

BEYOND CHEMO BY YOLANDA BROOKS

Providing great cancer care is a constant battle of challenge and change. As more people are diagnosed - two in five of us can expect a diagnosis in our lifetime - more and better treatments become available.

At Lions Gate Hospital we are lucky to have the Dr. Paul Klimo Medical Oncology Clinic to serve our community.

Here, patients from across the North Shore receive treatments that go well beyond chemotherapy. A close-knit multi-disciplinary team provide blood transfusions, immunotherapy, diagnostic procedures, symptom management support, a specialist pharmacy, counselling and a well-stocked resource library featuring support materials for patients.

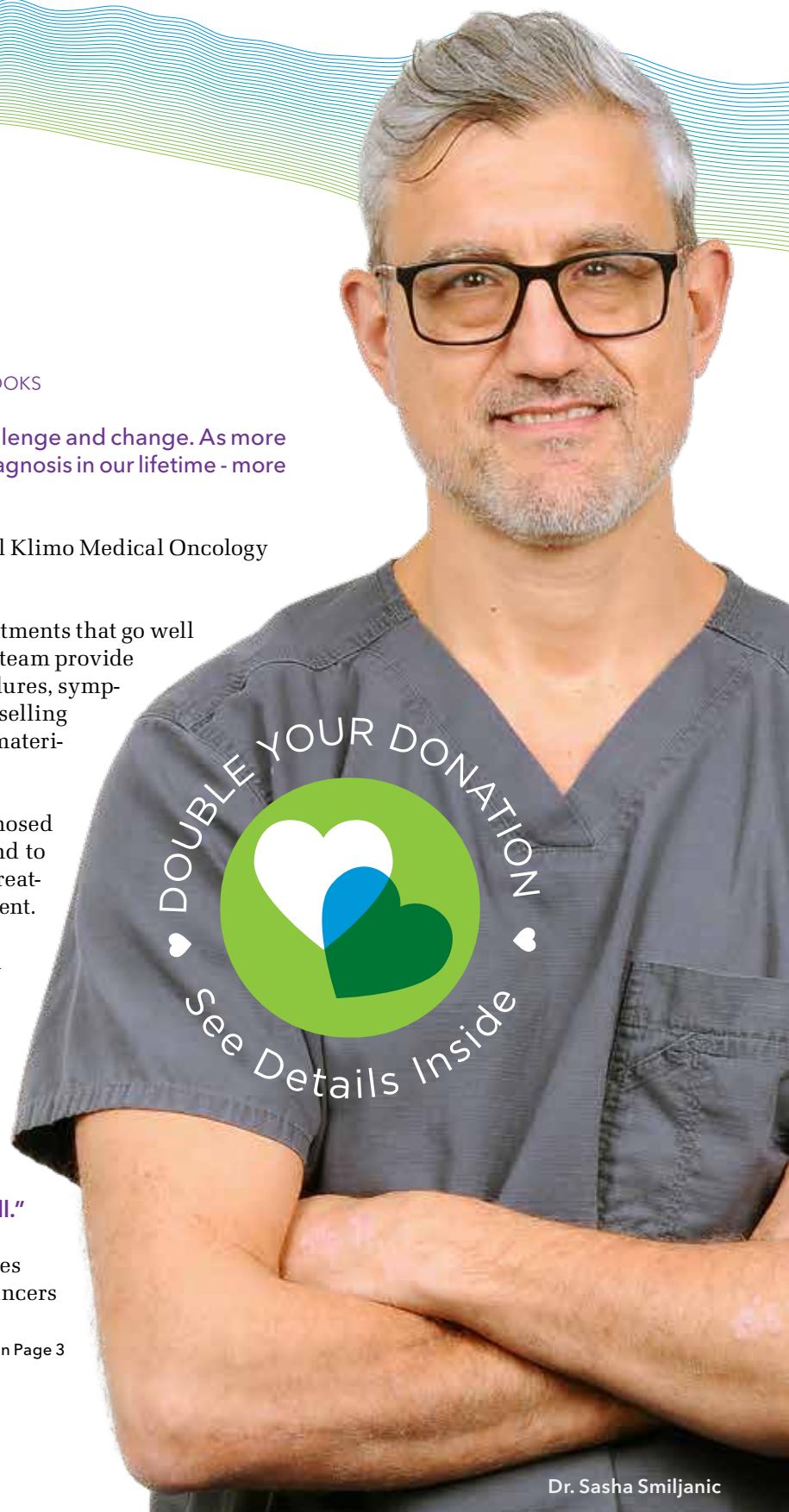
However, with a growing number of people being diagnosed with cancer, our services and facilities have to expand to ensure that patients have access to the best available treatment options within a comfortable therapeutic environment.

“Our current clinic was fantastic when it was renovated 20 years ago but we’ve outgrown it at this point. For the space we’ve got, we’re trying to fit in too many staff and too many patients,” explains Dr. Sasha Smiljanic, Head of Oncology for the Coastal Community of Care.

“Not only has the number of patients we care for each month increased, but the complexity of the treatments that we’re providing has multiplied as well.”

Staff are also treating patients for longer as survival rates increase. They are also able to offer options for some cancers that were once considered untreatable.

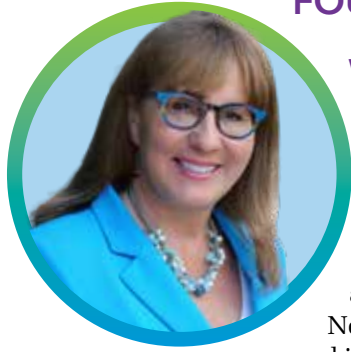
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Dr. Sasha Smiljanic



FOUNDATION FOR THE FUTURE



Welcome to our first edition of the LGH Outlook, which is brimming with news, events and the latest donor-funded advancements in patient care. We hope you find it informative and inspirational.

Change is in the air across the North Shore and it's not just because the cherry blossoms are out, and the tulips are blooming.

The Paul Myers Tower on the LGH campus is just one of many new high rises sprouting up across the North Shore. In the past five years, the population of the North Shore has grown by more than 7%. More than 205,000 people now call the North Shore home.

Like everything else, our health care facilities are having to adapt and flex to meet these new demands and challenges. But it's not just about getting bigger and hiring more people, it is also about having the freedom to bring in new ideas and having the opportunity to fine-tune procedures and practices that result in significant progress.

We are so grateful that your support enables our medical teams to move forward and accelerate the pace of change.

We're excited about the progress of the Paul Myers Tower which will be open and treating patients this time next year. We're also pleased to share that the equipment purchased through the Technology Transformation campaign is already having an impact.

We've just launched our Bigger, Better Cancer Care Campaign to expand the oncology clinic at LGH. Not only will we have a bigger space to treat more patients, our oncology team will have a better clinical environment to provide more sophisticated treatments.

As the North Shore continues to grow, one fact remains constant, Lions Gate Hospital is still the heart of our community, providing great care and support to those who need it when they need it most.

We look forward to sharing the remarkable evolution of care taking place at LGH which will benefit everyone in this growing and diverse community.

Judy Savage
President & CEO
LGH Foundation

TECHNOLOGY TRANSFORMATION



THANK YOU!

The next generation of medical technology is coming to Lions Gate Hospital thanks to the generosity of donors who supported our Tech Transformation Campaign.

The success of the campaign is great news for our patients and our medical teams and the funds raised are already having an impact at LGH.

Early equipment purchases are bringing improvements to surgical care, patient monitoring and staff communications.

In total, ten new technologies will be purchased to benefit many different areas of care.

With contributions from our donors, our state-of-the-art Paul Myers Tower, which is due to open for patients early in 2025, will be equipped with the best and latest medical technology.

Learn more about the transformational equipment already in use at LGH at lghfoundation.com/tech



Our Youth Advisory Committee successfully hosted their popular Med-Ed Conference at The Hope Centre in February. The sold-out event featured three distinguished speakers and a panel of eight nursing and medical students. The conference offered students a unique opportunity to delve into the future of medicine and connect with fellow aspiring medical professionals. With incredible community support, the event raised a record \$1,730 for LGH

“Over the years many more treatments have become available so we’re seeing different types of cancer,” explains Julie Groundwater who is the Symptom Management Nurse at the clinic. “When I first started here, we didn’t see pancreatic patients because there wasn’t treatment available. Now we’ve got two or three treatments for these individuals.”

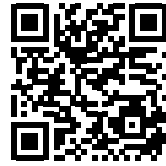
“Our patients are now living for longer with cancer, so the volume of patients we see keeps increasing.”



Julie Groundwater



Long-time North Shore resident Cathie and her family have made a pledge to match every donation to our *Bigger, Better Cancer Care* Campaign up to the value of \$25,000.



If you would like to help Lions Gate Hospital and double the impact of your donation, please scan the QR code, left, or complete the enclosed donation form.

The family making the pledge had a loved one who was treated at the Oncology Clinic at LGH and they know how important it is to expand oncology services at LGH.

UPCOMING EVENTS

INFORMATION SESSION: The new West Vancouver Adult Day Program

10:30am, April 19, 2024
West Van Seniors’ Centre

Estate Planning Seminar

Wednesday, April 24
Virtual Event

Lions Gate Hospital Gala

6:30pm
May 10, 2024
Capilano Golf & Country Club



Lions Gate Hospital Golf Classic

10:30am, August 19, 2024
Capilano Golf & Country Club

Call the Foundation at 604.984.5785 for details.

SEW GOOD

North Shore student Ella Psaila combined her love of sewing with her commitment to good causes to support the care of patients at North Shore Hospice.

During the COVID lockdown, she garnered donations of fabric and coordinated a vast community of sewers to make free nursing caps for medical staff. When lockdown ended she donated the remaining fabric to North Shore Hospice Volunteer Sewing Group which makes unique gowns for patients.



Ella Psaila

Last fall Ella invited the Hospice sewing group to Lions Gate Christian Academy to help her fellow home economics students cut and sew a new collection of colourful gowns. The popular gowns aren’t just practical and comfortable, they bring a splash of colour and often act as a conversation starter for patients and their loved ones.

Jane Jordan, Coordinator for the Every Day Counts Program at the Hospice says: “Ella has worked so hard to create this lovely collaboration which has a positive impact on the people we care for. The students were very conscientious, and the sewing volunteers thoroughly enjoyed their visit. We hope the partnership will continue in future years.”

PAUL MYERS TOWER

We're thrilled by the progress we see at the construction site of the Paul Myers Tower.

This year marks an exciting chapter in the construction timeline with the exterior cladding close to completion, the walk-way between old and new tower in progress and landscaping work on the rooftop garden underway.

Inside, patient rooms, treatment areas and operating rooms are taking shape.

When the tower is open it will have a total of 108 single patient rooms. Spread over three floors, these patient rooms will be bigger than the existing rooms which were designed in the late 50s. Each will have ensuite facilities and enough room for family and caregivers to visit for extended periods. All rooms will also have the infrastructure required to accommodate advanced support and monitoring equipment.

Once the building is complete, there will be a period of staff training and orientation. If the current pace of progress continues, the first patient will be welcomed into the new tower in the spring of 2025.

For the most up-to-date information on the PMT, <https://lghfoundation.com/paul-myers-tower>

Our donors contributed a remarkable \$107 million to the building of the Paul Myers Tower.

The tower will include:

- ◆ 108 single-patient rooms
- ◆ Eight state-of-the-art operating rooms
- ◆ A new Medical Device & Reprocessing Department
- ◆ Outpatient clinics



MUSIC & MEMORIES

BY NANCY DEHART

Dedicated staff find inventive ways to enrich care for patients with cognitive impairment.

Angie sits quietly, hands in lap, a blank look upon her face. The first few bars of *Great Balls of Fire* ring out and suddenly she smiles, and begins to clap her hands to the beat.

“Music is therapy,” says Jeany Chan, a social worker on 4West at Lions Gate Hospital, which specializes in eldercare for those with neurocognitive disorders such as dementia, Parkinson’s and Alzheimer’s.

They don’t always understand why they are in hospital, or simply forget. Hospital stays can heighten confusion, agitation, falls, and distress. “It is traumatic, isolating and frustrating for them,” says Zoe Clarke, an occupational therapist on the team.

COVID shut down many patient activities and movement around the hospital until recently. After seeing how much patients enjoyed a rare excursion to visit our Foundation Christmas tree in the lobby, 4W began a dance walk several times a week. Patients walk, wheel, or are pushed down to the atrium, then dance with staff, volunteers and each other.

It gets them moving and staves off boredom explains Krista McPhail, 4West RN and Patient Care Coordinator. Plus, music has the magical ability to rouse and reach many dementia patients when not much else will.

Krista recalls one patient usually in his own world, mumbling. As soon as he heard the song *Pretty Woman*, he came alive. “He started playing air guitar and smiled and then he’d want to dance in his wheelchair.”



Photos: Cindy Goodman

Action Packed

4West also offers volleyball, nail painting, crafts, bowling, drumming, and sing-a-longs. Patients can play piano, or cuddle a cute robotic golden retriever or one of the fluffy robotic cats which purr and vibrate.

McPhail took inspiration from the purpose-built care homes and dementia wards in France and the Netherlands that replicate small homes where patients live together and are cared for in private rooms with a lot of space and freedom to roam. She and her staff work hard to make 4West a homey environment that feels less clinical than a typical hospital ward. There are bright paint colours, plants, and clever bookshelf wallpaper disguising the locked unit doors.

Updates began several years ago with a donated edible garden on the patio. Staff frequently add new features with the support of the Foundation and help from the ever-willing hospital maintenance department.

Last fall we also funded a pretend bus stop in the hallway. Dementia patients often get agitated and try to leave. Now, instead of saying "no", staff direct them to go wait for the bus to take them home. "They wait, calm down and eventually most forget they wanted to leave in the first place," says McPhail. It reduces the need for anti-psychotic medications.

There is a tiny café where patients can order a cup of tea or a muffin. Coming soon is a hair salon where patients will get a hairdo or a shave from volunteers. All things that make 4W feel more like the real world and the daily life its patients have left behind.

There used to be four to five calls for security each month because an upset dementia patient can become physically aggressive. But since they have added the activities, these outbursts have reduced dramatically.



// The activities and music bring up their mood and their energy levels. There is something to look forward to, something for them to participate in, engage in and this brings back the humanity to being in the hospital," says Krista. "We are giving them back their dignity."

A NEW FRONTIER BY KRISTINA YUEN

In a remarkable leap forward for Lions Gate Hospital, a sophisticated imaging system has been acquired, thanks to a generous donation from North Shore philanthropists Ian and Rosemary Mottershead.

The O-arm provides real-time, high-quality 3D images for a wide array of life-saving treatments. It acts as a navigational tool for surgeons, allowing them to visualize intricate details with unparalleled accuracy. The system is particularly beneficial for spinal and neurosurgical interventions.

“This is very important because the spine is anatomically complex. As we guide instruments through bone, we must simultaneously navigate around hidden structures beneath the bone, such as nerves, which are vital for critical functions like movement and feeling,” explains LGH Dr. Shahid Gul, Head of Neurosurgery for the Coastal Community of Care. “It’s like placing screws into drywall and having x-ray vision to be confident that our screws are hitting studs and avoiding any piping or wires concealed behind the drywall.”

Before the arrival of the O-arm, LGH neurosurgeons relied on conventional imaging methods, often facing challenges in obtaining real-time, detailed images during intricate surgeries.

The O-arm has already had a significant impact on the life of an LGH patient suffering from severe lower back pain due to spinal stenosis. The patient’s condition was already causing loss of critical bodily functions and she was in danger of losing the ability to walk.

In a recent surgery, LGH neurosurgeons used the O-arm to precisely place screws and other implants into her spine, stabilizing it and relieving pressure on the affected nerves. Despite the added challenge of osteoporosis, the O-arm’s advanced imaging capabilities allowed for a successful procedure. The patient experienced immediate relief, with complete resolution of pain, weakness, and numbness in both legs.

// Lions Gate Hospital and in particular the division of neurosurgery are grateful for the generous contributions from the Mottershead family that has allowed for the O-arm to become a reality,” says Dr. Gul.



Philanthropic couple Ian and Rosemary Mottershead made a \$2 million contribution to enhance the Division of Neurosurgery at Lions Gate Hospital. Their generous gift has facilitated the acquisition of advanced equipment, including a Mizuho Trios Surgical Table System, two state-of-the-art Zeiss operating microscopes, as well as the O-arm Imaging system.

A THOUGHTFUL LEGACY



In a heartwarming testament to a lifetime of love and compassion, Stan and Barbara Shackell’s legacy will continue to touch lives at the North Shore Hospice. Their generous bequest of \$20,000 has supported the purchase of a bariatric bed that will bring comfort to countless patients during their final days.

The Shackells shared 62 years of marriage after meeting in 1957 at the Badminton Club in Winnipeg and moving their family to West Vancouver in 1973. Both spent their final days at North Shore Hospice, with Barbara passing in July of 2022, and Stan following just a year later in August.

During his time in the hospital, Stan battled an infection in his lower back, causing severe pain and discomfort.

It was during this difficult period that Stan learned about bariatric beds which are designed to accommodate larger people. Realizing their potential to enhance the comfort of patients like him, he selflessly expressed his wish for one to be acquired for the hospice through his estate, a sentiment born out of gratitude for the kind and attentive care he received.

Since arriving at hospice, the bariatric bed has helped numerous patients find comfort during life’s most challenging stage. This meaningful gift not only honors the memory of a loving couple but will also have a lasting impact on the quality of care provided at the hospice for years to come.

By leaving a gift in your will to Lions Gate Hospital Foundation, you are leaving a legacy that will improve and enrich the experiences of patients, families, and staff alike. Please contact Carolyn Anderson at 604.984.5857 for further details.



MUSICAL YOUTH

Long-time supporters, North America Ismart Multicultural Youth Association, joined hands with the West Vancouver Youth Band to co-host the unforgettable 2024 North Shore Multicultural New Year Gala. Held on January 20, at the Kay Meek Arts Centre in West Vancouver, the event was a vibrant showcase of talent and philanthropy.

The evening, which drew an enthusiastic crowd of 450 people, featured a wide range of musical performances. Thanks to the support of the generous sponsors, dedicated performers, volunteers and a fantastic audience, we are thrilled to announce that the event raised an impressive \$11,800 for patient care at Lions Gate Hospital.

Become a Monthly Donor

For as little as \$10 a month you can help fund our most urgent needs.

Thank you for your support.



For more information:
604.984.5785



OUTSTANDING ACHIEVERS BY KRISTINA YUEN

Health care workers from across the North Shore were celebrated at our 17th Annual North Shore Health Care Awards which recognize the outstanding achievements of health care professionals in our community.



The short-listed candidates were nominated by their peers and the recipients for each award received an engraved trophy together with a cheque for \$1,000.

Tracey Decker, recipient of the Brian and Betty McManus Workplace Inspiration Award, has managed the flow of drugs at LGH for the past 20 years. Tracey, a Technician Supervisor, works diligently behind the scenes to guarantee a seamless medication supply for patients. Colleagues unanimously attest to Tracey's inspirational presence in the department.



Sonya Bains, Patient Care Coordinator for Inpatient Surgery, was awarded the Dr. Les Janz Leadership Award. Her wealth of experience is evident in her role as a mentor, where her support and guidance of colleagues elevates the care of all surgical patients.

Ryan MacDonald, Clinical Nurse Educator in the Intensive Care Unit, was the recipient of the Clinical Practice Award. In just one year in his role, Ryan has left an indelible mark on the Critical Care Program, not only at LGH but across our Coastal Communities. Ryan spearheaded the expansion of

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Try a Taste of the *Good Life*

Westerleigh PARC is a vibrant and active community where independent seniors can make the most of the West Vancouver lifestyle. Our residence elevates senior living by design—not only with daily offerings such as delicious chef-prepared meals, but also with our curated cultural programs, social experiences, fitness classes and enriching local excursions.

PARC is rolling out the red carpet to Lions Gate Hospital Foundation donors for a very special Westerleigh PARC Experience Stay. See for yourself what a thriving senior lifestyle feels like.

Book your complimentary Westerleigh PARC Experience Stay today. Email donor@westerleighparc.ca or call Kirk Lively at 604.922.9888.

*Some restrictions may apply

**westerleigh
parc**

parcliving.ca/westerleigh



Outstanding Achievers *Continued from Page 7*

the Critical Care Outreach Team services to locations such as Bella Bella and Bella Coola, ensuring that patients in more remote areas of our community receive the best possible care.

The Foundation awarded the Spirit of Philanthropy Award to *Krista McPhail*, Patient Care Coordinator on 4West. Krista has become an invaluable volunteer for the Foundation through her support of numerous events and fundraising activities. She frequently dedicates time, energy and financial support to the mission of the Foundation.

Judy Savage, President and CEO Of LGH Foundation says, “I extend my sincere gratitude to our dedicated North Shore staff for their remarkable commitment and compassionate care every day; their tireless efforts have a profound impact on countless lives.”

Thank you to Julian and Barbara Kirstiuk for funding The Dr. Les Janz Leadership Award, and Brian and Betty McManus for sponsoring the Workplace Inspiration Award.

Learn more about each recipient and watch the awards ceremony at lghfoundation.com or by scanning the QR code on the right.



LGH 
LIONS GATE HOSPITAL
FOUNDATION

231 East 15th Street
North Vancouver BC
Canada V7L 2L7

604.984.5785

lghfoundation.com
info@lghfoundation.com

