation]," says Peggy. "I met her through a good friend of mine – Pauline. I guess I've been a supporter since then."

While there are many ways to give to the Foundation, Peggy supports its work by making a generous tribute gift to the Foundation in honour of every friend or loved one who passes away.

"I've had so many friends pass away – friends from the church, friends from our Eighties luncheon group, people I know," says Peggy thoughtfully. "Making a donation in their memory is just something I like to do, and it's good to know that it will help others." ■



2013 CHAIRMAN'S CIRCLE MEMBERSHIP

Every donation to Lions Gate Hospital Foundation makes an important contribution toward improving health care on the North Shore. That is why we would like to extend our sincere thanks to everyone who supported our efforts over the past year. Our achievements in 2012-2013 are a reflection of your generosity.

We would also like to take this opportunity to extend special thanks to the members of our Chairman's Circle, created in acknowledgement of those donors who have contributed \$50,000 (cumulatively) or more to help support the highest quality health care on the North Shore.



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We would also like to recognize the generosity of 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, director of donor relations at 604-904-3561 or louise.campbell@vch.ca

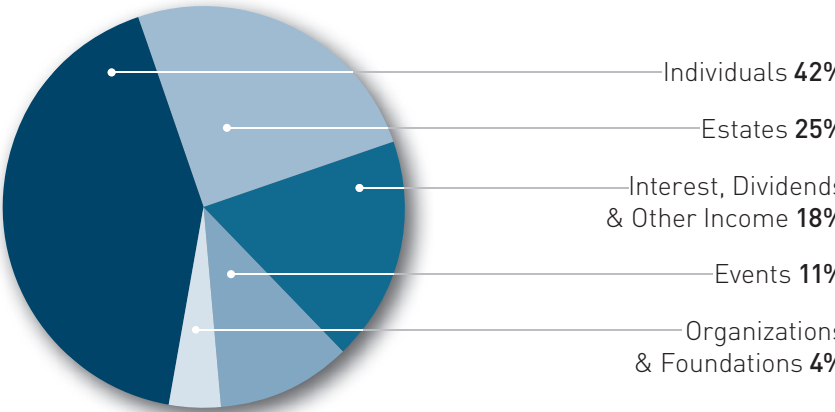
Photo: Clive Camm

Lions Gate Hospital Foundation is pleased to provide the following fundraising and distribution summary for 2012-2013 (for the year ended March 31, 2013).

REVENUES 2012-2013	
Fundraising & Estate Gifts	\$ 9,631,598
Interest, Dividends & Other Income	\$ 2,098,440
Total	\$ 11,730,038

DISTRIBUTIONS & EXPENSES 2012-2013	
Distributions*	\$ 4,952,253
Administrative & Fundraising Expenses	\$ 1,328,956
Total	\$ 6,281,209

FUNDING SOURCES



INVESTING IN QUALITY EQUIPMENT FOR QUALITY HEALTH CARE

*In addition to this year's distributions, Lions Gate Hospital Foundation has committed a further \$26 million to be distributed in 2013 to 2016. Important medical equipment purchases made over the past year include:

\$50,000	Code carts & defibrillator	ICU/Critical
\$40,000	Chemotherapy chairs	Chemotherapy Clinic
\$21,000	Dash monitor	Neonatal ICU
\$20,000	Therapeutic mattresses	Hospice/Palliative Care
\$19,000	Anesthesia machines	Surgery
\$17,000	Defibrillator, crash cart	Pediatrics
\$11,600	Vital sign monitor	Psychiatry
\$4,076	Beds	Magnolia House
\$1,500	Walking aid	Rehabilitation Services

THE FOUNDATION'S FINANCE TEAM 2012-2013

LGHF appreciates the dedicated support of both the Finance & Audit and the Investment Committee volunteers. These individuals give generously of their time, knowledge and experience in ensuring the integrity of the Foundation's financial and investment management.

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Note: The Foundation's audited financial statements are available at www.lghfoundation.com



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OLD ENOUGH
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