

WELL

into the
FUTURE

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LGH Equipment Campaign

Giving doctors at LGH the tools they need to improve outcomes and save lives

plus

- HOpe Centre Exceeds Expectations
- SIM Centre Transforms Teaching
- 50 Years of Diabetes Care

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WELL into the FUTURE

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Cover and this page: Paul Joseph

A Community with Heart

OVER THE YEARS, Lions Gate Hospital Foundation has been able to provide major funding for many groundbreaking advances at Lions Gate Hospital thanks to the amazing generosity of people like you. Now included among these great achievements is the \$62-million HOpe Centre (The Greta and Robert H.N. Ho Psychiatry and Education Centre), which opened to patients last December. Literally overnight, patients with mental health challenges walked out of the darkness and into the light of a bright, hopeful and healing environment devoted to their care and recovery.

The HOpe Centre, which also includes a Blenz Coffee social enterprise, mental health resource centre, medical education centre and new BC Emergency Health Services ambulance station, was the largest single undertaking in the Foundation's history. Thank you again to everyone who supported the campaign.

Now the Foundation has its sights set on the next phase of its commitment to supporting the complete renewal of the LGH campus – the creation of the new Outpatient Care Centre and Atrium. This fall, the Foundation is also launching a new fundraising drive to replace and update urgently needed medical equipment.

Speaking of equipment, LGH has now taken delivery of two new gamma cameras and a state-of-the-art GE Revolution CT scanner (the first of its kind in Canada), all of which were made possible thanks to your support of the Foundation's medical imaging campaign.

In other Foundation news, we'd like to congratulate our newly formed Young Professionals Committee on their first-ever Nip 'n' Tuck Pitch & Putt event, held last September, which raised \$15,000 for the Foundation. The Young Professionals Committee, together with our Youth Advisory Committee, is one way we are working to engage, excite and develop our next generation of Foundation leaders.

Building Lions Gate Hospital into a state-of-the-art medical centre for our community is a shared dream and a collaborative effort. We would like to thank the Foundation Board, honorary directors, committee members, volunteers and especially you – our incredible individual, business and corporate donors – for supporting us in this great cause.

Paul Hamilton
 Chair, LGH Foundation

Judy Savage
 President, LGH Foundation



CT Revolution at LGH

There's a revolution happening at Lions Gate Hospital. Thanks to your support of Lions Gate Hospital Foundation's CT Scanner campaign, LGH is the first hospital in Canada to acquire the newest generation of this vital technology – the \$2.2 million GE Revolution CT scanner.

"The Revolution is as cutting edge as you can get for CT technology at this time," says Jeff Chabot, director, medical imaging, RCH, LGH and Coastal radiology. "A first-rate scanner like this will take us well into the 2020s."

Lions Gate is the perfect location for the new imager. The current CT scanner is the most heavily used in the region, performing 24,000 scans each year.

The GE Revolution CT scanner, which received Health Canada approval in April, is a marvel of innovation. It uses up to 82-per-cent less radiation than its predecessors and is able to produce a scan in just 0.2 seconds, greatly enhancing the quality and resolution of the images. The larger scan width (16 cm from the previous



4 cm) also means the imager can scan a whole organ in a single rotation, rather than the previous two to three rotations. The bore of the scanner is also much larger,

providing comfortable access for larger-sized patients. New software has also eliminated the distortions in image formerly caused by the metal in hip and knee replacement joints. ■



2015 Champions of Care

Each year, Lions Gate Hospital Foundation recognizes four individuals for their ongoing excellence in the delivery of health care to our community. Congratulations to our 2015 North Shore Health-Care Awards for Outstanding Achievement honorees: (left to right) **Clinical Practice Award** – Deborah Senick, Evergreen House residential care co-ordinator; Mike Nader, COO, Coastal; **Leadership Award** – Carissa Looman, LGH lean advisor and systems improvement educator; **Philanthropy Award** – Bruce Coulter, LGH Medical Diagnostic Imaging Services supervisor; **Workplace Inspiration Award** – Rose Bencito, acute care aid, LGH Chemotherapy Clinic. ■

AWARD-WINNING WEBSITE

Next time you're online, visit our award-winning Lions Gate Hospital Foundation website at www.lghfoundation.com. The site, which underwent a complete redesign last year, recently took the top honour in the health-care category of the Interactive Media Awards in a field of 154 submissions.

Beautifully organized and easy to navigate, the site provides concise information on Foundation campaigns and their impact on patient care at LGH. Find out what we do, get updates on events, read fascinating patient profiles and learn how you can support the Foundation through our completely secure donor-friendly site. ■



Lions for Lions Gate

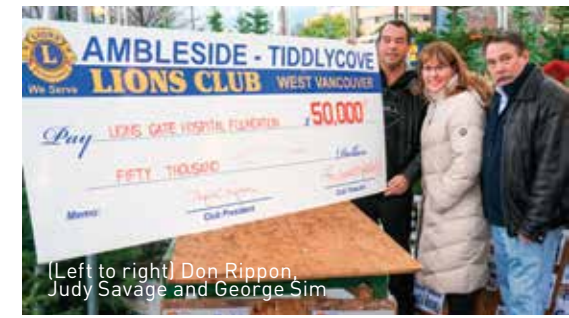
Back in 1975, a pride of Lions from the Mount Seymour chapter of Lions Clubs International sponsored a brand-new club in West Vancouver. Now celebrating their 40th anniversary, the Ambleside Tiddlycove Lions Club is still going strong.

Ambleside Tiddlycove Lions Club 2014/2015 president Don Rippon says that over the past four decades, the group has supported hundreds of North Shore causes and organizations, but that Lions Gate Hospital Foundation has always been close to members' hearts.

"With the Foundation, we see exactly how our donations help the community," says Rippon. "We've always considered it a great investment."

This year, the Ambleside Tiddlycove Lions donated \$50,000 to the LGH NOW campaign for the creation of the new Outpatient Care Centre.

"We tend to focus on supporting specific campaigns," says Rippon, whose group has cumulatively donated more than \$100,000 to the



Foundation. "We also supported both the Endoscopy Unit campaign and the Emergency Department Redevelopment campaign."

"We're just so grateful to Don and the membership of the Ambleside Tiddlycove Lions," says Foundation president Judy Savage. "The Club is not only a generous donor, but members also volunteer their time at Foundation events."

"We value our partnership with the Club and look forward to recognizing its generous support by naming a room in honour of the Ambleside Tiddlycove Lions Club in the new Outpatient Care Centre." ■

FOUNDATION FUNDRAISING HIGHLIGHTS



2015 LGH Gala

Gala Tops \$1 Million This year marked another milestone at the Foundation – the 15th anniversary of the Lions Gate Hospital Foundation Gala. The dinner and auction, presented by lead sponsor Goldcorp and held on May 1 at Capilano Golf and Country Club, raised a net total of \$1,037,274 for the Foundation. The proceeds of this year's gala will go to the LGH NOW campaign to help build a new Outpatient Care Centre at Lions Gate. "As ever, we owe the

success of this amazing evening to our incredible sponsors, guests, donors and volunteers," says Judy Savage, president of Lions Gate Hospital Foundation. "Thanks to them, we're that much closer to achieving our goal of bringing improved access to care and transforming the patient experience for the many people who come to the Outpatient Care Centre for help."

Golf Classic Scores Big The 19th Annual Lions Gate Hospital Foundation Golf Classic, held on June 15 at Capilano Golf and Country Club, scored another big win. The event's generous sponsors, players, donors and volunteers swung into action to raise \$413,396 (net) for the Foundation. The funds are once again earmarked for the LGH NOW campaign. Thank you to our organizing committee, sponsors,

guests, donors and golfers for making the event such a resounding success. **New Generation of Support** Our Young Professionals Committee (ages 25 to 40) hosted the 1st Annual Nip 'n' Tuck Pitch & Putt Classic at Murdo Frazer in September and raised more than \$15,000 for the LGH NOW Campaign, while our Youth Advisory Committee (ages 16 to 22) sold Mother's Day cards to purchase a critical radiometer for the Neonatal Intensive Care Unit at LGH. ■



2015 Golf Classic

Meet Margaret Ray

There really is no greater gift than giving of yourself – your time, your love, your passion and your caring. In this, Margaret Ray, a member of the Lions Gate Hospital Auxiliary for 54 years, is an inspiration to us all.

“I’d always done community work, so when we moved to North Vancouver in 1961, I immediately started looking for a way to get involved,” says Margaret. “I read that the Lions Gate Hospital Auxiliary needed volunteers to raise money and help with the nursery unit. That’s where I started and I’ve been involved ever since.”

Margaret is one of four people who have each devoted more than 50 years of continuous service to the LGH Auxiliary, and she wouldn’t have it any other way.

“To me, Lions Gate is like family,” says Margaret. “Over the years I’ve made many friends. I know the



doctors and nurses, and I’ve been there to see all the growth and improvements. I really do feel part of a very special community.”

Last year, Margaret decided to take her commitment to LGH to another level by becoming a member of Lions Gate Hospital Foundation’s Legacy Society, informing the Foundation of her intention to remember LGH in her Will.

“Ever since I came to Lions Gate, I have been making donations through the years to the areas of greatest need,” says Margaret. “My decision to leave a legacy gift is simply an extension of what’s been a lifetime of giving.”

For more information on the Legacy Society, please call Joanne McLellan at 604-904-3553 or e-mail Joanne.McLellan@vch.ca. ■



50 years of Innovative Diabetes Care

FOR 50 YEARS, NORTH SHORE citizens diagnosed with diabetes have come to the North Shore Diabetes Education Centre for life-changing support, information and care. The brainchild of Dr. John Hunt at Lions Gate Hospital, the Centre provides diabetes education services for the more than 7,800 people currently living with type 1 or type 2 diabetes, pre-diabetes and gestational diabetes on the North Shore.

DANGERS OF DIABETES

Diabetes is a disease where the body is unable to produce insulin (the hormone that helps control blood-sugar levels) or use the insulin it produces. Untreated or poorly managed, diabetes can lead to increased risk of heart attack or stroke, kidney failure, blindness, impotence, nerve damage, and even amputation.

“Dr. Hunt was way ahead of his time in terms of recognizing that people with pre-diabetes and diabetes need support in managing their own health,” says Sandra Edelman, manager, North Shore Public Health and Chronic Disease Services. “He was the one who really pioneered this diabetes education program.”

COMPREHENSIVE EDUCATION SERVICES

The North Shore Diabetes Education Centre, which operates out of the Outpatient Care Centre at LGH and

the West Vancouver Community Health Centre, hosts about 5,000 visits each year. Its multi-disciplinary team includes three diabetes nurse-clinicians, a foot care nurse, two clinical dietitians and an occupational therapist, with additional support from three endocrinologists, an exercise specialist and a pediatric mental health counsellor.

The Centre’s highly successful programs are anchored by group education classes that allow clients to learn and practise diabetes management skills together.

“We also provide group education and one-on-one support to women who have or who develop diabetes in pregnancy as part of the diabetes in pregnancy clinic at Lions Gate,” adds Ann Sarte, team lead, Chronic Disease Services, North Shore.

Another major focus of the Centre involves supporting children newly diagnosed with diabetes, together with their families. This process begins while the child is still in hospital, and continues right through the transition to home. In addition to offering clinics for youth with diabetes, the Centre also runs a pediatric insulin resistance clinic.

Children whose bodies do not make enough insulin or become resistant to its effects may develop diabetes. With the rise in type 2 diabetes in youth in BC, the work of the Centre to support children at risk is both innovative and imperative.

SPECIAL PROGRAMS

What’s striking about the Centre is the degree to which it has innovated to meet the changing needs of the community. Other programs and initiatives include:

- Annual summer day camp for youth living with diabetes;
- Group education programs conducted in Farsi;
- Interpreter services for non-English-speaking clients;
- Diabetes foot care clinics;
- Community diabetes outreach for at-risk and vulnerable populations.

The Centre also connects clients to the most current printed and online resources related to all aspects of diabetes management.

Sarte says that recent studies confirm that the Centre’s programs are producing positive results: “In addition to achieving more stable blood sugar levels, the majority of people who attend the Centre’s group education programs actually manage to lower their blood sugar levels to a value known to delay or prevent the onset of complications.”

For more information on the North Shore Diabetes Education Centre, please contact North Shore Chronic Disease Education Services at 604-984-5752 or e-mail to nscds@vch.ca. ■

IN TUNE WITH OUR COMMUNITY

We do more than operate gold mines. Through contributions to the arts, healthcare, education and community development, our commitment is to contribute to long-term social and economic benefits in the communities where we live and work.

We’re proud of our record of safe, responsible operations everywhere we do business and of the legacy we’re building for generations to come.

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Legacy

Dr. Jim Corbett

After a lifetime devoted to caring for patients on the North Shore, Dr. Jim Corbett chose to remember Lions Gate Hospital in his Will *By Ann Collette*

On October 9, 2014, on the heels of a long, happy and richly fulfilled life, Dr. Jim Corbett, age 93, passed away. A well-known figure in the North Shore medical community, Corbett devoted his life to working as a family physician and championing quality health care with his colleagues at Lions Gate Hospital. That's why no one was surprised when it was revealed that Corbett had remembered Lions Gate Hospital Foundation in his Will.

Originally from the tiny farming community of Plenty, Saskatchewan, Corbett began his medical career in North Vancouver in 1952, entering into a very busy family practice with Dr. George Cragg. Later, at age 55, he was appointed the first medical director at Lions Gate

Hospital – a position he held from 1974 until his retirement in 1986.

“My dad just loved medicine,” says his daughter Betty-Joan Traverse, who fondly remembers the times when he'd let her ride along and wait in the family car while he made a quick house call. “He loved the science of medicine; he loved caring for patients, and he especially enjoyed working with his medical colleagues at Lions Gate.

“Over the years, he saw Lions Gate through several stages of development and expansion, which was very gratifying for him.”

Although he retired in 1986, Corbett continued to work in the medical field by overseeing hospital accreditations across Canada. When his wife, Vera, was eventually

“Over the years, he saw Lions Gate through several stages of development and expansion, which was very gratifying for him.”

– Betty-Joan Traverse

moved to Evergreen House at Lions Gate Hospital for long-term care, he would visit her there daily.

“My dad felt very close to Lions Gate,” says Traverse. “My three sisters and I knew he wanted to do something for the hospital, so we helped him make arrangements to include a gift in his Will.

Corbett graciously bequeathed \$25,000 to Lions Gate Hospital Foundation, half of which he requested go to Evergreen House in appreciation of the four years of care the centre provided to Vera. The other half will go to the LGH NOW campaign for the development of a new Outpatient Care Centre.

“My dad was very proud of his long association with Lions Gate Hospital,” says Traverse. “I know it made him feel good to leave behind something that would help continue all the great work that happens there.”

To learn how you, too, can make a difference by leaving a legacy gift in your Will, please call Joanne McLellan at 604-904-3553. ■



(Left to right) Dr. Shannon Chestnut and Karen Schafer with a simulation mannequin; (below) Kevin and Patricia Huscroft.

Kevin and Patricia Huscroft Coastal SIM Centre

Computer-controlled mannequins allow medical teams at Lions Gate to practise their skills in a simulated yet life-like teaching environment *By Michelle Hopkins*

This year, Lions Gate Hospital unveiled a major innovation in advanced skills development and training for its doctors, nurses, staff and students – the Kevin and Patricia Huscroft Coastal SIM Centre. Located in the Djavad Mowafaghian UBC Medical Education Centre on the second floor of the new HOpe Centre, the SIM Centre uses computer-controlled mannequins to help medical staff practise a wide range of medical procedures in simulated yet extraordinarily life-like conditions.

At the heart of the SIM Centre are three highly interactive simulation mannequins – a man, child and baby. The computer-controlled mannequins, or simulators as they are called, can blink, breathe, bleed, cry, cough and even scream. Remarkably life-like in every detail, the mannequins' appearance and human responses make them an ideal teaching tool in the field of simulation-based learning.

Dr. Shannon Chestnut is the physician lead at the SIM Centre. She says the goal of the program is to provide physicians, nurses, technicians, residents and medical students the opportunity to learn,

practise and improve their skills in an environment completely free from risk of patient harm.

“We have run a few simulated clinical courses, such as a Code Blue cardiac arrest, which is then followed by a debriefing,” says Chestnut. “With each simulation we take away key points, which we then discuss during the debriefing.

“This is crucial, because it provides each participant an opportunity to talk about what happened, what they think they did well and what could be improved.”

Chestnut, together with nursing education lead Karen Schafer, are working closely with a number of clinical teams to ensure the Centre meets the needs of departments throughout LGH, such as emergency, ICU, birthing and pediatrics.

Schafer says that tactile and experimental learning are tremendously valuable: “With SIM training, students and hospital staff don't have to learn critical lessons on our patients. These mannequins can be hooked up to real medical equipment.”

The new SIM Centre was made possible thanks to a \$1.5-million contribution from Lions Gate Hospital Foundation, which includes a



generous lead gift of \$500,000 from philanthropists Kevin and Patricia Huscroft.

“Our philanthropy is focused on education,” says Patricia. “We certainly believe this technology has a massive butterfly effect.”

Kevin agrees, adding, “As an engineer and pilot, I'm quite familiar with the importance of simulation. For young doctors and nurses, they receive realistic training much quicker, and in a team atmosphere that is very life-like.”

He adds that the couple also like the fact that the hospital plans on taking this technology to more remote communities: “It's so critical that these smaller hospitals, which don't often encounter some of the more unusual situations larger hospitals deal with, have access to simulation training.”

Chestnut and Schafer hope to expand the SIM Centre's outreach teaching program to the Sunshine Coast and the Sea-to-Sky corridor by next year. ■

LGH EQUIPMENT CAMPAIGN

Lions Gate Hospital Foundation has launched a major campaign to ensure doctors at LGH have the technology they need to improve outcomes and save lives *By Ann Collette*

To continue to provide the very best in health care for you and your family, the doctors, nurses, specialists and staff at Lions Gate Hospital (LGH) need the right tools. That's why, throughout its 35-year history, Lions Gate Hospital Foundation has made supporting the purchase of state-of-the-art equipment and technology a top priority.



The need for new equipment at LGH is ongoing and urgent. This is why the Foundation has launched the LGH Equipment Campaign, aimed at replacing worn equipment and purchasing new technology for the hospital.

“Our medical equipment is subject to a lot of wear and tear,” says Dr. Hazel Park, medical director, LGH Emergency Department and regional trauma director, Vancouver Coastal Health (VCH). “Things get old and start to break down, and when they're replaced, we'd like to replace them with the latest generation of that equipment, which costs money.”

Park says the provincial government, through VCH, provides funding for hospital equipment at LGH. However, in these austere financial times, budgets are tight. There is simply less money available to replace worn or aging medical equipment as quickly as would be ideal: “Sometimes it can be a year or two wait to replace a piece of equipment, and that's where we struggle.”

In addition to replacing worn equipment, the campaign hopes to purchase new medical technologies.

“There are advances in diagnostic and interventional equipment that we know can help our patients, like the high-resolution, large-screen SonoSite portable ultrasound the Foundation recently purchased for our trauma room,” says Park.

“The much larger screen and the clearer images produced by this ultrasound are invaluable to helping our trauma team with the assessments and procedures required in treating critically ill patients.”

With the Foundation's help, LGH is hoping to acquire even more state-of-the-art medical equipment and technology for medical teams throughout the hospital.

“The bottom line for all of us is delivering safe, quality patient care,” says Park. “We know that having the appropriate equipment will help us achieve that goal.”

Lions Gate Hospital needs your help in funding much-needed equipment that will improve patient care and save lives.

All donations to our equipment campaign are gratefully accepted for these and other priority equipment items.

If you'd like to purchase a piece of equipment shown here, please include the item code in the accompanying donation form. **Learn more at www.lghfoundation.com or call us at 604-984-5785.**

NEUROLOGY

BVI 9400 Bladder Scanner – \$20,000

This scanner is a non-invasive, no-risk imaging tool that allows doctors to scan and assess bladder function without the need for more invasive examination procedures.

The bladder scanner accurately monitors urinary function, thereby eliminating the need for catheterizations – a leading cause of hospital-acquired urinary tract infections. Help the Foundation fund newer scanners, with better imaging and displays for LGH staff.

Item code: BLA



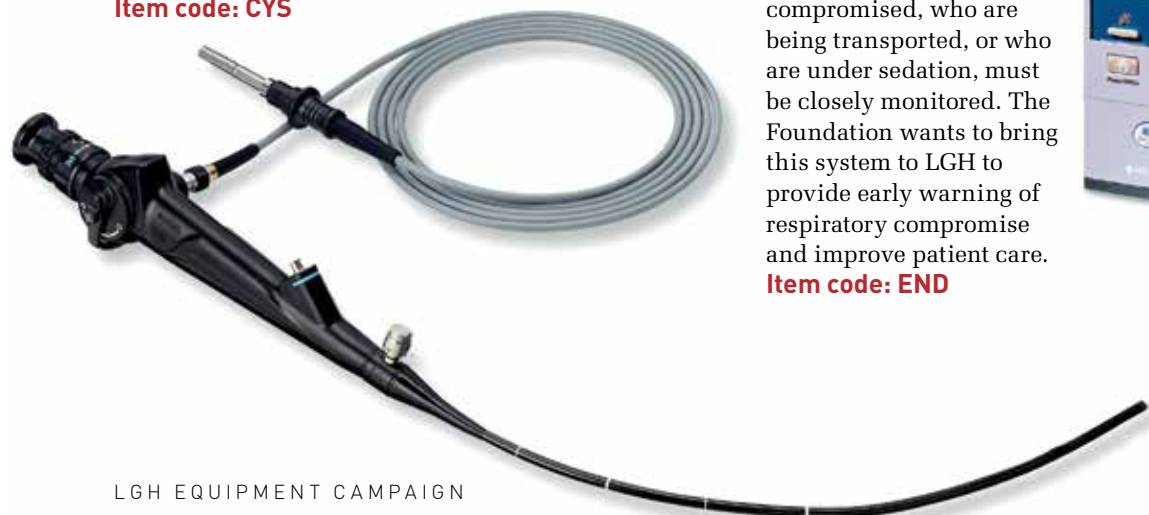
UROLOGY

Portable Cystoscope CYF-5 – \$17,000

The portable cystoscope is a flexible instrument used to view the urethra and bladder.

An all-inclusive grab-and-go cystoscope kit provides doctors and surgeons at LGH with everything they need to do a complete patient consultation. The Foundation plans to replace this technology (now heavily worn from use) with advanced portable cystoscopes.

Item code: CYS



ACUTE CARE C450 Ceiling Lift – \$20,000

This mechanical device is designed to safely transfer patients from a hospital bed to a wheelchair, diagnostic table or other care situation.

Additional ceiling lifts will allow LGH staff to safely and comfortably transfer patients with dignity and privacy, while also protecting themselves against lifting-related injuries.

Item code: LIF

INTENSIVE CARE UNIT N-85 End Tidal CO2 Monitor – \$5,000

This advanced monitor is used to spot check or continuously monitor the respiration of patients.

Patients who are very sick, whose respiration is compromised, who are being transported, or who are under sedation, must be closely monitored. The Foundation wants to bring this system to LGH to provide early warning of respiratory compromise and improve patient care.

Item code: END

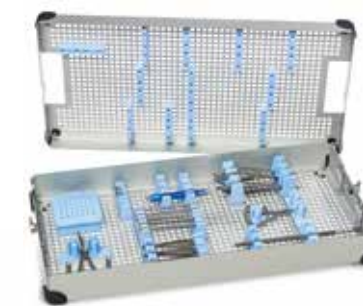


MATERNITY

Bilisoft Phototherapy System – \$8,000

Bili lights are used in phototherapy to treat jaundice in newborns. Jaundice is caused by too much bilirubin, a by-product created when old red blood cells are replaced with new ones.

LGH's current Bili lights are old and not easy to manoeuvre. The Foundation is looking to replace these with Bili lights with the ability to position and maximize the focus of light around newborns. **Item code: BIL**



OPHTHALMOLOGY/EYE SURGERY Cataract Surgical Tray – \$3,000

Cataract surgical trays are used to reprocess, store and organize expensive and highly specialized cataract surgery instruments, and protect them from damage.

LGH has made a major investment in state-of-the-art instruments for cataract surgery. Additional trays will maximize the life of these instruments by reducing handling and optimizing reprocessing, thereby reducing the need for repairs.

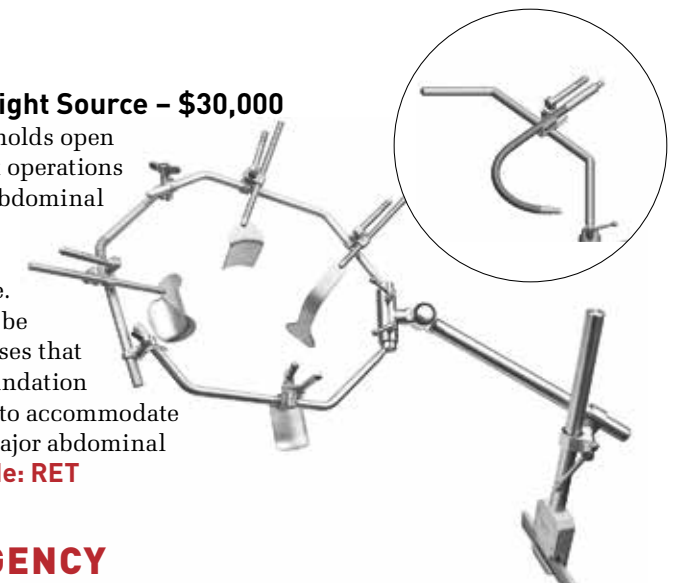
Item code: TRA

SURGERY

OMNI Retractor with Light Source – \$30,000

This specialized retractor holds open incisions for long, complex operations and is vital for any major abdominal or vascular surgeries.

LGH currently has two retractors with light source. However, one must always be ready for use for trauma cases that may come to LGH. The Foundation hopes to secure a third set to accommodate an increasing number of major abdominal surgeries at LGH. **Item code: RET**

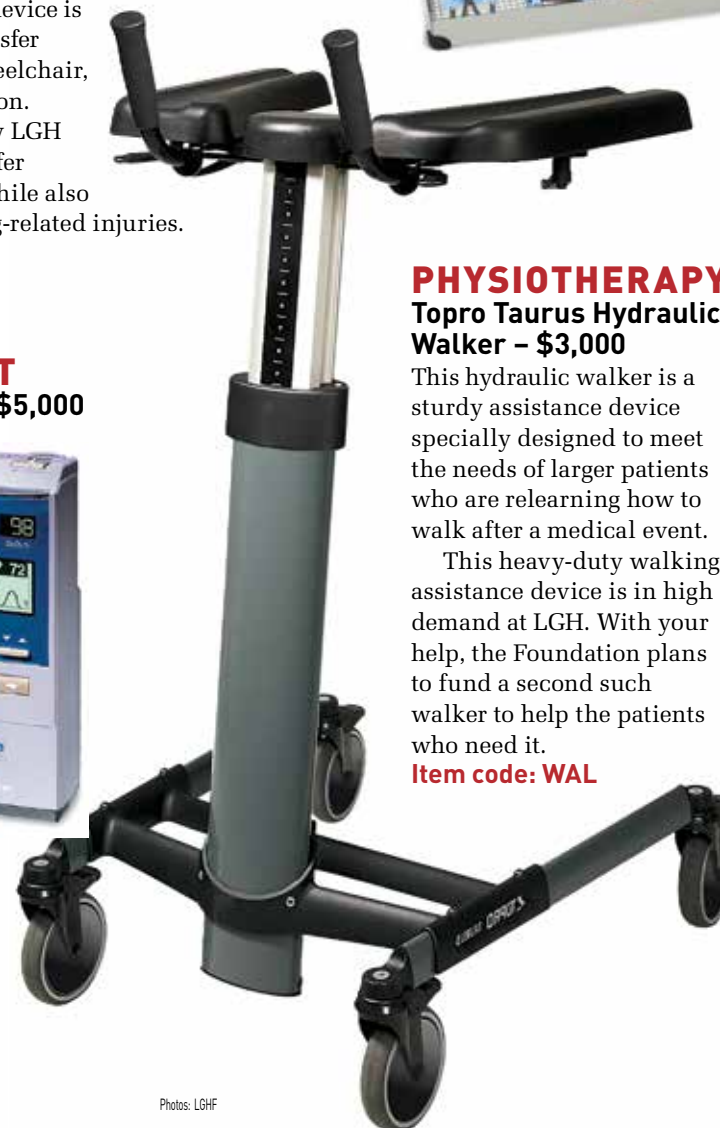


PHYSIOTHERAPY Topro Taurus Hydraulic Walker – \$3,000

This hydraulic walker is a sturdy assistance device specially designed to meet the needs of larger patients who are relearning how to walk after a medical event.

This heavy-duty walking assistance device is in high demand at LGH. With your help, the Foundation plans to fund a second such walker to help the patients who need it.

Item code: WAL



EMERGENCY LUCAS Chest Compression System – \$18,000

This fully automated electromechanical device performs CPR by delivering high-quality, uninterrupted chest compressions on a patient.

Performing manual chest compressions on a patient in cardiac arrest is both imprecise and physically tiring for staff. This life-saving device performs safe, consistent, efficient chest compressions that deliver improved blood flow to the brain and heart. With your help, we will bring this latest technology to LGH Emergency. **Item code: LUC**



Thank You For Your Support

A Doctor's Perspective

In medicine, technology is advancing at unprecedented speed, and doctors are increasingly dependent upon these state-of-the-art tools to continue to deliver best-practices patient care. Unfortunately, over time technological advances, along with normal wear from heavy use, render a lot of medical equipment obsolete, leading to the need to replace, upgrade or change equipment.

Today, you'd be hard-pressed to find any department at LGH that isn't in need of new equipment. However, to meet that need, and for equipment to remain current, requires a substantial financial investment. That's where Lions Gate Hospital Foundation is playing a crucial role, with the launch of its equipment campaign. With your support, the Foundation will ensure our doctors get the new equipment and state-of-the-art medical technology they need to provide the best of care to everyone in our community.

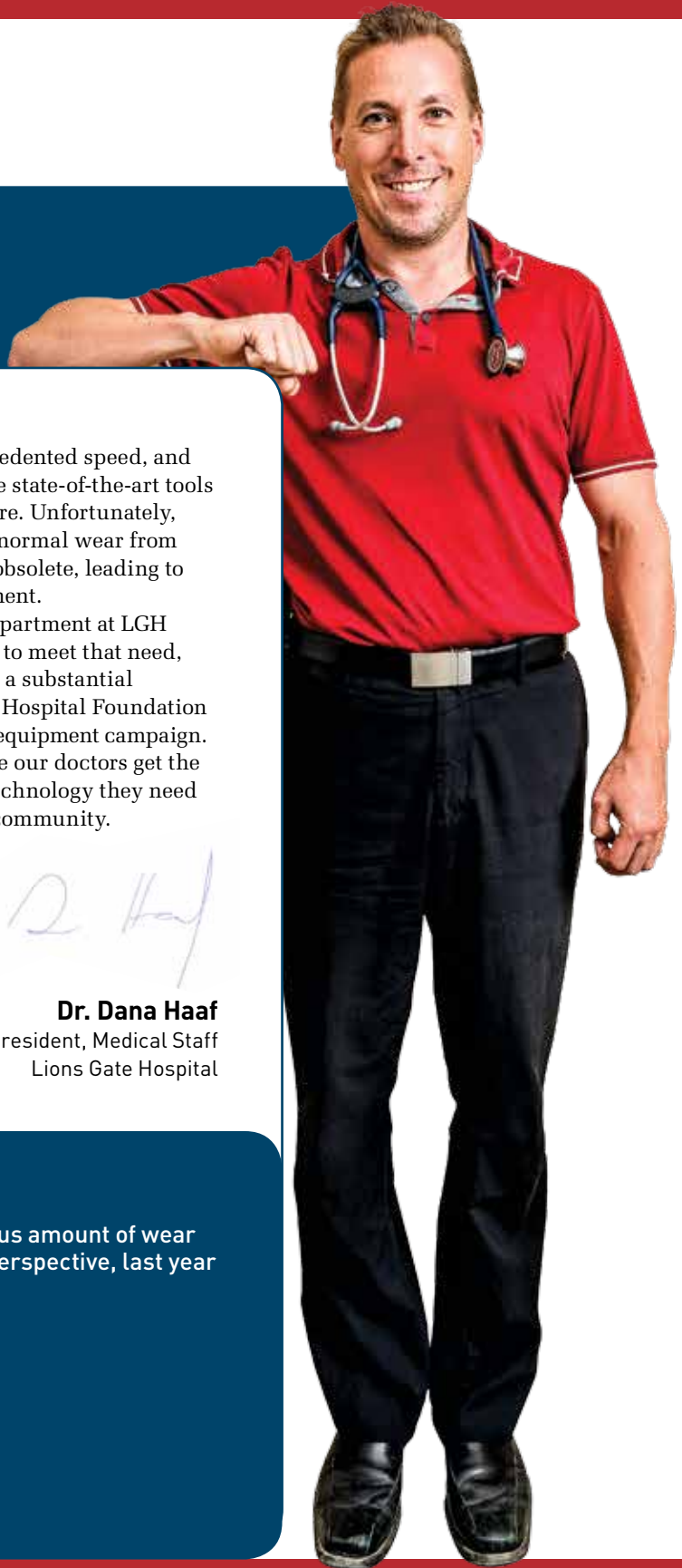


Dr. Dana Haaf
President, Medical Staff
Lions Gate Hospital

BY THE NUMBERS

Medical equipment is subject to a tremendous amount of wear simply through heavy use. To put things in perspective, last year at Lions Gate Hospital there were:

- 134,000 diagnostic scans
- 58,000 emergency department visits
- 15,000 surgeries
- 14,150 cataract surgeries
- 1,430 births
- 740 joint replacements



Learn more about the LGH Equipment Campaign at www.lghfoundation.com or contact Lions Gate Hospital Foundation at 604-984-5785.

Lions Gate Hospital Foundation, 231 East 15th Street, North Vancouver, BC V7L 2L7 E-mail: info@lghfoundation.com
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INTO THE LIGHT



“Across the board, we saw a 60- to 70-per-cent reduction in interventions. Clearly, just being in this building has been therapeutic.”
– Dr. Allan Burgmann

A year after it opened, The HOpe Centre has exceeded all expectations, becoming the healing heart of mental health services on the North Shore

By Ann Collette

The word “transformative” gets bandied around pretty freely when people talk about new projects and programs, but with The Greta and Robert H.N. Ho Psychiatry and Education Centre (The HOpe Centre) at Lions Gate Hospital, it could not be more accurate. Since opening its doors in late 2014, the \$62-million HOpe Centre has not only revolutionized the care of patients with mental illness on the North Shore, it has become the gold standard for the entire region.

“The whole transition to the HOpe Centre has been amazing,” says Dr. Allan Burgmann, head of in-patient psychiatry at LGH. In a single day, patients were moved from the darkness of the rundown, shared rooms of the old activation centre into the light of tranquil private patient rooms. Each new room features its own bathroom.

“What really struck me was the reaction of one particular patient – a very stoic military guy who was with us for help with depression,”



The HOpe Centre’s bright, spacious meeting room features a spectacular view of the North Shore mountains.



The Djavad Mowafaghian UBC Medical Education Centre is Lions Gate’s new hub for teaching the next generation of medical professionals. The Centre is also the site of the new Kevin and Patricia Huscroft Coastal Simulation Room – a state-of-the-art facility that allows medical professionals, staff and students to practise medical procedures using life-like, computer-controlled mannequins.



(Above) The Blenz Coffee shop, located on the main floor of the HOpe Centre, is a social enterprise partnership between the Canadian Mental Health Association, Blenz Coffee and Vancouver Coastal Health. A popular stop for LGH staff, patients and visitors, the cheery, sunlit café provides supportive full-time employment for people recovering from mental health issues; (right) The lower floor of the HOpe Centre is home to a brand-new BC Emergency Health Services ambulance station for the North Shore. The 8,866-square-foot facility features covered bays for the ambulances and more storage space for equipment and supplies, as well as larger, more comfortable crew quarters for busy paramedics.

says Burgmann. “The day we moved, I saw him sitting in his new room and he was crying. He said, ‘what have I done to deserve this beautiful space?’ That really hit home with me.”

The positive impact of the new facility on patients and staff has far exceeded expectations. Psychiatrist Dr. Arvind Kang collected data on medication use, the need for additional medications (for sleep, anxiety or agitation), and the need for other interventions during the six weeks leading up to the move into the new building. She then did the same for the six weeks following the move.

“Across the board, we saw a 60- to 70-per-cent reduction in all of these interventions,” says Burgmann. “Clearly, just being in this building has been therapeutic.”

“In the old building there was this constant level of high-stimulation chaos,” adds Burgmann.

“The same number of patients are on the ward now, with the same level of acuity, [but] to go up there now, it’s so quiet and tranquil and therapeutic.”

In addition to providing patients with privacy, the HOpe Centre also provides shared spaces where patients can heal together, including a bright outdoor area to the south and a therapeutic group space with a fantastic north-facing view of the North Shore mountains.

“We’re seeing the true kindness of people coming out, even at their most challenging moment in their illness,” says Burgmann. “There’s a 20-year-old guy, who has schizophrenia and is acutely psychotic, who always makes sure that an elderly patient gets seated first at the lunch table and that she gets her meal tray. It’s just that kind of community spirit you see permeate this space.”

The HOpe Centre’s healing influence doesn’t end when patients are discharged. All of the community’s outpatient services are also located at the Centre, so that when someone is admitted upstairs, case managers can come up and start developing a relationship to ensure the patient has continuity of care when he or she leaves.

While the HOpe Centre has first and foremost provided a healing heart for the delivery of mental health care for the community, it has obviously exceeded its mandate.

“This building has really helped erode the stigma of mental illness,” says Burgmann. “There’s a Blenz coffee shop that everyone in our community can enjoy, as well as a medical school to add energy and vibrancy to the building. It’s like day and night, and we can’t thank the community and the Foundation enough for finally making it happen.” ■



(Left to right) Dr. Les Janz with Barbara and Julian Kirstiuk

Giving with a Personal Touch

Feeling an emotional connection to people and programs is what has long inspired Barbara and Julian Kirstiuk to lend their support to the Foundation

By Ann Collette

Barbara and Julian Kirstiuk are very much a study in quiet, unassuming grace. Although the North Shore couple have long been generous supporters of Lions Gate Hospital Foundation, they've always shied from the limelight of public recognition, preferring instead to train its glow on the people and programs that have touched their lives.

The couple first became involved with the Foundation when their daughter-in-law, Kerry, passed away from cancer in 2006, leaving behind their son, Bob, and two young grandchildren.

"After Kerry died, Bob wondered what to do with the money that had been donated to the Foundation in lieu of flowers," says Julian. "It was Heather Mohan [then a bereavement co-ordinator and music therapist at LGH] who came up with the idea of a camp experience to help grieving families."

The first Camp Kerry, which Bob and the children attended, took

place on Keats Island in September 2007. Today, eight years later, Camp Kerry, under the direction of now executive director Heather Mohan, continues to provide loving comfort and counsel to bereaved children and families at its new home at the Mel Zajac Ranch.

"Our grandchildren Avery [12] and Hudson [10] are still involved with Camp Kerry as sort of peer counsellors," says Julian proudly. "In fact, the program has been so successful that there are now a number of satellite Camp Kerrys across Canada."

The inspiration for the Kirstiuks's next involvement with the Foundation came when they decided to pay tribute to their family doctor of more than 50 years, Dr. Les Janz, and LGH surgeon Dr. Kerry Creedon.

"Les Janz always took incredible care of us," says Julian. "He was the one who insisted Barbara go for regular mammograms, which is how we found out she had breast cancer."

When Creedon subsequently performed Barbara's mastectomy, he discovered a secondary cancer site, which he removed at the same time.

"Barbara is here today, because of Dr. Janz and Dr. Creedon," says Julian, whose subsequent gifts of gratitude were used to develop two special rooms at LGH – one in each physician's name.

"Les was always very involved in the emergency at Lions Gate, so we knew that was meaningful to him," says Julian. "We decided to sponsor the Dr. Les Janz Room as part of the Emergency Department redevelopment."

"In fact, the last time I was in the emergency, I found myself in that very room," he adds with a chuckle.

The couple also sponsored the Dr. Kerry Creedon Minimally Invasive Operating Room, a facility that has dramatically increased the hospital's capacity to do minimally invasive surgical procedures, greatly reducing waitlists and healing time for patients.

Recently, the couple again honoured their longtime family physician by establishing the Dr. Les Janz Leadership Award.

"Les Janz was a great leader of the medical staff at Lions Gate," says Julian. "The Dr. Les Janz Award makes it possible for promising Lions Gate hospital staff to get the additional training they need to be tomorrow's medical leaders."

While Barbara and Julian are proud of their association with the Foundation, it's evident that it pales in comparison to their feelings about the charitable efforts of the next generation of Kirstiuks.

"Our granddaughter Avery held her own fundraiser at her school where she baked and sold cupcakes," says Julian, as he and Barbara beam with obvious pride. "She raised \$500 for Camp Kerry!"

Evidently, the apple has not fallen far from the family tree. ■

THANK YOU FOR MY SON

Kazue Potter chose being a monthly donor as her way to thank Lions Gate Hospital for saving her son's life By Ann Collette

It's been 29 years since Kazue Potter first heard the news that her then 14-year-old son, Craig, and his friend, Steve, had been struck down by a drunk driver as they walked home from Handsworth Secondary School. Even now, her memories of that life-changing day remain vivid.

"Steve was thrown onto a nearby lawn and died instantly," says Kazue. "Craig was thrown 30 metres and landed on concrete."

Although Craig was alive, he had sustained a severe head injury. He was immediately taken to Lions Gate Hospital, where doctors and nurses sprang into action.

"His head injury was so bad that the hospital needed to bring in

a team of specialists to do the surgery," remembers Kazue. "By 8 pm that day, he was in the operating room."

While Craig's brain surgery went well, it was clear the seriously injured teen wasn't out of the woods. Two days after his initial surgery, the doctors operated to stop uncontrolled bleeding, while blood in the lungs necessitated a tracheotomy so he could breathe. Not long after, Craig was wheeled back into the operating room to remove blood clots from his brain, and doctors temporarily removed a small section of his skull just behind the ear to help reduce the pressure in his head.

Craig had been in a coma for seven weeks, when he finally

opened his eyes. Not long after, he was well enough to be transferred to GF Strong for eight months of rehabilitation and recovery.

Although it's been almost three decades since Craig had his accident, Kazue has never lost sight of the key role Lions Gate Hospital played in saving her son's life.

"The doctors, nurses and staff at Lions Gate were absolutely wonderful," says a grateful Kazue. "Even through the years since, they've always been there for us."

Now 43 years of age, Craig, thanks to years of intensive physiotherapy and speech therapy, together with some helpful modifications to the family home



(Left to right) Kazue Potter with her son Craig (here and below left)

and his mom's tireless devotion, lives "a good and happy life." He also feels a deep affection for the many people he's come to know at Lions Gate.

"I call it my home away from home," he says with a chuckle.

It wasn't long after Craig's surgery, care and recovery at Lions Gate Hospital that Kazue decided to do something to give back to the people who saved her son's life.

"I thought that if we donated to Lions Gate Hospital Foundation, then they could use that money to continue to help other families the way they helped us," says Kazue.

At first, Kazue participated as a regular donor, opting to remember Lions Gate Hospital Foundation at various times of the year. However, she recently decided to change her approach to supporting the Foundation by becoming a monthly donor.

"My daughter lives in Toronto, so we go out to visit," says Kazue. "I found that when we were away, I often forgot to send in my gift, so I decided to become a monthly donor. It's easy to do, and that way I never forget."

For more information on the Monthly Giving Program, please contact Joanne McLellan at 604-904-3553 or at joanne.mclellan@vch.ca.



Photo: Paul Joseph

2015 CHAIRMAN'S CIRCLE MEMBERSHIP

LIONS GATE HOSPITAL FOUNDATION is very proud and honoured to enjoy the dedicated support of many leading individuals and families. Their commitment and generosity has not only helped improve outcomes and save lives, it has inspired others 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 devotion to improving health care. Many of our recent achievements are a direct result of their generosity. For this, and for so much more, we thank them and you. **This amount will increase to \$100,000 effective June 30, 2016. At that time, all current Chairman's Circle members will be grandfathered.*

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

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

Financial Summary 2014-2015

Lions Gate Hospital Foundation is pleased to provide the following revenue, distribution and expense summary for the year ended June 30, 2015.

REVENUES 2014-2015

Fundraising & Estate Gifts
 \$14,520,776
 Investment & Other Income
 \$1,437,570

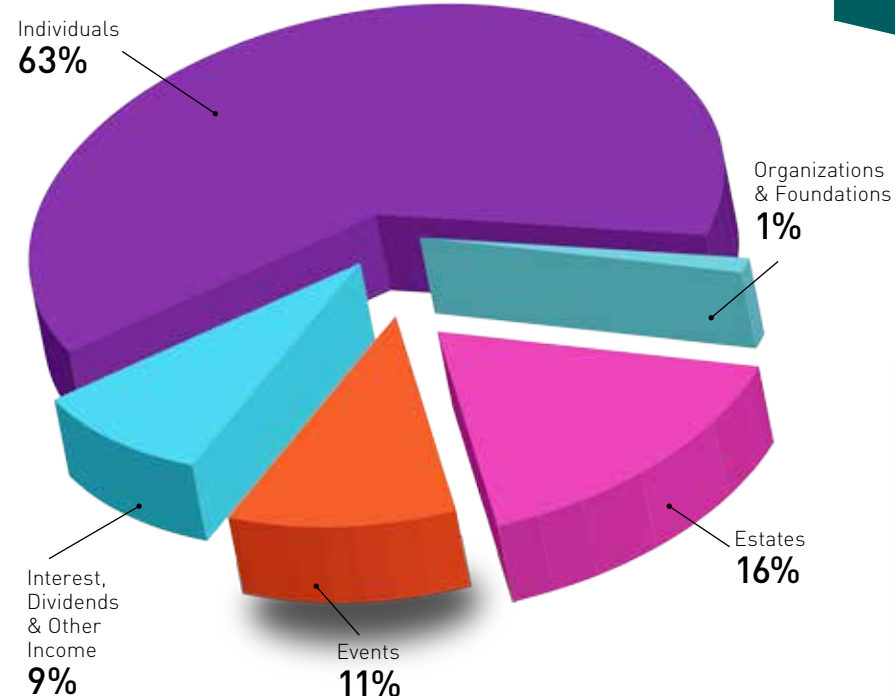
TOTAL \$15,958,346

DISTRIBUTIONS & EXPENSES 2014-2015

Distributions*
 \$7,174,757
 Administrative & Fundraising Expenses
 \$1,408,929

TOTAL \$8,583,686

FUNDING SOURCES



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

INVESTING IN EQUIPMENT TO IMPROVE OUTCOMES AND SAVE LIVES

*In addition to this year's distributions, Lions Gate Hospital Foundation has committed to a further \$19 million to be distributed in 2015-2017. Important medical equipment purchases made by Lions Gate Hospital Foundation over the past year include:

- \$176,085** Flexible Ultrasound System – OR Anaesthesia/Urology
- \$ 52,459** Two Lifepack Defibrillators – Emergency
- \$ 49,122** Ultraviolet Light Rapid Disinfectant – Acute Care
- \$ 14,404** Five Optiflow Oxygen Therapy Devices – ICU
- \$ 14,100** Shower Room – Evergreen House
- \$ 13,500** Spirometer with Cart – Respiratory Services
- \$ 10,300** Parallel Bars – Rehabilitation
- \$ 9,656** Two Commodes, Soft Seats & Belts – Kiwanis Care Centre
- \$ 3,914** Tendon Harvester and Stripper – OR Orthopedics
- \$ 1,136** Bottom Slider Sheets – North Shore Home Support
- \$ 498** Five Stethoscopes – Chemotherapy Clinic
- \$ 304** Finger Pulse Oximeter – Emergency





Some of our customers get a little extra support.

Seven years, 59,000 visits.

When Lions Gate's ER Department needed a hand fixing broken bones, we responded. The result, the *Craftsman Collision Cast Clinic*, has patched up a staggering 59,000 patients since it opened in 2008. As the ongoing sponsor of this wonderful facility, we are pleased and honoured to be helping so many people get back on their feet. After all, it's in our nature to get wrapped up in our work.



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