

This newsletter is brought to you courtesy of our community partner **Save-On-Foods**



Former patient, Dr. Lindsay Cohen, is grateful for the critical care she received at LGH.

When Care Becomes Critical

When Lindsay Cohen and Rob Cheyne left Lions Gate Hospital with their healthy baby boy in September 2018, they had no idea that Lindsay would soon become critically ill.

Both Emergency physicians, the couple was settling in at home with five-day-old baby Marc and Leo the Labrador when Lindsay started to feel weak and faint.

Soon after Rob drove her to Emergency, she took a turn for the worse. Suspecting internal bleeding, Lindsay's colleagues acted quickly, stabilizing her condition and preparing her to go to the operating room for a laparoscopy.

The surgeon found the bleeding had stopped and Lindsay was sent to the ward to recover, but she felt uneasy and asked Rob to stay the night. In the early hours of the morning, she developed severe abdominal pain.

On the vital signs monitor, Lindsay's blood pressure was dangerously low and her heart rate much too fast.

"When I saw the numbers, it flashed through my head – I am going to die," she recalls.

The nurses called a Code Blue and the resuscitation team came running. After spending the night in the Post-Anesthesia Recovery Room and receiving multiple blood transfusions, Lindsay had an innovative interventional radiology procedure to stop the bleeding.

Although Marc's arrival had been a normal birth, she had suffered a ruptured uterine artery pseudo-aneurysm, an extremely rare complication of delivery where the exact cause is unknown.

After the radiology procedure, Lindsay spent 24 hours in the Intensive Care Unit and another day on a regular ward.

The couple know that she came very close to losing her life or the ability to have another baby. Looking back, they have an overwhelming feeling of gratitude for the critical care they received.

"This community hospital was able to provide the level of care that would be expected in the biggest hospitals in Canada or anywhere in the world. This was truly remarkable and wonderful," Rob says.

"Lindsay was too sick for the ward but not sick enough for ICU; she received almost an over-abundance of care, but she needed something more than could have been offered on the ward. She had the right amount of care in a place that could have offered even more care."

Lindsay sees the need to establish a new Critical Care Unit at Lions Gate from a unique perspective. As a former ICU patient, she realizes that a specialist facility could have provided the right level of care and a more comfortable environment to accommodate visits from her baby and both sets of grandparents. **Cont'd over**

The new Critical Care Unit will:

- Feature 12 single-patient rooms
- Be staffed by critical care specialists
- Allow more space for families and physician consultations
- Treat up to 1,400 seriously-ill patients each year
- Be equipped with the latest monitoring and support equipment

LGH needs \$8.5 million to build the high-tech unit slated to open in early 2022. To date, \$7.4 million has been raised by donors. 100% of your gift will go towards the cost of the new facility.



**NORTH SHORE HOSPICE
Hike & Bike**

Wheel and Walk for Hospice

Celebrate 10 years of North Shore Hospice by joining the first ever North Shore Hike & Bike.

The event, hosted on the weekend of September 26 & 27, replaces the traditional Hike for Hospice and allows individuals, families and friend groups to walk or ride together at a time and place of their choice.

On the weekend of the event, pick your favourite trail, take a selfie, make a video and meet online for a virtual celebration with some great prizes up for grabs.

Register today and set up your personal pledge page at: lghfoundation.com/event/ns-hospice-hike-bike

All proceeds from North Shore Hike & Bike will support hospice and palliative care for people in our community.



Beds, Babies and Bonding

The Neonatal Intensive Care Unit took delivery of 15 new bassinets thanks to a donation of more than \$58,000 from LGH Foundation's Women's Giving Circle.

The philanthropic group of women made the donation after learning that the existing bassinets were 30 years old and in need of an upgrade.

The new baby sleep units are mobile, fit snugly next to hospital beds, have lots of storage for newborn paraphernalia and are height adjustable so mother and baby can enjoy easy eye contact.



Ready for Action

North Shore philanthropists Paul Myers (left) and Ryan Beedie were on hand to kick off the demolition of the old LGH power plant and smoke stack.

Paul, who donated the original \$25 million that inspired the Medical and Surgical Campaign and Ryan, who chaired the campaign, were instrumental in ensuring the success of the unprecedented community fundraising appeal.

The demolition marks a new phase in the development of the Medical and Surgical Centre. Once the power plant is demolished, the site will be ready for construction to start on the state-of-the-art Medical & Surgical Centre.

The demolition follows the successful opening of the new power plant which provides cleaner, more efficient energy to the whole of the LGH campus.

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As an Emergency physician, she understands that ICU beds are always in high demand, and hers could have been occupied by a patient who needed the full extent of life support care that the unit is able to provide.

"I had all the care that I needed with the resources that were available at the hospital, but had there been a critical care facility available, it would

have been very appropriate for me to go there. The new unit will make an already wonderful hospital even better."

The story doesn't end with Lindsay's full recovery. This past spring, Lindsay, Rob and Marc celebrated the arrival of baby Annie to the family. Her presence, a beautiful, bouncing reminder of the importance of having access to the right care and technology at the right time.



**Support the new unit at
lghfoundation.com/critical-care**



Double Your Money

Long-time LGH supporters Craftsman Collision turbo boosted our mission to build a new Critical Care Unit by pledging \$50,000 dollars in matching funds to the campaign.

All donations received between July 17 and September 1 had double the impact thanks to

the generosity of the Hatswell family who run the auto body repair chain which has two outlets on the North Shore.

With their support, more than \$35,000 has been raised at the time of publication ensuring that we are much closer to reaching our \$8.5 million target.

As an extra incentive to donate, LGH Foundation also struck a summer deal with Shell who donated a grand prize of free fuel for a year, worth \$3,500. Shell also donated twenty-five \$75 gift cards for runner up prizes. The draw will take place on Monday, September 14.

On the Run

When Carson Graham student Owen Ostler decided to run a solo marathon and raise funds for a new Critical Care Unit at LGH, he set a goal of \$1,000.

Owen, 15, spent two months pounding the track at Fen Burdett Stadium in North Vancouver in a training regimen that also included strength conditioning, icebaths and meditation.

Using a tracking app to confirm that he ran the full 42.2km distance, he completed the 106 laps of the track at the stadium in 4 hours 9 minutes over the scorching BC Day holiday weekend.

Not only did he finish the marathon, he raised an impressive \$11,925 for the Critical Care Unit.

Lend a Hand

An initiative unique to the North Shore is providing short-term support to older, low-income adults who struggle with chronic health conditions and are on their own.

The Lend a Hand Fund provides small grants to community health care workers who have identified gaps in care and the additional services that can keep clients well in their homes to reduce their risk of homelessness, cut down on the number of repeat visits to the emergency department and limit the negative impacts that medical conditions have on their day-to-day lives.

At the height of the COVID-19 pandemic, \$1,500 from the Fund was used to support the delivery of free meals to vulnerable residents on the North Shore.

You can support seniors in need in our community by making a donation to the Lend a Hand Fund at lghfoundation.com/north-shore-lend-a-hand-fund

Concerned about local seniors who faced social isolation and had difficulties getting out, community nurse Julie McAdam, set up a temporary food delivery service. Through fundraising at her husband's employer Global Container Terminals, she raised \$3,000. The emergency food fund was boosted with the \$1,500 from the Lend a Hand Fund and a further \$1,500 from the Amica Helping Hands Compassionate Fund for a total of \$3,000 from LGH Foundation.

Working with Soup Meister in Lonsdale Quay, McAdam and a team of colleagues volunteered their time to deliver soup and a bun to individuals who were struggling to go shopping or missed out on the community supports that were unavailable during social distancing. Thanks to this community effort, the deliveries of food continued until July.



Kudos to Our Community!

Lions Gate Hospital Foundation is pleased to acknowledge the generosity of the following thoughtful supporters.

1 Local distillery **Sons of Vancouver** and **Save-On-Foods at Park & Tilford** raised \$4,914 for LGH by collaborating to produce, package and sell hundreds of bottles of hand-sanitizer.

2 Thank you and congratulations to the **Carisbrooke Elementary Class of 2020** who raised \$1,000 through a number of final year fundraising events.

3 Inspired by a family friend who is an RN at LGH, **Rylan Pradana** raised \$75 by collecting recycling cans and bottles from friends and neighbours.

4 A total of \$8,731 was raised for the **Healing Power of Art** program at LGH through direct donations and a percentage of sales from the opening of the **WiLD Life exhibition** hosted at the **Benjamin Lumb Art House in West Vancouver**.

5 North Shore students **Malala and Mitike** put their craft skills to good use to raise \$800 by selling hand-made gifts to friends and neighbours in their building complex.

6 **Staff at Blue Shore Financial** raised \$500 for the North Shore COVID-19 Emergency Response Fund through their **Pay it Forward** community program.

7 Thank you to the **Fraternal Order of Eagles Vancouver Club 2075** who boosted the fund for the Critical Care Unit with a \$30,000 donation.



If you would like to support LGH Foundation through your event, please email us at: info@lghfoundation.com

An Ambassador for Change

As a patient and as a visitor, LGH supporter Monica Nelson has had a close-up view of Lions Gate Hospital for many years.

She arrived on the North Shore from Montreal in the late 1960s and she remembers the acute care tower when it was still new and it was possible to know most of the doctors by name.

"When I moved here Lions Gate was a small community hospital. A lot has changed since then but it still has a nice community feel. The population is aging and there's been an influx of new people," says Monica. "I've watched as the hospital has developed to treat more patients and provide better care and all of these upgraded facilities and new diagnostic equipment. It costs money and we can all help with that."

Monica's husband Colin who passed in 1987 received cancer treatment at LGH and she has noted the improvements to diagnosis and treatment in the decades since. In 2001 she spent three months sleeping on a chair at the bedside of her mother Constance and she remains very appreciative of the good care she received. Monica continues to take a close interest in the evolution of the hospital and is committed to supporting LGH through annual donations and as an unofficial ambassador.

"There are very few people who are fortunate enough not to need the hospital in their lifetime. Even if they have never been a patient, they will have family members or friends who need treatment. I always say to friends and people I meet in the community, we don't have to give a fortune but if we can all give something, those little contributions all add up to make a huge difference."



Monica Nelson

Thank you

for your support

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Please donate online at lghfoundation.com/donate



Visit us at lghfoundation.com



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