LGH OUTLOOK

BRINGING LIFE-CHANGING CARE TO THE NORTH SHORE





Tanya Mah is a fighter and a survivor. Just over a year ago, the West Vancouver resident was enjoying a fishing trip with her family off the West Coast of Tofino. As she reeled in a 25lb salmon she experienced a sudden, severe headache and collapsed. At the age of 53 she had suffered a hemorrhagic stroke.

After an anxious ambulance transfer along forestry service roads, and a brief stay in Campbell River, she arrived at Lions Gate Hospital. Like many stroke patients before her, Tanya was faced with an unknown future. She recalls the fear and frustration of the early days when she was bedridden and unable to communicate. "I couldn't speak, I couldn't stand. I thought my life was pretty much over. To not be able to speak was so frustrating," she shares. "My kids helped out by making me flash cards, and we used hand motions and gestures to be able to communicate with my family, the doctors and the nurses."

She had no idea if she'd be able to reclaim her past life but once she was admitted for intensive rehab at G.F. Strong Rehabilitation Centre in Vancouver, she began to see small but significant improvements.

II The day I stood on a step, I cried. The first time the physio made me stand up it was amazing; I can do it! I realized this was my road to recovery – one step at a time."

Tanya spent three months at G.F. Strong before going home. She was relieved when she was able to join the Neurological Rehabilitation Outpatient Program (NROP) at LGH to continue her recovery. "To be able to do an outpatient program that was on the North Shore has been key," she says. "I cannot imagine having to spend all my time trying to get across two bridges to G.F. Strong. To have that much commuting and to be away from my family would grind me down."

Continued on Page 3



IN THIS ISSUE:

REVITALIZING REHAB SERVICES AT LGH

STROKE DIAGNOSIS BY PHONE STEP UP FOR FAMILY FUN

P7

CHAIR'S CIRCLE HONOUR LIST

Р3

P4

P10



EVERY PERSON MAKES A DIFFERENCE

We really do live in a community that cares. As we put this issue together, I was really taken by the many different ways members in our community use their talents and ingenuity to support the mission of the Foundation.

In our Kudos column, we shine a light on the community groups, individuals, friends and companies, that form the lifeblood of our campaigns. With wide community support, we can help bring the best facilities, equipment and technology to LGH.

Still in recovery from a stroke, our cover star Tanya Mah is stepping into the limelight to support our Re-Imagine Rehab campaign to revitalize intensive rehabilitation services on the North Shore. North Point Brewing is championing the cause with the creation of the non-alcoholic *Hospital for Here* pale ale; and at the start of the new school term, we'd like to applaud the team of young crafters from Ridgeway Elementary School who created a collection of gifts to raise funds.

Cover photo: Cindy Goodman

Another shining example of how coming together can make a big difference, is our biggest community fundraiser – Step Up for LGH. We hope you'll join us once again on October 5 to make our family fundraiser the most successful yet.

In a busy world, with so many options for your time and resources, the Foundation is truly grateful to have your support.

From bands and brewers to students and walkers, I'd like to take a moment to celebrate the contributions you make and the enthusiasm you bring to community life. Thank you for your continued support



Judy Savage President & CEO LGH Foundation

THE BEER FOR HERE

Lions Gate Hospital Foundation and North Point Brewing have partnered up to craft a non-alcoholic pale ale to raise funds for the Re-Imagine Rehab campaign.

Sales of non-alcoholic beverages are surging and proceeds from the North Shore branded *Hospital for Here* cans will boost funds for the new campaign.



During a special launch event in the summer at North Point Brewing's cosy tasting room, more than \$9,000 was raised to purchase a high-end, medical-grade rehabilitation bike for the hospital.

The limited-edition brew will be available through to the end of 2025 and the four-packs are now on sale at all four Save-on-Foods locations in North Vancouver, North Point Brewing's tasting room at 266 1st Street East, North Vancouver and Lions Gate Hospital cafeteria. Why not pick up a few packs for your designated drivers over Thanksgiving and save a few for the festive season?

COMMUNITY KUDOS



A huge thank you to the amazing Grade 6 students at Ridgeway Elementary School who made and sold their own creations at an arts and crafts sale to raise \$1,063 for LGH!



Inspired to give back, Grade 12
Collingwood Student Rebecca Godley
and her friend sold doughnuts doorto-door in their community, raising
\$542 to support our hospital.



Heartfelt thanks to Boston Pizza and guests for sharing the love this past Valentine's Day by raising \$589. They donated a dollar for every heart shaped pizza sold on the night to raise funds for our Bigger, Better Cancer Care Campaign.



A round of applause for the KL Piano Academy for hosting their fifth annual "Melodies of Love", piano concerto charity gala concert which raised a total of \$5,140.



North Shore Strong Continued from Page 1

Tanya had to attend LGH several times a week and completed the second phase of her rehabilitation at the end of July. While she received excellent care at G.F. Strong, she is hopeful that Lions Gate Hospital will have its own intensive rehabilitation unit, so future patients don't have to rely on services that are much further away.

■ The rehab here has been life changing, it really has. It's more than just a hospital for me, it's my community," she says. "One of the other key benefits of having this new rehabilitation unit on the North Shore is that patients and families won't have to go through what many of us have had to do commuting for hours every day back and forth to G.F. Strong. This put a huge strain on my family as they tried so hard to help me with my recovery."

The Foundation has launched the Re-Imagine Rehab Campaign to raise \$20 million to build an intensive rehabilitation unit in the South Tower of Lions Gate Hospital.

The new unit will be a hub for patients that require hospital-based intensive rehabilitation services. As well as supporting patients like Tanya who have had a stroke, the unit will care for people recovering from other neurological incidents, surgery, traumatic injuries from biking and skiing accidents and debilitating illness.

The unit will also bring our team including physiatrists (physical medicine and rehabilitation physicians), rehab nurses and assistants, occupational therapists, physiotherapists and speech-language practitioners, to one central unit, enabling them to collaborate more effectively and provide the best patient care.

See page 7 for Tanya's plans to join Step up for LGH on Sunday, October 5.

HOW WE'LL RE-IMAGINE REHAB AT LGH

When it opens, the purpose-built unit will be more than just a treatment space, it will become a community of patients providing camaraderie and psychological and emotional support for each other as they are guided by staff through the taxing recovery process.

WHEN YOU DONATE TO THE RE-IMAGINE REHAB CAMPAIGN **YOU WILL HELP FUND:**

- 25 single patient rooms with space to allow rehabilitation to start at the bedside.
- · A state-of-the-art centralized gym where patients at various stages of recovery can inspire and encourage each other.
- Treatment areas that enable inpatients and outpatients to mingle and work on their recovery in tandem.
- · Quiet rooms for speech language therapy, social work support and counselling.
- · Communal areas for dining and relaxing.

- · A transition unit that imitates a home environment to assess patients ready to return to independent living.
- Specialized leading-edge equipment that can be adapted to the needs of each patient as they work to restore their day-to-day function. These include a treadmill that uses virtual reality to help patients learn to walk again and a neuro-cognitive training device that helps patients improve their hand-eye co-ordination, strengthen their vision and improve reaction times.

If you would like to join Tanya and donate to our Re-Imagine Rehab campaign, please scan the code or go to:



Ighfoundation.com/re-imagine-rehab-fall

If rehabilitation is an area of care close to your heart, you can become a monthly donor for the duration of the Re-Imagine Rehab Campaign. Regular donations over the span of 18 months to two years will have quite an impact over the course of this vital campaign. For more details on our new flexible giving options, please contact:

Jennifer McDonald T: 604.984.5847 E: jennifer.mcdonald@vch.ca





Stroke is a leading cause of death in Canada and close to 700 stroke patients arrive at Lions Gate Hospital each year. More than half suffer ischemic strokes, where blood flow to the brain is cut off. Every minute counts when someone has a stroke, and diagnosis and fast intervention is key, as an estimated 1.9 million brain cells die every minute.

With the purchase of RapidAI – an AI-driven software that quickly processes and analyses CT scans, focusing on stroke detection and diagnosis - Lions Gate Hospital, Sechelt and gathet (formerly Powell River) hospitals now have the technology to ensure patients get more timely life-saving treatment.

Within minutes of arriving at LGH, stroke patients now receive a CT perfusion scan that helps determine the type of stroke and its severity. The scan measures how quickly blood flows through brain tissue, identifying areas of reduced flow and tissue death.

As well as confirming a stroke, these scans help neurologists determine whether a patient needs an endovascular thrombectomy (EVT) - an operation to remove a blood clot to restore blood flow. Currently, about 5 per cent of LGH ischemic stroke patients require an EVT.

Photos: Yolanda Brooks & Ashaya Walkey

These patients must be transferred to Vancouver General Hospital (VGH), the only hospital that performs the procedure within the Vancouver Coastal Health region. Before RapidAI came to LGH, transferred patients often had to undergo a second CT scan on arrival at VGH, delaying treatment.

RapidAI produces images within 3-5 minutes which can be accessed on physicians' mobile phones. This allows stroke neurologists at both the admitting hospital and VGH to view scans quickly and determine whether a patient needs to be transferred for specialized treatment.

Dr. Lee Lau, Stroke Neurologist at LGH who has been closely involved with the training for the use of the new technology, says benefits to patients are immense. "When you're having a stroke, every minute that goes by, almost 2 million brain cells are dying. If we can save a few minutes here and a few minutes there, even if its me looking at my phone rather than logging on to my computer, I've saved another two or three minutes. That's almost six million brain cells so it can make a difference."

"RapidAI allows us to complete our task more quickly and it allows us to make better decisions with better information." Studies show that AI technology for acute stroke imaging reduces treatment times by up to 35 minutes, improving patient outcomes.



Legrand, Regional Stroke Planning Lead for Vancouver Coastal Health. "It can see in more detail and more efficiently where the clot may be, and also show a better image of the salvageable brain area faster."

Having RapidAI at regional hospitals like LGH, will mean "a more efficient use of resources, potentially less radiation exposure to patients as repeat scans may not be neces-



Mariève Legrand

sary, and an overall faster transition time from scan to procedure," says Legrand.

RAPID AI provides physicians with the ability to recommend EVT with a greater degree of confidence. This should minimize the number of futile transfers to VGH, while freeing up emergency ambulances for other critical cases.

LGH Foundation contributed \$50,000 to the \$200,000 cost of the RAPID AI system. Further funding was provided by Vancouver Coastal Health's Boehringer Ingelheim Innovation Fund, and the Sechelt and qathet hospital foundations.

"The impact that RAPID AI can have, even on a single patient, is immeasurable," says Mariève Legrand. "Being able to quickly identify the area of the stroke and providing intervention that can restore blood flow and reverse symptoms is significant in helping patients regain function and quality of life."

THE CLEAN TEAM

In the weeks before the official opening of the Paul Myers Tower, staff in the Medical Device Reprocessing Department (MDRD) moved into their new high-tech space on the third floor of the building.

The team of 36 works around the clock to gather, pack, deliver, retrieve, clean, disinfect and sterilize all of the instruments required for surgeries and procedures performed at Lions Gate Hospital.

The work they do behind the scenes is a critical part of the smooth running of the hospital. In an average week, they can prep hundreds of instruments and devices for 90 surgeries and procedures every week.

Although patients never meet them, their well-oiled teamwork and knowledge of equipment and instrumentation is an essential part of patient care at LGH.









INVESTING IN COMMUNITY

BY NANCY DEHART

Barbara Atkinson has only been a patient at Lions Gate Hospital twice in her 84 years – for the births of her two now-adult sons. But she spent years in and out of Oncology with her late husband Bob, who died last year.

Barbara and Bob, 60-year residents of West Vancouver, have been donating to Lions Gate Hospital Foundation for the past 14 years. Bob once headed up the Vancouver Stock Exchange and was President and CEO of Loewen, Ondaatje, McCutcheon & Co Ltd., an investment dealer.

I Years ago we started with a \$100 donation, and it crept up over the years. As we prospered, so did Lions Gate Hospital, as our donations grew. It's been a pleasure for us to give," says Barbara. "We felt very fortunate. We love West Vancouver and we love our hospital."

The couple generously donated \$50,000 to expand the Emergency Department in 2005, \$500,000 to the construction of the new Paul Myers Tower, and most recently, \$1 million to the coming expansion of the hospital's busy Oncology Clinic which will increase spaces for more patients, expand the pharmacy and allow for more personalized care for the growing number of people living with cancer in our community.

This last donation has been particularly special for Barbara, who lost Bob to multiple myeloma after several years of treatment. "That oncology clinic was a very important part of our lives." Barbara praises the compassionate, sunny staff, and the "magic chemo recipe" Bob was on which gave him "a happy and lovely life for a good long while."

The couple cared deeply about their community, establishing the Imperial Fund at the West Vancouver Foundation to serve vulnerable and marginalized people. For many years Barbara, a former teacher, also volunteered as a docent, and a Board Member at the Vancouver Aquarium. Recently she sat on the West Vancouver Foundation Scholarship Committee, awarding scholarships to high school graduates.



Photo: Oliver Harden

II To give, even if it's a little amount, or a huge amount like Paul Myers, makes you an essential part of our community. When you give up something, it makes you feel like you are a working part of the community, with a stake in its vital activities. That was important to us and we hope our boys will carry it on." Barbara Atkinson, **LGH Foundation Donor**

EXCITING NEWS FOR ADULT ARTISTS!

Our Christmas card design contest opens up to include local amateur artists for the first time.

We're inviting talented artists aged 18 and over to submit original designs for one of our festive retail cards.

The winner of the contest will receive a prize gift card and the pride and joy of knowing that their design will travel around the world.

We're looking for eye-catching designs inspired by the North Shore. Whether you choose snowy landscapes, festive themes or local landmarks, your design should fit into a 5"x7" or 7"5" template.

Thousands of cards are sold every year to support the work of the Foundation and the winning adult design will be sold alongside the chosen design of the junior competition.

Our traditional contest for North Shore students in Grades 4 to 12 is now in its 10th successful year.

Please submit a copy of your miniature masterpiece by midnight on Tuesday, October 14, 2025 to:

info@lghfoundation.com

For full contest details for adults and students, please go to: lghfoundation.com/ xmas-card-2025. We can't wait to see your festive vision come to life!



SURVIVOR SUPPORT

A forensic camera funded by LGH Foundation is supporting the essential work of the Forensic Nursing Services Team in the Emergency Department at Lions Gate Hospital.

The team, which recently marked it's one-year anniversary, provides specialist services for survivors of intimate partner violence, sexual assault, domestic violence and human trafficking.

The specialized camera helps staff better catalogue the injuries of patients, explains VCH Forensic Nurse Jacquie Miller. "We document a survivor's injuries on anatomical drawings and photographs of these injuries will have more visual impact in court," she says. "The use of the camera's specialized blue lighting will allow us to identify injuries that might not otherwise be visible to the naked eye."

The camera, lighting system and mobile rig, which cost close to \$37,000, is one of the many pieces of equipment purchased thanks to the generosity of our donors.

Since the arrival of Forensic Nursing Services at LGH, survivors from across the province, ranging in age from 13 to 80, have been cared for and supported through the service.



EVERY STEP YOU TAKE

Get up, get moving and join West Vancouver resident and stroke survivor Tanya Mah for the 2025 Step Up for LGH walkathon, happening Sunday October 5.

Tanya, who recently completed an outpatient rehab program at Lions Gate Hospital, is on a mission — to take part in the event to help raise funds to build a new state-of-the-art intensive rehabilitation unit at LGH.

Like last year, hundreds of walkers, including LGH staff, will gather at the Seawall in Millennium Park in West Vancouver for our big family fundraiser. Every step you take over the 5km course will support the recovery of future patients who need intensive rehabilitation to get their lives back.

We've planned a day filled with family-friendly activities, entertainment and give-aways, plus, a free T-shirt for every participant.

Sign up is simple. You can register for \$35 and set up a donations page solo or as part of a team. You can then send a link to friends and family who will be able to donate online directly to your fundraising page. All donations over \$20 will receive a tax receipt from the Foundation.

Alternatively, you can simply register to purchase a ticket for \$35 to take part.

Let's come together and have some fun at our biggest community fundraiser of the year!

READY TO TAKE YOUR FIRST STEP?

Registration for Step Up is now open. Please Scan the QR code or visit: Ighfoundation.com/event/step-up-for-lgh-3



SIMPLY SPECTACULAR

Joy, generosity and friendship lit up the 2025 Gala for LGH - one of our most successful galas in recent years.

Presented by Craftsman Collision for the third year running, and hosted by broadcasters Fiona Forbes and Karen KuhnKuhn, the event raised a remarkable **\$1,047,039**.

We'd like to thank our generous guests, sponsors, performers, Gala Organizing Committee, event volunteers and auction donors who came together to support our Re-Imagine Rehab Campaign to build a dedicated, 25-bed rehab unit at LGH.

GALA COMMITTEE(L to R): Angela Fan, Zarina Ahamed, Catherine Konantz, Jennifer Venier, Co-Chair, Cathy Trimble, Co-Chair, Rosalind Adnani and Farah Sayani, Past Co-Chair. Not pictured: Haleh Alexander, Jody Rebak & Tiffany Wilson.





in 2019, Huw Cawthorn made it
his life's purpose to combine music and philanthropy to

have a meaningful impact in the fight against cancer. He joined local band, Jetlag, with the goal of having fun and raising funds for cancer research and care.

Jetlag's first official performance raised over \$5,000 for BC Cancer Foundation's Tour de Cure ride, for cancer research.

In March, Huw, a father of two, organized a fundraiser in support of the Foundation's Bigger, Better Cancer Care Campaign to build a new oncology unit at Lions Gate Hospital, where he was being treated.

Although he was not well enough to perform on the night, the show went on with the support of his bandmates, friends, family and community members. As well as raising funds from the proceeds of the show, Huw's supporters made online donations to the Foundation's fundraising page and through company employee matching programs. Together they raised close to \$10,000.

Sadly, Huw passed away a few weeks after the show but his legacy lives on, not only through the funds he helped raise, but in the inspiration he continues to provide to all those who knew him.

- ASHAYA WALKEY

WHAT WILL YOUR LEGACY BE?

When Don Cowan passed away last year, his family knew how deeply he cared about Lions Gate Hospital. It was no surprise that he chose to honour that connection with a gift in his Will.

Having experienced exceptional care in both the High Acuity Unit, and in older spaces awaiting renewal, Don wanted to make a difference. His gift is helping to build a new 25-bed intensive rehab unit on the 5th floor in the South Tower. Not only will future patients receive compassionate care, they will benefit from a brighter, more welcoming environment.

Legacy gifts like Don's have a powerful impact. They account for nearly a quarter of all donations we receive each year, helping us meet urgent needs, respond to emerging challenges, and ensure exceptional care for generations to come. In the past year alone, we have received legacy gifts ranging from \$1,000 to \$1,000,000. Each one reflects a donor's deep commitment to the health of our community.

If you have already included Lions Gate Hospital Foundation in your Will, thank you. We invite you to let us know so we can thank you personally, honour your intentions, and welcome you into the Legacy Society. This special group of donors is recognized in the hospital and invited to events throughout the year. We also respect those who prefer to remain anonymous – and sharing your plans doesn't mean we will ask for anything more.

TALK ABOUT LIFE & DEATH

North Shore Hospice is marking its 15-year anniversary with an ambitious and informative speaking program which will be launched in November with world-renowned palliative care expert Dr. Sunita Puri.



Dr. Puri, who is Associate Professor of Medicine at the University of California, Irvine School of Medicine, and author of the critically acclaimed literary memoir, *That Good Night:* Life and Medicine in the Eleventh Hour, will be presenting Living to Die Well at the Kay Meek Centre on Thursday, November 6.

Join Dr. Puri for a heartfelt conversation about living well and understanding the importance of accepting end-of-life care that provides comfort, meaning and support to patients, their families and caregivers.

The North Shore Hospice and Every Day Counts program is at the heart of end-of-life care on the North Shore and its community outreach program will follow on from the opening event. The education program will include regular public events at the Every Day Counts Centre and out in the wider community.

The aim of the program is to ensure that local services are accessible to all and give more individuals and families the information, the language and the confidence to discuss end-of-life issues when they still have time to plan and make important decisions.

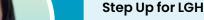
Living to Die Well with Dr. Sunita Puri



7PM, Thursday November 6 Kay Meek Arts Centre, West Vancouver

Tickets: \$25 per person

All proceeds will support the North Shore Hospice & Palliative Care Fund.



Sunday, October 5 Millenium Park, West Vancouver 10:00am

Estate Planning 101

Wednesday, October 8 North Vancouver Lawn Bowling Club (Time TBC) For full details go to: Ighfoundation.com/events

LGH Community Cares Gala

Saturday, October 25 Fairmont Waterfront Hotel, Vancouver 6:00pm

Living to Die Well

Thursday, November 6 Kay Meek Arts Centre, West Vancouver 7:00pm

Honour a Life

COMING EVEN

Thursday, December 4 Seawall Park, West Vancouver (at the foot of 19th St.) 7:00pm

Call the Foundation at 604.984.5785 or go to Ighfoundation.com/events for details.



Curious about leaving a gift in your Will? Our Legacy Giving Guide is a great place to start. It includes sample Will wording, gift options, recognition information, and more.

To request your copy, or simply start a conversation, please reach out anytime.

Carolyn Anderson Director, Planned Giving 604.984.5857 carolyn.anderson@vch.ca





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

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WE HONOUR OUR CHAIR'S CIRCLE 2025 MEMBERS

The sprit of philanthropy burns bright within every one of our Chair's Circle Members. Lions Gate Hospital Foundation celebrates their exceptional generosity which has a deep and enduring impact on many areas of patient care at LGH.



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^{*} Chairs Circle members have contributed \$100,000 or more over their lifetime and continue to actively support LGHF

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