

Your Legacy



2023 / MAKE A DIFFERENCE BEYOND YOUR LIFETIME

Our Silver Supporter

Florence Legebokow has donated to Lions Gate Hospital every single month for the past 25 years.

When Florence Legebokow plants roots and decides to stay, you better believe everyone around her stands to benefit.

Once she's settled in a community, a volunteer group, or a shared mission to improve the world around her, consider her committed for a lifetime.

Likable and outgoing, the 87-year-old has lived in North Vancouver for 64 years and donated to LGH for 25 years.

Why so loyal? Any armchair therapist could figure it out: after a difficult childhood as an "army brat" with a father in the Canadian Armed Forces, she hardly had time to make friends in one school before she'd be uprooted to the next town, the next school, the next unfamiliar world. She craved stability.

Eventually, she got it. Sixty-four years, one loving husband, two children, two grandchildren and one great-grandchild later, she's a North Vancouverite for good. But it's Lions Gate Hospital in particular – a place she sees as central to her relatively good health today – that she's most committed to.



Photo by Cindy Goodman

Florence dealt with more than her share of obstacles over the years: a hysterectomy, a blood infection, broken hips, and a heart condition, for starters. "I've had knee surgery, I've had my gallbladder out ... What else is left?"

Her monthly donations are humble, she says, but her consistency as a 25-year donor reflects the quality of care she's received over decades.

"The doctors, your nurses, all of them – they've got a great group of people in the hospital and we should be supporting them."

FREE Planned Giving Guide

One of the most important decisions you can make during your lifetime, is the long-lasting legacy you wish to leave for your family and community.

Our Planned Giving Guide offers the information you need to start creating a legacy that will support the well-being of the community of those closest to you.

Our free, no obligation guide includes trusted information on establishing your bequest, gifting retirement funds, leaving gifts of stock and the ways in which your contribution will be recognized for years to come.

For your free copy, please contact Carolyn Anderson, Director of Planned Giving at 604.984.5857 or carolyn.anderson@vch.ca



She extends her greatest affection to staff in the community and at the hospital who helped her cope with a long-term medical condition that required repeated blood draws. "They are a super bunch of people," she stresses. "I used to be terrified of needles. They always have a smile for me."

While those relationships drive much of her generosity, she says giving is relatively pain-free. "When it comes out of my account every month, I hardly notice it."

Every year, she sees how her monthly donations accumulate and realizes she wouldn't have been able to afford that same amount in a one-time payment.

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By Nancy DeHart

A Heart of Gold

Hilde and Myron Golden were occasional patients at Lions Gate Hospital over their 22 years on the North Shore: a broken shoulder for her, periodic episodes of diabetes complications for him.

“Unfortunately, in the last year of Myron’s life during the pandemic, we became frequent patients, both of us,” says Hilde, 83.

In March of 2021, the West Vancouver couple were admitted to Lions Gate at the same time: Myron, then 89, on the 6th floor with complications from pancreatic cancer, and Hilde on the 4th floor suffering an attack of pancreatitis.

“That was quite an experience,” Hilde sighs.

Her daughter would push Hilde in a wheelchair to visit Myron in his room. By that point, doctors had told Myron he did not have much time. He later moved to North Shore Hospice a block from LGH, where he spent his remaining days.

Hilde was discharged from Lions Gate just two days before Myron died.

Over the years, the couple had donated regularly to the hospital. A retired property developer, Myron left a significant gift to Lions Gate Hospital Foundation in his will.

Hilde says Myron believed in quiet giving, and did not want recognition when he was alive. “He felt a strong

community was important and that the heart of a community is its schools and its hospital.”

After Myron’s death, Hilde divided his generous donation between the Foundation’s general endowment and the North Shore Hospice Fund.

“He was so taken with the hospice and its staff, just glowing reviews, it’s such a wonderful place for people in their last days.”

She tells of how Myron was craving a strawberry milkshake from McDonalds at the end of his life in hospice. A nurse overheard and soon appeared at his bedside with a strawberry shake.

“That speaks to the care, that the nurse would go make one to fulfill his wish. And he was so impressed by that.”

Cheers to the Three Musketeers

A friendship that began in 1958 continues to have an impact on patient care at LGH.

Jim and Bonnie Conacher became firm friends with Larry and Edna Heyding after Bonnie and Larry met through their work at a financial services firm.

After Edna died in 1974, the friends decamped to California before they decided to return to Canada six years later. They settled on the North Shore and Bonnie became a volunteer with the Auxiliary to Lions Gate Hospital.

For 20 years the trio supported the hospital through volunteering and made significant contributions. It was a connection that lasted for 20 years and inspired the friends to make the Foundation the beneficiary of

their joint estate when the last survivor passed.

In 2020, Jim Conacher, the last survivor of the trio died aged 98. Their combined legacy of \$1.3 million has been distributed to several different areas including our Technology Transformation Campaign, the Paul Myers Tower and the Interventional Radiology Suite that will provide the latest advances in minimally invasive surgery to LGH patients.

Long after they have left this world, the kindness and generosity of Bonnie, Larry and Jim will live on.



After serving in World War Two, Jim Conacher (pictured right below), was a noted NHL hockey player who played for the Detroit Red Wings, Chicago Blackhawks and New York Rangers during his career. Before he died he was the oldest surviving player from the NHL.





from the **50s** ...to the future

For Dr. Peter Edmunds, thinking back almost 30 years to when he began practicing medicine on the North Shore “feels like looking back to the 1950s.”

“It’s like a different age in medicine. The medicine patients expect and what we have the ability to deliver now is completely different from what it was in 1993.”

Since then, Dr. Edmunds, Senior Medical Director of the Coastal Community of Care for Vancouver Coastal Health, says Lions Gate Hospital has fundamentally changed with improved diagnostics, the digitization of medical records and sophisticated technology and imaging.

The population LGH serves and its needs have changed too. “We are now hit by the wave of the baby boomers coming into their elderly years and these frail seniors need far more sophisticated medical care than they used to.”

Dr. Edmunds says it is critical to keep updating and improving the hospital and he is grateful that Lions Gate Hospital Foundation and its donors have boosted the level of care on the North Shore.

“Community donations have been a game changer. I just don’t think our hospital could be anything like what it is without the generosity of our donors,” says Dr. Edmunds. Donations help the Ministry of Health and Vancouver Coastal Health “jump start additions and innovations in a much more expeditious and timely way.”

“It was absolutely the most remarkable thing to witness. ...It was the whole community stepping up to build the centre.”

Looking back, the donor-driven change that has had the biggest personal impact on Dr. Edmunds was the creation of the Every Day Counts Centre in 2018, a palliative care outpatient hub attached to the North Shore Hospice for people facing life-threatening illness.

In 2007, Dr. Edmunds, who also practices palliative care, championed the campaign to build the North Shore’s first free-standing hospice to support terminally

ill patients and their families from diagnosis to bereavement. Donations poured in and an astounding \$8.5 million was raised in total.

“It was absolutely the most remarkable thing to witness. It was everything from tiny donations of \$25 to a few larger donations... It was the whole community stepping up to help build the Centre for everyone who might need it.”

Looking ahead, Dr. Edmunds believes the Paul Myers Tower (see inset above), currently under construction, will have the biggest impact on North Shore patients in his lifetime.

He anticipates the state-of-the-art six-floor tower, launching in the winter of 2024, will reinvigorate the hospital and the way it offers acute care. Physicians, staff and the senior management team have spent a lot of time re-examining the way things have been done for the past 50 years. They’ve looked at how patients move through the hospital, how their journey through the hospital can be made more efficient and how to improve work flow and collaboration for doctors and nurses.

“It will be a real game changer,” says Dr. Edmunds.

By Nancy DeHart

A Quiet Revolution for LGH



Enhanced patient comfort and safety is at the heart of the Foundation's Technology Transformation Campaign.

With the completion of the state-of-the-art Paul Myers Tower in 2024, Lions Gate Hospital will finally have the modern infrastructure needed to provide the quiet, responsive, high-tech care we've dreamed of for so many years.

Funds from the campaign will support the purchase of high-tech equipment, devices and software that will create a quieter, restorative environment, improve in-room comfort for patients and their families and make the journey from admissions to discharge smoother.

Each of the 108 single-bed rooms in the new medical centre will have an Integrated Bedside Terminal which will enable patients to control more of their private environment such as lighting and window blinds. They will be able to make video calls to family and friends, contact their nurses directly, order meals and watch television via the bedside terminal.

Every patient will be attached to a Vital Signs Monitor, allowing nursing staff to monitor patients from a central nursing station. Stable patients will be left to rest. Patients whose vital signs show cause for concern, will receive prompt medical attention.

Extra safety measures will also be implemented for patients with dementia who often wander, risking their safety. With the installation of a Patient Wander Management System and a small tag fitted to a wristband, vulnerable patients will have the freedom to walk within safe areas while alerting staff if they leave a designated area.

In total, the Foundation plans to raise enough funds to purchase ten technologies. As well as the patient-focused technology, devices and software will also be available to improve communications and provide better logistics support for staff.

By Yolanda Brooks



Donations for this campaign will help us accelerate improvements to patient support and care. Learn more about our Technology Transformation Campaign and watch our video at lghfoundation.com/tech

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"I'm not rich, and I give a small amount. I know it's not much, but by giving monthly I can give more and not miss it."

This year, in anticipation of the construction of the Paul Myers Tower in phase 3 of LGH's redevelopment, she says she's more likely to reflect on the ways that her loyalty to LGH – which she once referred to as "my little hospital" – has made a difference.

"It makes me feel good that I can contribute and I am contributing. I'm proud of our hospital. "I'm not Jimmy Pattison but I do what I can," she laughs.

By Mary-Frances Hill

The benefits of monthly giving

Donating regularly to LGH Foundation is a powerful way to support important medical care and research, and offers benefits that aren't always obvious.

A Little a Month is a Lot Over the Year Small amounts hardly make a dent in your bank account every month, but they add up over the year to make a big difference in care.

Community and Convenience Monthly donors feel a sense of belonging when they see LGH grow to meet the community's health care needs, knowing that their donations are making it happen. Sign up once, and you're free to change or cancel your payments at any time.

Sign up online at lghfoundation.com/donate-monthly or call: 604.984.5785.



Visit us at lghfoundation.com



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