

WELL

into the
FUTURE

BRINGING LIFE-CHANGING CARE TO THE NORTH SHORE



New tools
and tech
transforming
care at LGH
p.3,6 & 7



IN THE **EYE OF THE STORM**

Fighting the first
wave of COVID **p.8**

HOW OUR COMMUNITY FORTIFIED THE FRONTLINE **p.12**



IT TAKES A COMMUNITY

to fight COVID-19.
Thank You North
Shore for staying
the distance.

Your generosity is our strength

100% of your donation to LGH Foundation will go directly to support a new Critical Care Unit at LGH.

lghfoundation.com | **604.984.5785**



Magazine of
Lions Gate Hospital Foundation
2020-2021 • VOLUME 14 NUMBER 1

WELL into the FUTURE

Well into the Future is published by Canada Wide Media Limited for Lions Gate Hospital Foundation. No part of this magazine may be reproduced without written permission of the publisher. Send change of address notices and covers of undeliverable copies to: Lions Gate Hospital Foundation, 231 East 15th Street, North Vancouver, BC V7L 2L7. Publication Sales Agreement #40065475. For questions or concerns regarding any of the publication's content please direct enquiries to 604-984-5785.

BOARD OF DIRECTORS 2020-2021

EXECUTIVE COMMITTEE

Michael O'Callaghan, *Chair*
Pierre Lebel, *Past Chair*
Chris Carter, *Co-Vice Chair*
Kevin Falcon, *Co-Vice Chair*
Greg Gutmanis, *Treasurer*
Sandra Enticknap, *Secretary*

PRESIDENT & CEO

Judy Savage, CFRE

DIRECTORS AT LARGE

Tim Beasley
Curt Bernardi
Heather Buckley
Bruce Chan
Edith Chan
Dr. Sylvie Galindo
Selina Ladak
Karin Olson
Farah Sayani
Yang Wang
Jo-Ann Wood
Darren Yada

HONORARY DIRECTORS

Dr. Allan Burgmann
Nancy Burke
Mary Downie
Don Foster
Paul Hamilton
Kenneth G. Hanna
Mark Hannah
Coryn Hemsley

Alan Holton
Joanne Houssian
Barbara Inglis
Gabrielle Loren
Bob McGill
Maria Morellato
Clark Quintin
Ken Rekrutiak
Lorraine Rinfret
Yvonne Schmidt
Michael R. Smith
Ross Southam
Grant Spitz
Mark Stevens
Judy Strongman
Carmen Thériault
Bob Wilds

For a copy of the Foundation's
audited financial statement
for 2019-2020, please visit
[lghfoundation.com/about-us/
financial-reports](http://lghfoundation.com/about-us/financial-reports).

LGHF Editor Yolanda Brooks

Contributing Writers Yolanda Brooks,
Gary Carr

Contributing Photographers

Jeremy Deutsch, Cindy Goodman,
Eva Grace, Mike Wakefield

PUBLISHED BY



CANADA WIDE MEDIA LIMITED | canadawide.com

Chairman, CEO Peter Legge, LLD (Hon)

President Samantha Legge, MBA

Creative Director Rick Thibert

Copy Editor Matt Currie

Electronic Imaging Bernard Holzmann

Senior Production Manager Kristina Borys

WELL into the FUTURE

contents

cover story

8 YOUR GENEROSITY IS OUR STRENGTH

Goodwill, grit and a great deal of planning ensured that Lions Gate Hospital successfully navigated the first wave of COVID.

By Gary Carr



12

features

10 SOLITARY SURVIVOR

A patient offers his firsthand account of battling COVID at LGH.

By Yolanda Brooks

12 NORTH SHORE SPIRIT

A salute to the many ways our community stepped up for frontline and support staff at the height of this pandemic.

By Yolanda Brooks

departments

4 Health Beat

11 Donor Profiles

14 2020 Chair's Circle

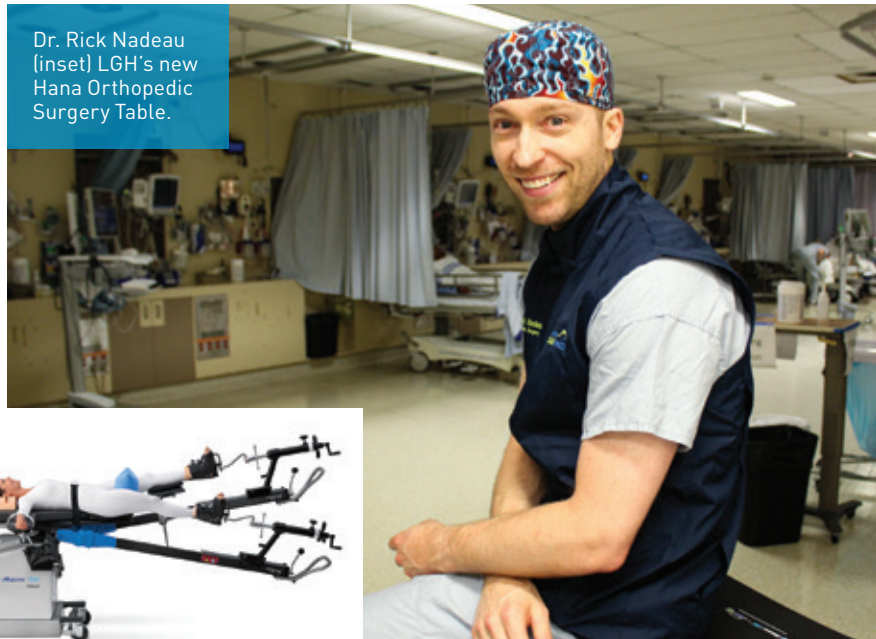
15 Frontline Thanks

By Jo-Ann Huber

Photos: Cover & above: Mike Wakefield.
ICU cover stars: Dr. Rob Fingland, RN Melissa Graf
& RT Breanna Mercer.

Hips Hips Hooray!

Dr. Rick Nadeau
(inset) LGH's new
Hana Orthopedic
Surgery Table.



LESS PAIN; shorter hospital stays; faster recoveries. That's the future of hip replacement surgery at Lions Gate Hospital.

With the purchase of a Hana Orthopedic Surgery Table (a.k.a. the Hana table), the hospital's orthopedic team looks forward to offering direct anterior hip replacement procedures for patients suffering from a range of debilitating hip conditions.

"There's a real patient need for this procedure and we think it's going to improve the outcomes of our hip replacement patients," says Dr. Rick Nadeau, part of the orthopedic surgical team that has been championing the use of the Hana table at LGH for the past two years. "As well as better early pain relief and improved mobility, this procedure increases the possibility that patients can go home much sooner after surgery, potentially even the same day."

The table, which was designed specifically for hip and lower limb surgery, allows surgeons to access the pelvis by making an incision at the front of the hip. Cutting through muscle results in a lot of post-operative pain, but this anterior approach reduces the level of muscle trauma compared to the traditional posterior surgery, which requires a larger incision. Less pain leads to increased mobility and the need for fewer painkilling drugs post surgery.

This method also decreases the risk of dislocation, increases stability of the hip replacement and enables patients to be up and moving to begin rehab with less discomfort.

The Hana table cost \$108,000 with a full set of accessories. The purchase was made possible by a donation from North Shore couple Mike and Joan Michalson, for whom we are extremely grateful.

"The four of us that are going to be doing this operation are very excited for the opportunity that the Michalsons have given us to really meet the needs of our community," says Dr. Nadeau. "I think we are going to see tremendous support from patients once the program is fully operational and they can see the full potential of the procedure."

The first surgeries at LGH using the Hana table were performed in mid-September. As many as 500 patients per year will benefit thanks to the generosity of the Michalsons. 📌

A CRITICAL Development



PLANS ARE UNDERWAY to build a Critical Care Unit (CCU) at LGH to treat patients with complex and life-threatening health issues.

The Emergency Department sees more than 65,000 visitors a year and approximately 70% require advanced levels of care to treat multiple health conditions. While they are too sick or unstable for a regular ward, these patients do not require the moment-to-moment care needed by those in the Intensive Care Unit (ICU).

The new CCU will have 12 single rooms with ensuite bathrooms to provide patients and their families with enhanced privacy, a comfortable space to consult with their care team and room for rehabilitation activities.

The unit will be the first in the hospital to feature innovative antimicrobial copper counter-tops and work surfaces for enhanced infection control management.

Each room will be equipped with the latest medical monitoring technology and staffed by critical care specialists.

If the CCU had been built at the start of the COVID-19 crisis, it would have been the destination for many COVID patients who didn't need intensive care but required advanced care and constant monitoring in a protective environment.

Over 1,400 patients a year require critical care services at LGH and we must raise \$8.5 million to refurbish a space on the hospital's second floor.

LGH supporters Rod & Jeannie Senft are leading the campaign to build this new unit. As well as making a significant financial contribution, the

North Shore couple are co-chairs of the campaign to increase critical care capacity. Jeannie, who supported Rod during a health scare last year, says: "We've used the hospital enormously as a family and it is very much part of our community and our life. Our children and grandchildren were born here and after Rod's acute pneumonia scare last year, we've experienced firsthand the high level of care that Lions Gate Hospital can give."

Join Rod and Jeannie by donating at lghfoundation.com/donate or mailing a cheque to the Foundation. It will take us a step closer to our goal to open the unit by early 2022. ▣

Top: Rod and Jeannie Senft are leading the charge for a new Critical Care Unit. Above: A rendering of the proposed unit, which will cater to seriously ill patients whose needs are too complex for a regular ward.

“Over 1,400 patients a year require critical care services at LGH.”



CELEBRATING LGH



Despite the challenges presented by this pandemic, the third annual LGH Week this past July was a great success.

LGH FOUNDATION would like to thank the thousands of people across the North Shore for their support during LGH Week, which ran from July 25-31.

Close to \$35,000 was raised for patient care at the hospital through in-store promotions with our Community Partners: Save-On-Foods, McDonald's, London Drugs, Delany's, Cobs Bread, Canadian Tire and Boston Pizza. Funds were also raised through art and dance activities and participation in online events including Virtual Trivia Night and the Sound of Love concert.

Thank you for making the third annual LGH Week the most successful yet. 📌

EXTRACURRICULAR RECOVERY

THANKS TO A THOUGHTFUL \$70,000 donation by the Rina M. Bidin Foundation, young patients being treated at the Carlile Youth Concurrent Disorders Centre now have access to a wider range of life-enhancing "after-hours" activities.

The Carlile Centre, which opened its doors three years ago, provides a wide range of integrated services for youth dealing with both acute mental health and substance use challenges. The Carlile Lifestyle Enhancement Initiative enables patients to participate in a range of activities and experiences more easily available

to their peers in the community.

Treatment hours at the Carlile Centre are similar to a regular school day, which leaves young patients with lots of free time on their hands in the late afternoon and on weekends.

"We recognized that too much spare time is not healthy for anybody, especially if someone is suffering from substance use," says Dr. Jordan Cohen, Medical Manager at the Carlile Centre. "So we have tried to put a lot more into the programming with the help of our youth care workers on our team."

As well as regular group activities such as music and art therapy, martial arts, drumming, and yoga, weekend day trips that enable patients to enjoy the local outdoors – such as paddleboarding and snowshoeing – are now possible thanks to the Enhancement Initiative.

Staff at the Centre have been building partnerships with indigenous support groups and funding from the Rina M. Bidin Foundation has enabled the expansion of culturally sensitive care and activities for young indigenous patients. 📌

HELPING HANDS

LGH FOUNDATION and Amica Helping Hands Foundation have teamed up to help support vulnerable seniors on the North Shore.

With the creation of the Amica Compassionate Fund, community care workers can now cover the cost of essential items to improve quality of life for seniors who are struggling to stay in their homes while receiving medical treatment.

Frontline staff in North and West Vancouver make over 38,000 community visits a year and many of the people they support are seniors living in poverty.

Money from the fund can be used to pay

for supports such as food, cleaning services, prescriptions, pest control and emergency transport.

Rich Lawrie, a social worker on the North Shore who once had a client who sold her wedding ring to make ends meet, says the fund is already having a significant impact in the community.

"I have to give credit to the Amica organization. I have been using this fund for a couple of months and it's amazing. As a social worker it's a dream come true," he says. "I love this fund because it's like spackle – it covers many of the cracks in the social safety net."

Residents from Amica Lions Gate, Edgemont Village and West Vancouver attended a ceremony to announce the Compassionate Fund in February. 📌



"We just love it." Emergency staff have nothing but praise for the new translation technology at LGH.



NO MORE INCOMMUNICADO

IMAGINE BEING IN THE MIDST of a medical emergency, with high-tech equipment beeping and attentive nurses and physicians hovering over you. But when asked a question, you cannot clearly explain how you're feeling or use the right words to describe what you're experiencing.

It's a challenge often faced by patients and medical professionals, especially in a diverse community such as the North Shore.

Which is why the multi-modal translation units recently purchased through the Foundation's Patient Experience Fund* are such a game changer for LGH.

The translator tablet features two options: a live video link with a translator, or a voice-activated virtual interpreter to help health care staff and their patients communicate more effectively with each other.

With hospital visitors severely limited during this COVID-19 crisis, the portable translator proved to be an invaluable tool for staff. Between March and June, more than 800 translation calls in a variety of languages, including Farsi, Russian, Bengali, Mandarin, Cantonese and American Sign Language, have been made on behalf of patients.

The multi-modal translation units are available as individual tablets or mounted on wheels for ease of use. Two units are currently in use at LGH (one of which was paid for by an anonymous donor) with another eight on order. Including the price of real-time translation services, the total cost of the program is \$280,000.

**The Patient Experience Fund (PEF) was launched in 2018 to fund health care innovation and technology. Projects supported by PEF are suggested by staff and physicians. ▣*

THE FINAL TEAR DOWN

PAUL MYERS, the local philanthropist who donated \$25 million to LGH and inspired the \$100 million campaign to build a leading-edge Medical & Surgical Centre at LGH, was the guest of honour at an event to mark the latest phase of development – the demolition of the old power plant and smoke stack.

The new energy plant is already operational and once the final demolition work is completed, construction on the Medical & Surgical Centre can begin.

The facility, which will serve as a hub for acute and remote services for the North Shore and Coastal region, will include eight state-of-the-art operating rooms, a therapeutic healing and elder-friendly environment, a virtual health care centre serving more than 180,000 people, as well as 108 patient rooms.

Due to a rise in construction costs, the provincial government confirmed an additional \$88 million in funding to ensure that the scope of the project is unchanged and planning remains on track. The project is now budgeted at \$254 million.

Ryan Beedie, who successfully steered the campaign to raise more than \$104 million in just 17 months, was also in attendance.

Once preparation of the site is completed, construction of the Medical & Surgical Centre is due to start in the summer of 2021. ▣



Paul Myers and Ryan Beedie mark a new phase in the development of the Medical & Surgical Centre.



Registered Nurse Shantee Myles conducts a virtual session for the North Shore Pediatric Asthma Clinic.

FROM FRONTLINE TO FACETIME

THE WORLD HAS EXPERIENCED

some profound changes over the last six months, including the way in which health care is delivered.

At the start of the public health emergency, North Shore health care teams had to fast-forward plans to implement telemedicine. For many patients, this has provided invaluable support, enabling them to connect directly with LGH care teams, while allowing physicians to administer treatment and continue social distancing.

North Shore care teams were able to adapt to a COVID-19 reality so quickly due to some solid behind-the-scenes planning over the previous year, combined with the timely investment of \$655,000 from the Foundation's Patient Experience Fund.

In March, with non-urgent face-to-face appointments cancelled and visitor restrictions in place, the virtual health care team at Vancouver Coastal Health were able to accelerate the introduction of telehealth that many assumed

would be years away.

Virtual health works best for a growing number of areas including everything from telepharmacy and stroke videoconferencing to wound management and monitoring of elderly patients faced with complex chronic care issues.

Virtual health projects that LGH staff and physicians are currently involved in include Virtual Rounds, which enables allied health team members such as social workers, dietitians, physiotherapists and pharmacists to meet virtually to discuss a patient care plan and assess and integrate those needs as a team.

Allied health professionals across the hospital were able to continue their morning huddle with the frontline staff on the COVID-19 Unit without the risk of exposure to coronavirus.

Some conditions, while not immediately life-threatening, can cause great discomfort and more severe health outcomes if not treated in a timely manner. The

staff running the LGH Wound Clinic were able to continue care and treatment of wounds through this virtual approach, which helped to prevent infections and increase comfort for patients.

All outpatient and community physiotherapy programs at LGH including OASIS – the osteoarthritis service, the Hand Clinic and the Neuro Rehab Outpatient Program could continue remotely, ensuring that these patients suffered minimal disruption to the care they needed for their ongoing recoveries.

Virtual health is a growing part of the delivery of health care, and when the Medical and Surgical Centre opens at LGH in 2024, it will have a dedicated telehealth centre. Thanks to your support, teams on the North Shore have a head start on the future. ▣

To learn more about virtual care and the new donor-funded mission control centre at LGH, please visit lghfoundation.com/virtual-care.

Your Generosity is our Strength

Goodwill, grit and a great deal of planning ensured that Lions Gate Hospital successfully navigated the first wave of the COVID-19 crisis

BY **GARY CARR**

AMIDST THE BACKDROP of a once-in-a-lifetime global pandemic, LGH care teams were some of the first in Canada to feel the effects of COVID-19, as the North Shore found itself in the spotlight as the country's original epicentre for the disease.

Thankfully, frontline and support staff at Lions Gate Hospital had spent the previous weeks hard at work making sure the hospital was ready to deal with the incoming health crisis.

With widespread uncertainty about how the virus was being transmitted and overwhelming concern for the safety of patients and care providers, LGH teams set in motion an accelerated program of upgrades that would keep everyone safe and provide COVID-positive patients with the very specific conditions that they needed to survive and recover from the virus.

The list of things that needed to be done to prepare staff, physicians and the hospital itself for COVID-19 patients was a long one. In just two weeks, Canada's first COVID-only unit was up and running, the ICU had fully isolated patient units and new negative pressure rooms, while additional capacity was created to deal with an anticipated surge in COVID-positive patients.

As Patient Care Coordinator for the 2 East ward that eventually became the COVID-19 Unit, Jo-Ann Huber knew it would take an enormous effort to get things ready in the scant days they had. But where to start?

"From negative pressure rooms to new ante rooms to installing medical air throughout all of our 30-plus beds, we required big physical changes to our 2 East rooms," Jo-Ann recalls. "And there was no time to sit back and carefully plan the renovations when you're aiming to have everything completed and operational in less than two weeks."

Climbing a North Shore mountain would have seemed less daunting some days, as each task her team crossed off the to-do list seemed to generate another one they had to deal with.

"I've been at LGH for 38 years," she says, "and I met a lot of people I've never run into before as we worked through this, because so many of us from across the hospital needed to work closely together."

"From electricians and carpenters to maintenance and our leadership team, we made sure we had everything we needed to safely support these critically ill patients."

With no time to budget for the urgent renovations, Jo-Ann appreciated LGH Foundation stepping in without hesitation to fund many of these changes.

"The Foundation supported so much of what we desperately needed," she says. "From the renovations to equipment like ventilators and monitors, without the support of our donors and the quick action of everyone involved, we would have had a much tougher time being prepared."

SAFETY FIRST

Even before the physical changes were complete, other vital pieces of the puzzle were put in place, such as boosting the supply of Personal Protective Equipment (PPE), obtaining ventilators and drilling staff in new infection-control protocols. They also had to continuously absorb fast-changing information on the best treatment options for patients.

Although staff in the new COVID-19 Unit and the ICU were accustomed to treating high-acuity patients, the level of detail the care team needed to follow when treating COVID patients was vast.



(L-R) Breanna Mercer, Respiratory Therapist, Dr. Rob Fingland, Medical Director of the ICU, and Melissa Graf, Registered Nurse, say extraordinary teamwork and public support took some of the pressure off during the most stressful days of the first wave of this pandemic.



ICU staff tend to a COVID-19 patient.

In his role as Medical Director of the Intensive Care Unit (ICU), Dr. Rob Fingland witnessed these new demands firsthand.

“Our work changed dramatically at first because we didn’t know exactly what we were getting into at the start of it all,” he says. “But the team learned very quickly the challenges we were facing.”

“One of the things COVID-19 proved to me – and our other ICU physicians – is the value of our hardworking staff,” he says. “Their attention to detail and hard work is what got some of these extremely sick patients through their illness.”

“From learning new treatment protocols on the fly to helping families communicate with critically ill patients through Zoom, there was a lot of innovation in a very short time,” he adds. “I think they’re remarkable.”

LIKE NEVER BEFORE

LGH medical teams are now on standby for the second surge of coronavirus. While they know they have the tools and expertise to fight COVID-19, they’ll have a new major challenge, says Dr. Fingland. “In March, we shut down a lot of the hospital. In planning for the next phase, we intend to keep things going so we continue to care for the other patients as well as deal with the pandemic.”

Karin Olson, Vice President for the Coastal Community of Care, has seen many momentous changes over her 35-plus years in health care. She echoes the appreciation felt by all LGH staff for the many sets of hands that pulled together to do what was needed, when it was needed.

“Without the hard work of our staff, physicians and North Shore residents through the Foundation, we wouldn’t be celebrating what we’ve accomplished so far,” she says. ▣

COMMUNITY SUPPORT

On March 19, LGH Foundation launched the North Shore COVID-19 Emergency Response Fund to support patients and staff impacted most by the coronavirus pandemic.

To date, 2,540 donors have raised \$2.1 million. More than \$1 million has been spent to purchase equipment and supplies including ventilators, respiratory aids, physiological monitors, iPads, patient lockers, portable ultrasound machines, mattresses, humidifiers and stretchers.

The remainder will be used to support staff and patient care through the fall surge and future COVID-related crises. ▣



SOLITARY SURVIVOR

Aliens, hallucinations and solitary confinement: LGH patient Brian Dougherty takes us inside his battle with COVID BY **YOLANDA BROOKS**

Coronavirus stole four weeks of Brian Dougherty's life but thanks to LGH staff and physicians, access to the right technology and his previous good health, he survived his brush with the deadly virus.

For 50 years, Brian had managed to avoid a stay in hospital. That changed dramatically in late March when he was admitted to the Emergency Department with severe shortness of breath.

For two weeks prior he'd been suffering from fevers, terrible night sweats and debilitating headaches. Hoping his symptoms would subside, he stayed home. But when his breathing got progressively worse, Brian was whisked off by ambulance to LGH Emergency.

After "the best health exam I ever had," he was admitted to the ICU, where he was attached to a respiratory device that pumped moist air into his lungs. As his condition stabilized, he was moved to the

COVID-19 Unit. As well as enduring the physical symptoms and hallucinations caused by brain swelling, being a COVID-19 patient was a very lonely experience. Other than the four brief daily medical checks by staff "dressed like aliens," Brian's smartphone was his only connection with family and the outside world.

"The most traumatic part of it was being stuck in a hospital for a month," he says. "I'm a Type-A, driven kind of guy and it is effectively solitary confinement. I was hooked up to this machine from a cord, so I couldn't really go further than eight feet from this machine. If I stuck my hand out of the bathroom while still attached to the eight feet of cord, I could basically go to the bathroom."

Recuperation was a long, slow process and Brian was hooked to a variety of respiratory aids for several weeks to give his lungs time to recover and enable him to go home and continue his convalescence.

"Certainly in my life I've never been through anything worse. It is a terrible thing to go through but I'm living, the treatment worked and here I am. I'm very grateful for that part."

Although Brian is back to his normal routine – including a return to the accountancy practice he's had on the North Shore for close to four decades – the disease has had a lasting impact. He has experienced the intermittent return of symptoms, lost 35 lbs and has been left with 65% lung capacity; unlike muscle mass, it can never be regained and the walk up the hill to his North Shore home now leaves him a little puffed. All told, however, he is thankful for having had access to life-saving technology at LGH.

"This experience made me realize that the whole process is more than the people," says Brian. "I have nothing but praise for all the staff, but you have to match the expertise of the well-trained staff with the latest technology to end up with the optimum result. That is what's going to make future patients, with whatever their issues happen to be, better. Lions Gate Hospital Foundation performs a very important function by raising money for the hospital to ensure that we all have the latest technology."

Now, Brian is part of a project to track and monitor the health of COVID-19 patients. More is being learned every day about the long-term impacts on health, and the knowledge learned from the first wave of survivors will help refine treatment and follow-up care for future patients. ■

*COVID AT LGH

48 COVID-POSITIVE PATIENTS WERE ADMITTED TO LGH

44 DISCHARGED

38% SPENT TIME IN THE ICU

71% WERE MALE; **29%** FEMALE

AGE RANGE: **24 TO 92**

AVERAGE STAY: **18.5** DAYS

LONGEST STAY: **168** DAYS

* FIGURES FROM MARCH-JULY, 2020

INSPIRED BY CARE

Honouring donors who go above and beyond for LGH BY **YOLANDA BROOKS & GARY CARR**



↑ GENEROSITY IN BLOOM

Made up largely of Taiwanese immigrants, the Orchid Club has spent decades lifting up each other and LGH

A symbol of good luck and prosperity in many cultures, the orchid is known for its delicacy and grace, but also its strength.

It's these qualities that continue to inspire the 100 or so members of the Orchid Club, a group of committed donors who have supported multiple LGH Foundation campaigns since 1991. Club members, many of whom are Taiwanese immigrants new to Canada, also support each other, helping to ease the feelings of isolation that can often accompany living abroad in a new culture.

"Coming from the same country and having similar backgrounds, the Orchid Club provides our mothers a sense of community where they can share their experiences and help each other," says Yi-Fang Chen (pictured above-right), one of the club's current leaders.

With most of its members living on the North Shore, Yi-Fang says supporting LGH is particularly important because of the role the hospital plays in their community.

"Former members started volunteering at LGH years ago and then realized that our club could help by fundraising as well. That's how we started supporting the hospital in many different ways."

Philanthropy is crucial to the group, and they're proud their donations have benefited a growing number of projects and patients over the years, including North Shore Hospice, critical care equipment and the Medical & Surgical Centre.

This year, the club agreed to be lead sponsor of the Community Cares Gala (which was postponed due to COVID), an event their members have championed since its inception five years ago. "It's a very enjoyable way to celebrate with others in the community and to raise money for LGH at the same time," says Yi-Fang, who looks forward to taking part when the event is rescheduled in 2021. ▣

↓ CARE AND CARE ALIKE

The excellent treatment afforded his family inspired one scholar to return the favour with a lifetime of thoughtful giving

Dr. A. H. Somjee, known to friends as "Som," is a scholar of the world and longtime friend to Lions Gate Hospital. Inspired by his late wife Geeta, a love for his chosen home and a spirit of thankfulness, Dr. Somjee has created a legacy of kindness that will last well beyond his remarkable lifetime.

Born in Madhya Pradesh in central India in 1925, the professor emeritus has spent his career researching and writing about political systems, democracy and development in India and South East Asia. Upon completion of his PhD at the London School of Economics, he spent over a decade teaching in India and the U.K. He came to Canada in 1965 to join the department of political science, sociology and anthropology in the early days of Simon Fraser University.

Following surgery for Geeta, who was a respected academic in her own right, the Somjees made their first donation to the hospital in the 1970s. It has remained a cause close to their heart ever since.

"Lions Gate Hospital treated Geeta very well and we decided to make a donation. As time went on, we increased our donations."

In 2003, touched by the care his brother Sam received at the hospital's chemotherapy clinic, the couple decided to do something more to support LGH. Thanks to prudent financial planning, they were able to set up the Dr. A. H. and Dr. Geeta Somjee Endowment for Cardiology and Oncology.

Beyond the endowment, Dr. Somjee has made annual contributions, which have supported many notable projects at LGH, including The HOpe Centre, North Shore Hospice and the upcoming Medical and Surgical Centre. He has also made a gift in perpetuity that will support future patient care.

In honour of his philanthropy, Dr. Somjee has been a member of the Foundation's Chair's Circle since 2008. (See page 14 for details of membership.) ▣





📍 EAT AND GREET

LGH celebrated International Nurse Day with a delivery of more than 1,000 meals for LGH and North Shore community health care staff. Paid for by Olympic gold medalist Tessa Virtue and her partner, Maple Leafs defenceman Morgan Rielly, it was the largest food donation made to staff during the first wave of the pandemic. Later in the day, Tessa surprised and delighted staff with a meet and greet in the LGH atrium.

NORTH SHORE SPIRIT

A salute to the many ways our community stepped up for frontline and support staff at the height of the COVID-19 pandemic BY **YOLANDA BROOKS**



Eva Grace

📍 **STEP BY STEP** Inspired by a similar project in the U.S., photographer Eva Grace launched the Front Steps Project to take portraits of local families at home during isolation. Not only did Eva document a unique period in our lives, she gave generously of her time and services while the families paid for their five snapshots with a donation to LGH. Eva hoped to raise **\$5,000** from the project. She ended up with a total of **\$17,000**.



📍 **SHELTER FROM THE STORM** Thanks to the generosity of the Djavd Mowafaghian Foundation and two local hotels, health care employees who were physically distancing from their families or needed to rest and recharge between long shifts and long commutes were able to stay overnight at local hotels. Eligible frontline employees spent a total of **489 nights** at the Lonsdale Quay Hotel and the Seaside Hotel at Shipyards.



📍 **FEEDING THE FRONTLINES** During a time of financial hardship, the hospitality sector fed our staff and boosted morale with donated meals, drinks and snacks. Small local restaurants, large national chains and other local companies donated or paid for meals to staff who were working under extremely stressful and sometimes restrictive conditions due to enhanced infection protocols. In total, more than **\$130,000** worth of food was delivered, including: **7,095 meals • 12,882 beverages • 11,521 snacks**.



POP-UP PPE As COVID-19 spread across continents, PPE became hard to source. Thankfully, everyone from local businesses such as opticians and dentists to school PACs and groups of friends, chipped in to donate their own supplies. In total, we received: **77,996 masks • 14,307 boxes of gloves • 11,478 face shields • 901 pairs of goggles • 849 gowns.** These donations supplemented our supplies and ensured staff had enough PPE to meet the stricter infection control protocols put in place.



GRIN AND GROOVE On International Dance Day, Kahlena Movement Studio, led by Karen Kobel, brought smiles and music to LGH when they turned up to dance on a soggy evening in April. Dancers performed their socially distanced routines for the residents and staff at Evergreen House before joining the 7 p.m. cheer in front of Emergency.



Alexandra Cleland

HEAR THE CHEERS At 7 p.m. from March until June, pots banged across the Shore and cheers and sirens rang out around LGH as first responders circled the hospital. While only staff in the Emergency Department were visible, employees across the hospital were listening, watching and appreciating the sounds of community support.



Students from Irwin Park Elementary show their love.

ART FROM THE HEART The hospital received hundreds of goodwill messages and artwork from individuals, schools, business and community groups which were displayed on our Well Wishers' Wall at the main entrance and on notice boards across the hospital. They were seen and appreciated by everyone.



THESE ARE JUST A HANDFUL of the kind-hearted supporters who stepped up during the crisis. The Foundation would like to acknowledge everyone who made a donation or gave a gift in kind. Your thoughtful actions made a difference and we cannot thank you enough for your love, goodwill and generosity. ♥

For more information on the Foundation's response to the COVID-19 crisis, please visit lghfoundation.com/covid19-response

2020 CHAIR'S CIRCLE

LGH FOUNDATION celebrates the philanthropic spirit of supporters who have made significant donations by welcoming them to our Chair's Circle. With cumulative contributions of \$100,000 or more, members of the Chair's Circle make a life-saving difference to medical care on the North Shore.

VISIONARIES

John & Jo-Anne Anderson
 Ryan & Cindy Beedie
 Nat & Flora Bosa
 Ken & Sylvia Brewster
 Rodney Briggs & Robin Pascoe
 Leone Carlile
 Charles & Eve Chang
 Dale Christy
 Dr. Philip Cohen
 Bill & Bonnie Couling
 Rene & Brigitte Fluri
 Bill Hatswell
 Robert H. & Greta Ho
 Margaret Hoar
 Joe & Joanne Houssian
 Abdul & Shamim Jamal
 Donald & Ruth James
 Mansoor & Shanaz Lalji
 Woody & Sherrill MacLaren
 Ian & Rosemary Mottershead
 Djavad Mowafaghian
 Paul Myers
 Jim & Mary Pattison
 Axel & Dawn Rehkatsch
 Noordin & Farida Sayani
 Salim & Farah Sayani
 Rod & Jeannie Senft
 Betsy Smith
 Michael Smith
 Ian Telfer & Nancy Burke

BENEFACTORS

Tookie & Helen Angus
 Robert & Barbara Atkinson
 Douglas W. Bell
 Marilyn Bell
 Roger & Sharon Brain
 Peter & Heather Buckley
 Eric & Karen Carlson
 Michael & Dorine Chernoff
 Kerry & Ginny Dennehy
 Marie Genest
 Barbara Groundwater
 Kevin & Patricia Huscroft

Peter & Anne-Marie Kains
 Annemarie Locher
 Bob & Brenda McGill
 Gerrit & Agnes Mey
 Mike & Joan Michalson
 Joy Phelps
 Joan Proudfoot
 Azad & Yasmin Shamji

LEADERS

Howard & Gail Addison
 E. Edvard Anderson
 Paul Balfour & Cynthia Miles
 Patricia Bice
 Michael & Laurie Borden
 George Brack
 Tony & Juli Brewster
 Ruth Brodie
 Priscilla Brooks-Hill
 Guy & Kathryn Campbell
 Paul Chalmers & Barb Inglis
 Eric & Tracey Christiansen
 Jeff & Michelle Clay
 Allan Collings & Hilary Stevens
 Hugh & Sharon Cooper
 Heather & Keith Cross
 Steven Dean & Joanna Shillington
 Cindy Dekker
 Ken & Mary Downie
 Allan & Deborah Edgeworth
 Yvonne Elliott
 Ken & Joan Fowler
 Jeff & Kelly Fuller
 Frank Giustra
 Jon & Lisa Greyell
 R. Scotty Grubb & Anne Carlile
 Peter & Lynn Guernsey
 John & Cecilia Hall
 Ken & Sigrun Hanna
 Carol & Mark Hannah
 Paul & Coryn Hemsley
 Dennis & Dorothy Holmes
 Alan & Barbara Holton
 Peggy Horne
 Saeed Javadi & Sholeh Ojagh

Bob & Bobbie Kadlec
 Julian & Barbara Kirstiuk
 Alex & Sherry Klopfer
 Don & Jeri Krogseth
 Gerry & Helen Krantz
 Vince & Judy Lone
 Clive & Susan Lonsdale
 Doreen Lougheed
 Robin & Linda Louis
 Gordon & Barbara MacDougall
 Reay & Lynda Mackay
 Paul & Shirley MacPherson
 Kevin & Jo-anne Mahon
 Stewart & Sunny Marshall
 Irene H. McEwen
 James & Carol Mercier
 Gerrit & Agnes Mey
 Dale & Marilyn Moscovitch
 Farrokh Namdaran & Bella Tata
 Goli Nowtash
 Michael & Molly O'Callaghan
 Jack O'Neill
 John & Leah O'Neill
 Rob & Bev O'Neill
 Ali & Reem Pirbhai
 Ken & Judy Rekrutiak
 Bill & Heather Riedl
 Daniel Russell
 Dr. Paul & Cathie Sabiston
 Carol Slater
 Dr. A.H. Somjee
 Ross & Ursula Southam
 Graham & Kyra Stanley
 Bill Stewart
 Gerry & Judy Strongman
 Brent A. Sutton & Lesley
 MacGregor
 Andy & Cheryl Szocs
 Silvio & Waltraud Trub
 David & Joanne Unruh
 Michael & Wendy Wan
 Bruce Waters & Beverly White
 Chung-Cheng & Shu-Pin Yu Wei
 Fred & Maureen Wright
 Talal & Christi Yassin
 Kit Chuen Yip & Yuk Hing Yuen

PATRONS

Larry & Joan Achtemichuk
 Fareed & Sharon Ahamed
 Anthony Antisin &
 Douglas Fairhurst
 Doug & Shirley Argue

Shelagh Ballard
 Gerry & Lesley Barré
 Ron & Ann Barré
 Oliver & Shirin Bock
 Steven & Karen Bruk
 Dr. Allan Burgmann
 Richard & Caroline Duncan
 Dr. Robert & Katharine Fingland
 Kia-Song (Archie) Foo
 Fraser & Sheilah Grant
 Paul Hamilton
 Malcolm & Janice Hunter
 Richard & Lara Irwin
 Pierre & Betty Lebel
 Bernard Leroux & Sheri Weichel
 Harald & Sharlene Ludwig
 Godfrey H. Lynum
 Joan Mann
 Ed Mowatt
 Jon & Karle Palfrey
 Christopher & Shelley Philps
 Clark & Joan Quintin
 Claude & Lorraine Rinfret
 Tommy Russell
 John M. Sibley &
 Carmen Thériault
 Jim & Julie Szabo
 Graham Thody

CORPORATE AND COMMUNITY PARTNERS

The Foundation is pleased to recognize the outstanding generosity of those organizations in our community that have contributed more than \$500,000 cumulatively to local health care.

Alliance Mercantile Inc.
 Anthem Properties Group Ltd.
 Beedie Development Group
 Craftsman Collision (1981) Ltd.
 ExecutiveGroup Development
 Grosvenor Canada Limited
 Hollyburn Properties Limited
 Locher Evers International
 Newmont Canada
 Tech Resources Limited
 The Auxiliary to Lions Gate Hospital
 The Old Spaghetti Factory ■

We would also like to extend our thanks to those Chair's Circle members who wish to remain anonymous.

Learn more about becoming a member at lghfoundation.com/chairs-circle



WITH SINCERE GRATITUDE

I'VE BEEN WORKING at Lions Gate Hospital for 38 years. I've been a bedside nurse most of those years but I took on the role of Patient Care Coordinator on 2 East – the cardiac unit – four years ago and I've been here ever since.


We developed the COVID Unit at the beginning of March and we so appreciate the efforts of donors, who have been fantastic.

Some of the money needed to prepare the unit and buy equipment such as the cardiac monitors to support patients who were coming to Lions Gate Hospital came from donations from North Shore residents. You also provided us with supplies of PPE.

The cards that we've received, the posters from the community and the food that was delivered – the staff really appreciated it all. When they were on this unit, staff were not permitted to go out in the rest of the hospital or into the community to buy food, and your acts of kindness helped us get through some hard shifts.

I want to thank LGH Foundation for their ongoing support right from the beginning and I can't thank our donors enough for what they have done. ■

Jo-Ann Huber
 Patient Care Coordinator, LGH COVID-19 Unit



Find out why the
smartest time to
look for a retirement
residence is NOW.

Take
advantage of
incentives now!*

Find out more at
parcliving.ca/now

*Limited time offer, conditions apply.
See website for more details.

Considering a move in these challenging times may seem a little unnerving. But, one look at PARC and you'll see why life is better here.

Book a PARC Safe Suite Tour and you'll see our team at their best, working to stay ahead of the curve and ensuring our residents continue to enjoy chef-prepared dining, activities, wellness programs and more. Even our innovative Meetup Centres keep face-to-face family visits possible. Ask our independent residents how they feel about living here through COVID-19. Chances are they'll tell you they wouldn't want to be anywhere else.

Westerleigh PARC
West Vancouver
604.922.9888

Summerhill PARC
North Vancouver
604.980.6525

Cedar Springs PARC
North Vancouver
604.986.3633

Mulberry PARC
Burnaby
604.526.2248

Oceana PARC
White Rock
778.294.1115

parc
retirement
living

Let's make life better. Every day.