

WELL

into the
FUTURE

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Beyond the X-Ray

How a fluoroscopy and
digital X-ray unit will reduce
wait times at LGH **p. 9**

Dr. Jenny Su and Dr. Kevin Rowan



Transforming hospice
and palliative care **p.7**

What inspires our
donors to give **p.10**



WHY PAUL MYERS GAVE \$25 MILLION TO LGH **p.10**

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WELL into the FUTURE

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How to Give

cover story

9 IMAGING DEPARTMENT UPGRADES

Dr. Kevin Rowan, head of diagnostic imaging at Lions Gate Hospital, says a new fluoroscopy and digital X-ray unit will relieve backlog and reduce wait times.

By Laura Rodgers

features

10 PAUL MYERS' \$25 - MILLION DONATION

The largest-ever individual donation to LGHF came from a little plumber that could.

By Marcie Good

11 THE CARLILES' LIVING LEGACY

This West Vancouver couple donated \$2 million to build the Youth Concurrent Disorders Unit at the HOpe Centre, bringing a new program to youth facing mental health crises.

By Ann Collette

12 IN THE FAMILY

Members of the Mainra family have found diverse ways to support LGHF.

By Laura Rodgers

departments

3 Message from the Board Chair and Foundation President

4 Health Beat

8 Legacy

14 The Chairman's Circle

15 2015/2016 Financial Summary

IT'S BEEN ANOTHER INCREDIBLE YEAR for Lions Gate Hospital Foundation (LGHF), where the generosity of our donors continues to help transform health care for everyone in our community. Thanks to people like you, Lions Gate Hospital (LGH) continues to receive the support it needs to provide patients young and old with access to leading-edge programs as well as state-of-the-art equipment and facilities.

This year, we're proud to have launched and completed the \$5 million Youth Mental Health Campaign. B.C.'s first in-patient Youth Concurrent Disorders Unit will open spring 2017 on the third floor of The HOpe Centre, providing specialized care to youth ages 13 to 18 years who are struggling with both mental health and substance use challenges.

Another exciting new initiative, LGHF has partnered with the North Shore Hospice Society to raise awareness and maximize fundraising opportunities to further enhance palliative and hospice care for our community. You'll be hearing a lot more about this in the coming year.

We're pleased to report that the 2015 Equipment Campaign was an overwhelming success, raising more than \$1 million toward the purchase of much needed hospital equipment. The Foundation would also like to thank the Sander family and Hollyburn Properties for their exceptional \$1 million gift toward the purchase of a new MRI machine for LGH.

As always, the need to replace aging medical technology continues at LGH, and it's the motivation behind the Foundation's campaign to raise the funds for a new fluoroscopy and digital X-ray unit to replace the hospital's outdated 20-year-old technology.

LGH predecessor North Vancouver General Hospital first opened its doors in 1929. Now, the old structure is slated for demolition to make way for the next phase of the LGH campus redevelopment, but not without a fond farewell on September 25. For more about our commemorative event see page 5.

Looking to the future, the Foundation thanks North Vancouver businessman Paul Myers for his \$25 million donation to LGH in September 2015, which has paved the way for the next wave of redevelopment at LGH.

Every gift, no matter its size, contributes to making the community a healthier place. Whether you contribute financially or with your time – like the members of our new Asian Advisory Committee, who were hugely successful in their first year raising awareness and funds in the Chinese community – we thank you for your continued support and generosity.



Pierre Lebel
Chair, LGH Foundation

Judy Savage
President, LGH Foundation

MRI Technology Upgrade

THANKS TO AN INCREDIBLE \$1-million donation to Lions Gate Hospital Foundation from Hollyburn Properties and its founder Stephen Sander, Lions Gate Hospital's diagnostic imaging department is now home to a state-of-the-art GE Signa Explorer MRI – technology that's at the leading edge of medical imaging.

The new MRI features the latest in magnetic resonance imaging technology, with advanced software that delivers exceptional image quality for faster, more accurate diagnostic scans. Thanks to the SilentSuite feature, the noise from some scans is reduced by 97.5 percent (from 108 to three decibels), which has been shown to reduce anxiety in patients who experience claustrophobia and those with dementia.

Not only are patients more comfortable, the new MRI boasts 34 percent less energy consumption than its earlier model and the advanced applications can speed up workflow for technicians. Since the digital imaging department at LGH sees over 7,000 patients for an MRI each year, a streamlined workflow will allow LGH to better serve its community.

"Hollyburn Properties is very proud to serve the North Shore

Celebrating the arrival of the new MRI at Lions Gate Hospital with members of the Sander family.



community," says Sander. "We have lived here and provided rental housing here since 1975. The donation towards a new MRI machine for Lions Gate Hospital is a way for us to give back to the people and their families of this community, who have supported us for the past 40 years."

"This is an extremely generous gift that will have a significant impact on patient care," says Judy Savage, president of Lions Gate Hospital Foundation. "It will allow considerable quality improvements and greater patient comfort, bringing first-class diagnostic imaging capability to the North Shore." ■



(Left to right) Andra Grigore, RN, operating room, LGH; Cindy Hartley, manager, Neuroscience, Pediatrics, Perinatal, LGH; Christie Manlolo, RN, Pediatrics, LGH; Gill Walker, occupational therapist, The HOpe Centre.

2016 Champions of Care

Every January at its annual recognition event, Lions Gate Hospital Foundation recognizes four individuals for their ongoing excellence in the delivery of health care. Congratulations to our 2016 North Shore Health-Care Awards for Outstanding Achievement recipients: (left to right) **Workplace Inspiration Award** – Andra Grigore, registered nurse, operating room at LGH; **Clinical Practice Award** – Gill Walker, occupational therapist at The HOpe Centre; **Dr. Les Janz Leadership Award** – Cindy Hartley, manager of Neuroscience, Pediatrics and Perinatal at LGH; **Spirit of Philanthropy Award** – Christie Manlolo, registered nurse, Pediatrics at LGH. *To read more about their efforts, visit lghfoundation.com/news/9th-annual-north-shore-health-care-awards-ceremony* ■

THE GRAND FAREWELL

FOR MANY OF ITS 87 YEARS, North Vancouver General – predecessor to Lions Gate Hospital – was the North Shore's community hospital. Now, the venerable brick building nestled between The HOpe Centre and LGH's acute care building on E. 13th Street is finally slated for demolition to make way for the future, but not without one last opportunity for the community to say thank you and goodbye at our Grand Farewell Commemoration for North Vancouver General Hospital on Sunday, September 25.

Food, entertainment, children's activities, tours of the old building's main floor, and an invitational car show (featuring 75 classic cars) will take place on E. 13th Street, which



will be closed to traffic between St. George's and St. Andrews. There's also a special opportunity to take a photo for the many generations of citizens who were born at North Vancouver General.

Watch for details and event photos on the LGHF website at lghfoundation.com ■

North Vancouver General Hospital circa 1940. There will be 75 classic cars on display at the commemoration event.



FOUNDATION FUNDRAISING HIGHLIGHTS

Gala Raises Record Donations

The 16th Annual Lions Gate Hospital Gala, held at the prestigious Capilano Golf and Country Club, had another million-dollar year, with donations reaching a record-breaking \$1,303,819 (net). Proceeds from the May 6th event are earmarked for the development of the Youth Concurrent Disorders Unit – aimed at 13 to 18 year olds struggling with mental health and



substance use challenges – in The HOpe Centre at LGH. Scheduled to open in spring 2017, the unit will be the first of its kind in B.C. Our thanks to lead sponsor Goldcorp, and to all our sponsors, guests and donors for their generous support.

A Hole in One

The Annual Lions Gate Hospital Foundation Golf Classic celebrated its 20th year at Capilano Golf and Country Club in West Vancouver. The net proceeds – a spectacular \$537,491 – will help build the Youth Mental Health Unit at LGH. The event attracted golf enthusiasts and community businesses and leaders alike for a great day on the course and an evening with Vancouver Canucks president Trevor Linden. Thank you to the organizing committee, sponsors and all players and contributors for making this event such a resounding success.

All Ages

The Young Professionals Committee (ages 25 to 40) upped the ante this year. The 2nd Annual Nip/Tuck Classic En Blanc raised more than \$22,000 (net) toward new equipment for Lions Gate Hospital. Aimed at engaging young people in philanthropy, the lawn bowling event, presented by Ernst & Young, drew a stylish crowd decked out

in white. Similarly, our Youth Advisory Committee (ages 16 to 22) raised more than ever before – \$3,056 (net) – at their annual event. This year's event was An Afternoon at the Movies. ■



(left) 2016 Gala Committee; (above) LGHF Golf Committee; (below) a team of LGH staff members at the Nip/Tuck Classic.





2015 contest winners Camille Gratton and Euan Woznow pose with judge and West Coast artist Cori Creed.

Foundation Christmas Cards

LIONS GATE Hospital Foundation held its first ever Christmas Card Design Contest in 2015, receiving creative submissions from high-school and intermediate elementary school students from across the North Shore.

The winning designs were selected by a panel of judges that included artists Bobbie Burgers,

Cori Creed and Ross Penhall, as well as Mike Nader, then COO of LGH and the Coastal Community of Care, and Judy Savage, president of LGHF.

Winners Euan Woznow and Camille Gratton had their artwork featured on the 2015 LGH Foundation Christmas cards, which were available online and at the



Foundation office. The proceeds – totalling more than \$10,000 – supported the purchase of much needed medical equipment at LGH.

We look forward to this year's contest to see what creative designs students in our community have in store. It's a reminder that everyone can play a part in enhancing patient care at Lions Gate Hospital. ■

LGH NOW Campaign Progress



Architect's rendering of the new Outpatient Care Centre

Thanks to the Foundation's many generous donors to the LGH Now campaign, construction is about to commence on the Outpatient Care Centre. Services provided in the centre have been relocated to other areas of the hospital and demolition work is well underway. Additionally, upgrades to the 15th Street entrance, café and Foundation office are on track for completion in 2017.

Construction and design of the new sacred space, now located behind the hospital cafeteria, is

complete. The space, which is open 24 hours a day, seven days a week, is a place for patients, visitors and staff to access spiritual health counselling, as well as being a quiet respite for meditation. The new sacred space is designed to meet the diverse needs of people of all faiths and traditions.

For more updates on the LGH Now campaign and to donate visit lghfoundation.com/role-impact/campaigns/lgh-now-campaign ■

ADULT ADHD CLINIC

A highly treatable and manageable neurological disorder, Attention-Deficit Hyperactivity Disorder (ADHD) is prevalent in four percent of adults. It's a particularly significant challenge for young people who face pivotal changes. Having the resources to cope with how ADHD impacts your education, career, finances and relationships is crucial.

Located at LGH's HOpe Centre, the Adult ADHD Clinic helps patients through a collaborative approach to treating the disorder. The clinical team works closely with patients to assess and address their needs, including diagnosis, education, short-term treatment, skill development and ongoing monitoring with physicians.

The only adult-oriented clinic in B.C., it was founded and operates thanks to the generosity of the James Family Foundation. Additional funding will allow the clinic to expand its staff and services, and evaluate the effectiveness and sustainability of focused treatment and management of adult ADHD. ■



BETTER TOGETHER

An exciting new partnership promises to transform palliative hospice care for our community *By Ann Collette*

FOR OUR COMMUNITY'S health-care system to provide truly “whole-life” care, it needs to provide the right care at every stage of life, including at life’s end. This shared belief is the inspiration behind a transformative new fundraising partnership between Lions Gate Hospital Foundation (LGHF) and North Shore Hospice Society (NSHS) that promises to take palliative and hospice care for patients across the North Shore and region to the next level.

The newly minted North Shore Hospice & Palliative Project represents a natural next step for LGHF and NSHS, which already share a long history of collaboration. By merging their administrative strengths, donor bases and fundraising expertise, the two organizations will be in a stronger position to raise awareness, advocate for end-of-life services and maximize their fundraising initiatives.

OPENING THE DIALOGUE ON END-OF-LIFE CARE

The Project plans to focus its initial efforts in two key areas: removing the stigma around discussing end-of-life planning and expanding the Every Day Counts program.

Dr. Peter Edmunds, co-senior medical director of Vancouver Coastal Health and regional medical director – home, community and palliative care, says one of the

biggest obstacles to having a beneficial dialogue about palliative care with patients and their families is a “systemic cultural discomfort with discussing end of life.”

“We need to move to a place where we don’t let our sickest and our oldest people suffer because we’re uncomfortable with [talking about death],” says Edmunds. It will help ensure patients have faster access to services, thereby reducing needless suffering due to unmanaged symptoms, and allowing them to live their last years, months or days in comfort and dignity.

MAKING EVERY DAY COUNT

The Every Day Counts program, which currently operates out of a small resource room at North Shore Hospice, will be expanded and better promoted. A full-time coordinator will be hired to manage the program and grow new initiatives for palliative care patients.

“It’s just as the name suggests,” says Jo-Ann Wood, chair of the NSHS board and the new project. “While you may be diagnosed with a life-threatening or life-ending illness, you still have some living to do, and nobody knows how long that’s going to be, but we want to try to make the time that’s left count and be a positive experience.”

The program provides patients and their families with information

about navigating the health-care system, individual and family counselling services, music therapy, nutritional counselling, relaxation sessions and access to the Beautiful You program, among other services.

“Every Day Counts is an all-encompassing program for all those aspects of quality of life that are not medical,” says Edmunds. “Research has shown that non-medical supports can have a profound impact on a person’s quality of life,” he observes.

A U.S. study involving patients with an aggressive form of cancer found that those who received palliative care – one group did receive it and one did not – lived longer. “[It’s] largely because they made better choices, like not taking additional non-beneficial chemotherapy and spending the time they did have with their loved ones,” says Edmunds.

He feels that this new fundraising partnership will play a vital role in helping to ensure patients with life-limiting illnesses have access to the quality and choice of services they need, when they need it.

“If we really get this right, over the coming years we won’t have a dichotomy between palliative care, hospice care, end-of-life care and normal care. It’ll be part of the same continuum. It will be what you need at the end of life.” ■



Phillip Bond and his late wife Brenda enjoying a drive together in Hawaii.

My Hospital

After more than his share of hospital visits over the years, Phillip Bond chose to contribute to Lions Gate Hospital to make a difference *By Emily Cooley*

When asked why he gives to Lions Gate Hospital Foundation every year, Phillip's answer is simple: "Lions Gate, in many ways, is my hospital. It will always be a very significant place in my life."

As with so many North Shore families, Lions Gate Hospital (LGH) has supported Phillip and his loved ones through 40 years of medical care, including more than their share of emergencies.

During the birth of their daughter in 1976, Phillip's wife, Brenda, experienced severe complications. "There was a good chance that I might lose one or both of them that night," Phillip recalls. "Fortunately

[the doctors] managed to save them both."

Following his daughter's birth, Phillip says Lions Gate became a special place for him and his family.

Years later, another emergency brought Phillip to the hospital; a near-fatal heart attack sent him to LGH Emergency, where his life was saved thanks to a quick response time and excellent emergency care.

It was the most difficult year in his family's life, however, that came to truly define his relationship with LGH. In 2012, Brenda was admitted for an illness that defied diagnosis for months. Finally, after extensive

testing, she was diagnosed with a rare form of scleroderma – hardening and tightening of the skin and connective tissues.

While not always fatal, in Brenda's case it was incurable and would ultimately cause her organs to slowly shut down, cutting her vibrant life short. The LGH palliative care team supported Phillip so that Brenda could remain comfortably in her own home for the last year of her life.

"She was very, very grateful for that," Phillip recalls. "[The palliative care team] came regularly and supported [us] with medicine, counselling and guidance. She died here with me, in our home."

In gratitude for the many years of care his family has received at LGH, Phillip decided to become a member of Lions Gate Hospital Foundation's Legacy Society, making known his intention to leave a gift to the Foundation in his Will.

"We're very grateful to Phillip for letting us know about his intended gift to the Foundation," says Joanne McLellan, director of planned giving. "It means so much to us to be able to extend a warm hand and say thank you personally to Phillip – and all of our legacy donors – in their lifetimes." Knowing about a donor's intended gift also allows us to plan ahead and ensure that his or her wishes are carried out, she adds. This may involve funding a particular area of care or being included on a donor wall.

Phillip hopes that by contributing to LGH, which has made such a difference in his life and the lives of his loved ones, that he might make a difference in the lives of others. ■

To learn how you, too, can make a difference by making a contribution or legacy gift, please visit lghfoundation.com or call Joanne McLellan at 604-904-3553.



Dr. Kevin Rowan and Dr. Jenny Su at Lions Gate Hospital. With more funding they hope to purchase a much-needed fluoroscopy and digital X-ray unit.

UNDER THE SKIN

Dr. Kevin Rowan, head of diagnostic imaging at Lions Gate Hospital, says a new fluoroscopy and digital X-ray unit will relieve backlog and reduce wait times *By Laura Rogers*

WHETHER THEY'RE injecting pain medication directly into an aching joint, checking up on a healing bone or watching muscles as they move, getting an accurate view inside the body is essential for Lions Gate Hospital doctors to provide leading-edge prevention and treatment.

The hospital's plans for the new fluoroscopy and digital X-ray unit will serve two key purposes: it will solve a current treatment backlog and ensure patients have access to a state-of-the-art imaging suite.

Dr. Kevin Rowan, head of diagnostic imaging at LGH, says the new machine is necessary to increase X-ray capacity, which is currently strained to its limit. Most of its use comes from the cast clinic, but the backlog also increases wait times for emergency room patients who need quick assessment of possible bone injuries.

"Some days up to 20 people are waiting there for their X-rays," says Rowan, who estimates the new machine will increase X-ray capacity by at least 50 percent. "It'll fix backlog for the whole hospital and it gives us a more leading-edge, up-to-date X-ray unit."

But the dual-purpose unit won't just take routine X-rays – it will also

give doctors a live-motion, real-time view inside patients' bodies, which is necessary for finely targeted injections and observing muscle motion.

"We need it to confirm the placement of needles into tight spaces," says Rowan. "For many image-guided procedures, we'll be using that room."

Rowan says some of the most common uses are joint injections for conditions like osteoarthritis, barium swallow studies to check on throat muscles after a stroke, and pinpointing veins for chemotherapy lines.

Fluoroscopes can also be used to observe the heart as it beats, examine the movement of the spine and map the digestive system. Though fluoroscopy has been used in medicine for over a century, early applications used dangerously high doses of X-rays. Modern digital units provide diagnostic quality images with the lowest possible X-ray doses, combining effective treatment with optimum patient safety.

"The beauty of this unit is [that it will use] pre-existing space in radiology, so we don't have to expand," says Rowan. It will replace an existing single-use fluoroscopy machine – one that's about 20 years old – that Rowan says has "served us

well but is now obsolete."

LGH recently replaced its MRI, CT and Nuclear Medicine cameras and is in the process of upgrading its ultrasound machines. An up-to-date fluoroscopy and digital X-ray unit is the final capstone to a fully outfitted imaging department. The new, latest-generation MRI, which was installed this spring, was only possible through a generous \$1-million donation from Hollyburn Properties.


"This [fluoroscopy] unit allows us to keep up," says Rowan. "It'll make our department leading-edge, and one of the best-outfitted in the province and the country."

Funding for the new piece of equipment is not available through Vancouver Coastal Health; the project, estimated at \$1 million, needs to be funded entirely through donations. Currently, only about \$142,000 of that has been raised.

By helping to fund this essential piece of equipment, you can improve patient care and reduce wait times at Lions Gate Hospital. Donations are accepted by phone, mail and online. For more information, please visit lghfoundation.com or call the office at 604-984-5785. ■

THE MANY FACES OF PHILANTHROPY

There are numerous ways to give back to your community with Lions Gate Hospital Foundation



Lions Gate Hospital Foundation (LGHF) is dedicated to the people it serves. For our donors, there are many ways to be a part of the Foundation and to give back to the community. The stories that follow demonstrate the generosity of our donors and explore the different ways they choose to contribute to the community through LGHF.

“When I thought about where I could have the greatest impact, I immediately thought of Lions Gate Hospital.” – *Paul Myers*

The \$25-Million Man

Paul Myers – also known as the little plumber – has inspired a generation of donors *By Marcie Good*

Until recently, Paul Myers was not known to the general public, but he was well known within the construction industry; Myers is described as an elder statesman – with a sterling reputation for both his company and his advocacy efforts for training and working conditions.

After September 2015, Myers furthered his sterling reputation on the North Shore. He didn't want any

“hullabaloo” made over his \$25-million donation towards the future redevelopment of Lions Gate Hospital in North Vancouver. But Judy Savage, president of Lions Gate Hospital Foundation, convinced him that a press conference about his gift – the largest-ever individual donation to a B.C. hospital foundation – would help draw attention to the need to support health care in our community.

According to Savage, large

donations like Myers' are more frequent in recent years – a trend she attributes to an aging demographic that has accumulated wealth and wants to leave a legacy. But Myers' exceptional gift seemed to come out of the blue. “If you had asked people a year ago who they thought might donate \$25 million to Lions Gate Hospital,” says Savage, “I don't think anybody would have mentioned Paul Myers.”

The impact of the unexpected gift was immediate: for weeks after the press conference, people came into the Foundation's office and made donations, crediting Myers as the inspiration.

In 1970, Myers bought Keith Plumbing and Heating and built it from its original focus on the single-family residential market into one of the largest mechanical contractors in B.C. Prior to the purchase, Myers claims he wasn't a talented apprentice. Still, he was promoted to foreman and then estimator, but he didn't like the way the owners were running the business, so he gave notice. In response, the company offered him a management contract with an option to purchase, which he did – outright.

In 1986, Myers opened Keith Panel Systems. He also runs a number of other real estate and investment companies, which he started as a teenager with money from his Lynn Valley paper route.

"I'm just a plumber who worked hard and had some good luck in my

life," says Myers. "When I thought about where I could have the greatest impact, I immediately thought of Lions Gate Hospital. I learned about the impact the Foundation is having and its exciting plans for the future and knew this is where I wanted to make a difference."

It's easy to see why Myers – whose company has worked on many hospitals, including additions at Lions Gate – chose redevelopment as the target of his philanthropy. He intimately understands the problems of aging infrastructure that facilities like Lions Gate Hospital's acute care tower – built in the 1960's – are facing. The Foundation aims to continue to enhance care through the improvement of facilities, a goal which has been given a significant boost. Thanks to one, community-driven man. ■

floor of The HOpe Centre to hear Burgmann outline the profound impact the new 10-bed in-patient program will have on youth facing mental health crises. Within days, the couple made their decision, donating \$2 million toward the \$5-million capital campaign. Their inspirational gift, together with an outpouring of support from the community, has enabled us to reach our goal.

In fitting tribute, the new unit will be named the Jack and Leone Carlile Centre, with signage that will include an endearing image of the couple dancing.

"The photo is so full of life and love," says Anne, who hopes the ageless spirit of her aunt and uncle will inspire young patients to look forward with optimism to a bright future. "It couldn't be more perfect." ■

The Carliles' Living Legacy

How a West Vancouver couple were moved to donate \$2 million to build the new Youth Concurrent Disorders Unit at The HOpe Centre *By Ann Collette*

Jack and Leone Carlile have always been "hands on" donors, devoting the better part of the past 40 years to community service on the North Shore. At ages 94 and 93 respectively, their approach to helping their beloved community has taken a different tack, one that shifted their original plan to leave a legacy gift for the future, to a \$2-million donation for a need today – to help build the new youth mental health unit at Lions Gate Hospital's HOpe Centre.

Jack and Leone, who have no children, were planning to leave legacy gifts to three organizations, but had not yet finalized their third

choice. "That's [when] serendipity happened," says their niece Anne-Marie Kains, whose chance meeting with Dr. Allan Burgmann, head of in-patient psychiatry at The HOpe Centre, inspired her next steps.

"Dr. Burgmann talked to me about the proposed youth mental health [unit] at The HOpe Centre, and about the desperate need for such a facility for youth with mental illness and substance use issues," says Anne-Marie. "I discussed it with Annie (Anne Carlile – Jack and Leone's other niece) and we knew immediately in our hearts that this was something that would be really meaningful to our aunt and uncle.

"Jack likes to see a very small distance between a gift and the need," says Anne-Marie. "When he reviewed the plans he felt reassured knowing that the operational costs were in place and ready to go."

Jack and Leone visited the third



(opposite) Paul Myers has made an impact on the North Shore, in both business and philanthropy.

(right) An image of Jack and Leone dancing will be featured on the new mental health unit at LGH's HOpe Centre.

In the Family

Members of the Mainra family have all found ways to contribute to Lions Gate Hospital Foundation

By Laura Rogers



As a North Shore family, the Mainras are intimately entwined with Lions Gate Hospital. Each in their own way, the family members have found a way to contribute to the Foundation, giving back to the community they're a part of.

It all started when Dr. Raj Mainra, fresh out of his medical training, took his first medical job at Lions Gate Hospital in 1999. A pulmonary and intensive care specialist hailing from Edmonton, Mainra chose LGH mainly because he liked West Coast weather and lifestyle. He soon realized the climate was just as friendly inside LGH as it was outside.

"It's the whole camaraderie I feel that really makes the hospital a wonderful place," Mainra says.

He started working closely with Lions Gate Hospital Foundation almost immediately. While the Foundation has helped his unit obtain vital equipment, like a state-of-the-art lung capacity testing machine, Dr. Mainra's whole family has found myriad ways to breathe life into the hospital.

His wife, Anju, has spent the last couple of years on the gala committee, offering her organizational experience. Her unique fundraising ideas, like arranging an intimate six-person dinner with

celebrity chef Vikram Vij, brought in plenty of interest beyond the usual gala circuit.

The couple's three children, Amar, Nikhail and Nisha, have each found their own way to contribute, too.

Twenty-year-old Amar says his favourite hobby has long been hitting the links at the Capilano Golf and Country Club. When the Foundation needed volunteers for its annual Golf Classic last summer, Amar jumped at the chance, proving invaluable because of how many people he knew at both the hospital and the golf course. Nikhail, 18, has served for two years on the Foundation's Youth Advisory Committee, using his social media skills to promote initiatives to other members of his well-connected generation. Nisha, 17, just joined the committee this year, and has already helped organize a successful movie event raising funds for the Youth Mental Health Campaign.

This spring, the Mainra family made a \$20,000 donation to the Foundation.

"I work at LGH, and I just wanted it to flourish more and get better," says Raj. We all rely on hospital care at some point in our lives. But hospitals rely on people like the Mainra family – who are willing to do whatever they can to give back – every single day. ■



Committed to Success

In 2015, a group of North Shore community members formed the Asian Advisory Committee. It aims to increase awareness within the local Asian community of the critical role Lions Gate Hospital plays in supporting local health care.

On December 4th 2015, the committee's inaugural LGH Community Cares Event raised over \$100,000 (net). Held at Hollyburn Country Club, the evening offered

(left) Dr. Raj Mainra with his wife Anju, and children Amar, Nisha and Nikhail.

(below) Omni BC Cantonese co-host Karen So with Bill Yee, co-chair of the Asian Advisory Committee, at the LGH Community Cares Event at Hollyburn Country Club.

(right) Volunteers Mehri Parsi (left) and Beverly White (right) help at various LGHF events and in the office.

guests a chance to learn about LGH and the role it plays in our community. They also enjoyed a wine tasting and a three-course meal plus performances by a jazz trio from

Collingwood School and the Sincere Lam Guzhang Ensemble.

Omni BC Cantonese co-host Karen So, a former LGH patient and North Shore resident who wanted to give back, M.C.'d the event.

"I was told that it was going to be a small dinner, but I was overwhelmed with the turnout and the volunteers who performed for the evening," says So. "It was one of the most



In its first year, the Asian Advisory Committee raised more than \$100,000 (net) for vital new medical equipment *By Arianne Fleischmann*

dynamic events that I have ever attended."

Bill Yee, a retired provincial court judge and co-chair of the Asian Advisory Committee agrees with So. "We put it together in just four months," says Yee, who called upon friends and business associates from all over the Lower Mainland. "At some point in our lives we will all need assistance from our local hospital, so we need to support it." ■



The Gift of Time

Two volunteers share why they give to Lions Gate Hospital

By Michelle Hopkins

Every week since 1969, Mehri Parsi heads to Lions Gate Hospital (LGH) to either work or volunteer.

"Anything they ask me to do, I'm happy to do," says Mehri. "When I immigrated to Canada, I knew I wanted to volunteer. Because I was trained as a practical nurse, the hospital was a great fit for me."

Mehri is a common sight at LGHF golf tournaments and other fundraisers where she sells raffle tickets. "Volunteering at the hospital has been tremendously rewarding for me," she says. "Each one of us, as a member of our community, has a responsibility to give back – especially when government

funding doesn't always cover everything our hospital needs."

In 2009, when LGHF appealed for donations to its new Emergency Centre, Beverley White was happy to contribute. A few weeks later when she received a thank you call, Beverley was so impressed that she decided to look into volunteer opportunities.

She's given her time at the Foundation office, making calls and recording donations, ever since. "It has been very gratifying to witness the generosity of North Shore donors and watch one department after another receive better equipment and improved patient environments," says Beverley. ■

LOOKING FOR A WAY TO GIVE? LGHF welcomes your contribution, whether it's a one-time donation, regular monthly donation, a gift in your Will, a gift of securities, or sponsorship of a Foundation event. You can also support our efforts by purchasing our Christmas cards and Seymour the Lion stuffies. Volunteers are key to our success and we depend on them for everything from helping run our fundraising events to assisting in our office. Get in touch with us at lghfoundation.com or 604-984-578 to find out more.

2016 CHAIRMAN'S CIRCLE MEMBERSHIP

LIONS GATE HOSPITAL FOUNDATION is very proud and honoured to enjoy the generous support of many leading individuals and families. Their commitment has not only helped improve and save lives, it has inspired others in our community to do the same. The Foundation is pleased to embrace this remarkable group of donors (each of whom has contributed \$50,000* or more cumulatively) in its prestigious Chairman's Circle and recognize their ongoing leadership and dedication to improving health care on the North Shore. Many of our recent achievements are a direct result of their generosity. For this and so much more, we thank them – and you.

**Effective July 31, 2016, this amount increased to \$100,000.*

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Bruce Waters & Beverley White

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

For more on the Chairman's Circle, please visit lghfoundation.com or contact Louise Campbell, director of development at 604-904-3561 or louise.campbell@vch.ca



Thanks to donors, anaesthesia assistant, Esther McCutcheon and her colleagues have a new Nerve Stimulator in the OR.

LGH EQUIPMENT CAMPAIGN UPDATE

Investing in improving and saving lives

Over the past year, the Foundation has invested heavily in a significant number of important pieces of medical equipment identified as essential priorities in providing the highest quality of care at LGH. These include:

EEG Upgrade	Neurology	\$48,014
Vein Viewer	OR	\$20,331
Bladder Scanner	Neurology	\$20,000
Ceiling Lift	Acute Care	\$20,000
Blood Analysis Instrument	Chemotherapy Clinic	\$17,000
Chest Compression System	Emergency	\$16,327
Power Shower Commode Chair	Evergreen House	\$11,000
Skin Graft Mesher	OR	\$10,000
Icemaker	Neonatal ICU	\$8,000
Fetal Scalp Lactate Meter	Perinatal	\$4,890
Cataract Surgical Tray	OR	\$3,000
Neopuff Infant Resuscitator	Neonatal ICU	\$1,250
Ultrasonic Blood Flow Detector	ICU	\$1,080
Infra-red Thermometer	Home Health Care	\$620

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

To find out how you can donate, visit lghfoundation.com

Financial Summary 2015-2016

Lions Gate Hospital Foundation is pleased to provide the following revenue, distribution and expense summary for the year ended June 30, 2016.

REVENUES 2015-2016

Fundraising & Estate Gifts
\$19,599,315
Investment & Other Income
\$2,045,846

TOTAL \$21,645,161

DISTRIBUTIONS & EXPENSES 2015-2016

Distributions*
\$9,490,634
Administrative & Fundraising Expenses
\$1,509,271

TOTAL \$10,999,905

FUNDING SOURCES 2015-2016

58% – Individuals & Organizations
22% – Estates
10% – Events
10% – Interest, Dividends & Other Income

**In addition to the distributions made this year towards funding the purchase of medical equipment, facility upgrades, staff education and research, the Foundation has committed to a further \$13 million to be distributed in 2016-2018.*

Help for those who feel like the world is closing in on them.

Every day can feel like a struggle to survive, especially in the difficult teen years. But when it opens in April 2017, the Youth Concurrent Disorders Unit at LGH's HOpe Centre will provide mental health and addiction care to troubled kids aged 13-18 from across the Vancouver Coastal Health region. As a longtime LGH supporter and sponsor of the *Craftsman Collision Cast Clinic*, we at Craftsman are pleased and proud to be in a position to help fund this new and very timely facility.

