

A CHAMPION FOR CHANGE

BY YOLANDA BROOKS

It's been three decades since Salma Mitha's husband Moe suffered a debilitating spinal cord injury but she still remembers the chaos, the stress, the exhausting work of rehab, the demands of solo parenting and the endless travelling and traffic to and from the G. F. Strong Rehabilitation Centre in Vancouver.

One moment a seemingly healthy Moe was playing baseball with friends, the next, he had collapsed with a life-threatening spinal condition that kept him away from home for almost six months. He spent his first weeks in recovery at Vancouver General Hospital before he moved into the spinal cord injury inpatient unit at G.F. Strong for the intensive rehabilitation phase of his recovery.

Salma, a long-time North Shore realtor, speaks glowingly of the care Moe received at G. F. Strong, but she also remembers the extra stress created by the distance she and other family members had to travel to support him:

//When a family member goes through something like this, your world just turns upside down."

With his days full of therapy sessions, visiting times were restricted which made the extended commutes through bridge construction a major pressure point in her life. "When a family member goes through something like this, your world just turns upside down," she says. "The most difficult part was I became a single mom for six months with a young child at home and a husband two bridges away."

Salma and Moe Somani have been donors and supporters of LGH Foundation for more than 20 years. As well as attending fundraising events, they have been actively involved in past Foundation campaigns.

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Salma Mitha





EVERY PERSON MAKES A DIFFERENCE

Over the many years I have had the privilege of serving Lions Gate Hospital Foundation, one truth has remained constant: North Shore residents care deeply about their hospital.

Every day, I am inspired by the generosity, compassion, and commitment of people who believe everyone deserves exceptional health care close to home. Whether through a first-time donation, a legacy gift, volunteering, or supporting a cause that is deeply personal, our community continues to demonstrate what is possible when we come together with a shared purpose.

The stories in this edition are inspiring examples of philanthropy in action.

You'll read about a family whose rehabilitation journey inspired them to support our Re-Imagine Rehab Campaign, helping create modern rehabilitation spaces that will restore mobility, independence, and hope for patients for generations to come.

You'll also discover an extraordinary project by Squamish Nation artist Darren Yelton. His beautifully carved totem pole, created in honour of his mother, will become a lasting symbol of healing and reconciliation at LGH while raising funds to support the Oncology Clinic.

This issue also celebrates an investment in one of our greatest strengths—our people. Thanks to the generosity of Colin and Dale Forbes, together with other caring donors, the Forbes Nursing Career Advancement Fund will provide comprehensive financial support to nurses and aspiring nurses throughout their education.

You'll also learn how philanthropy is improving care for older adults. Through the generosity of John and Sally Zaplatynsky, LGH is enhancing specialized staff training and making improvements that support our pursuit of Gold-Level Geriatric Emergency Department Accreditation.

These stories remind us that philanthropy changes lives. Every gift strengthens patient care, supports our dedicated health care professionals, and helps ensure Lions Gate Hospital continues to meet the growing needs of our community.

As we look ahead to the fall, I hope you'll join us on **Sunday, October 4**, for our annual **Step Up for LGH** along the West Vancouver Seawall. Together, we'll celebrate our hospital, honour those whose lives have been touched by its care, and help build an even healthier future for the North Shore.

Thank you for believing in our community hospital. Your generosity is making a lasting difference, and for that, I am truly grateful.

Judy Savage
President & CEO, LGH Foundation

Cover photo: Cindy Goodman



Patients from 4 West go on daily outings around LGH that bring joy and connection. These trips organized by staff were made even sweeter this summer with a new ice cream cart, built by staff and stocked with ice cream kindly donated by Save-On-Foods, Lynn Valley. Thank you to all involved.

HEARTWARMING SUPPORT

A huge thank you to Louis Li and Yvonne Lou for their generous donation of a new Panda Warmer for the Neonatal Intensive Care Unit at LGH.

This vital piece of equipment is used to maintain body temperature, support urgent care needs and provide a safe and comfortable environment for our youngest patients while allowing care teams to monitor vital signs with minimal disruption.

// Supporting LGH was our way of expressing gratitude for the exceptional care and support that our family received. We just wanted to contribute, and knowing that the Panda Warmer is making a difference for families and babies means a great deal to our family."



RE-IMAGINE REHAB

A Champion for Change *Continued from Page 1*

When Salma learned about plans to revitalize high intensity physical rehab at LGH, she immediately wanted to get involved. "When I heard that we are going to be building a high-intensity unit here, I was so excited," she says. "I feel with my experience that I can be an ambassador and I can't emphasize how amazing it's going to be for the North Shore to have this new level of rehab. It will be life changing."

MORE SPACE TO HEAL

LGH currently has two separate high intensity rehab units with a total of 15 beds. There are not enough beds to serve local patients who need the very specialized care provided by the rehabilitation team.

The new high-intensity physical rehabilitation unit will include rooms for up to 30 patients who have suffered a major medical trauma such as a serious accident, life-saving surgery, a stroke or other brain injury and debilitating illness.

With more rooms and facilities available, more local patients will have access to inpatient services closer to home.

Salma knows what it takes to go through intensive rehab as a patient and as a family member and we are grateful that she has joined our Re-Imagine Rehab Campaign to ensure that future patients and their families have better local access to the care they need. She says:

// Having a state-of-the-art facility, is going to change the lives of so many people on the North Shore and I just can't wait to get it built."

Learn more about the plans
for the new rehab unit.



WHY YOUR DONATION MATTERS

Creating community, providing an environment where rehab can start right at the bedside and a new, centralized shared gym and social areas are among the upgrades that will be made possible with your donation.

A shared gym

The new therapy gym will include equipment such as the Erigo Pro – an advanced patient mobilization system that can be wheeled into patient rooms to support movement during the very early stages of rehabilitation. Other sophisticated equipment includes treadmills using virtual reality to help patients walk again, computer-guided strength and stability machines, and neuro-cognitive training devices that help patients improve their hand-eye coordination, vision and reaction times.

Stronger together

With a communal dining room and a shared gym, patients will get to know each other and become a community of cheerleaders for each other. Sharing stories, watching others progress and finding peer support is an essential part of the rehabilitation process. Knowing they are not alone and being inspired by others, helps to boost spirits during an emotional and physically demanding experience.



With the Erigo Pro, rehabilitation staff will be able to start exercises before patients are even able to sit up.

Donate today at:

lghfoundation.com/re-imagine-rehab-fall/



NURTURING TALENT

BY ASHAYA WALKEY

When Reela Ugaban, a Nursing Unit Assistant at Lions Gate Hospital (LGH), heard that she had been awarded education funding through the newly created Forbes Nursing Career Advancement Fund, she was filled with a sense of purpose and reassurance.



She started her career at LGH as a Nursing Unit Assistant. While working alongside nurses and seeing the difference they made to patients, she was inspired to pursue further education with the ultimate goal of becoming a Registered Nurse. "Going back to school is a big investment in yourself," she says. "Receiving this funding made taking that leap a lot easier."

Colin and Dale Forbes had a vision of creating a fund that would provide aspiring nurses financial assistance to pursue their education and advance their nursing career.

The idea was embraced by Judy Savage, at the LGH Foundation and with additional guidance from the Professional Practice team at Vancouver Coastal Health, the Forbes Nursing Career Advancement Fund was born.

Following the initial founding donation from Colin and Dale, matching contributions were gifted by generous donors Agnes and Gerrit Mey, Jack Crawford and Arnolda Mol.

The first four recipients, including Reela Ugaban, were recently awarded financial support that will provide funds throughout their entire diploma or degree program

As Reela continues her educational journey, she is confident that her enhanced education and experience will help her provide the highest standards of care to her patients

“I want to make a positive impact on patients – whether it’s care for a few moments or throughout their entire stay in the hospital.”

Investing in continued education and supporting nurses as they grow in their careers helps improve patient care on the North Shore today and in the future.

“My sincere gratitude to the Forbes’ and the generous donors who have stepped forward to support our nursing staff,” says Judy Savage. “I wish the best to all of our nursing students who are currently working hard to advance their careers in the dedicated and highly skilled nursing profession.”

Above Image: The first four recipients of the Forbes Nursing Career Advancement Fund with Judy Savage of the LGH Foundation.



PHOTO FUNDRAISER

Sutherland graduate Sacha Rootman capped off his secondary school career by raising just over \$1,000 in support of Lions Gate Hospital's Oncology Clinic.

As part of a final-year capstone project, he created the photoshoot fundraiser in honour of his late mother, Debra Karby, who died of liver cancer.

With the assistance of Susan Goble, an education assistant at the North Vancouver school and a cancer survivor herself, he organized a photoshoot in Victoria Park. While Sacha managed the logistics, Susan took family portraits for eight hours straight under the cherry blossoms.

Not only did they capture lasting memories for local families, the funds raised will help to support the future care of cancer patients.

Thank you Sacha and Susan! We appreciate your support.





Motoko next to her biggest LGH installation, *Spring Breeze*, which is on display on the ground floor of the Paul Myers Tower Photo: Yolanda Brooks

CREATING ZEN

Growing up in Japan, BC artist Motoko dreamt of a career in the creative arts. With family pressure to find a more stable profession, she trained as a dietician and worked in health care and the food industry following graduation.

After a move to Canada, she had the opportunity to re-discover her first love and now runs a successful gallery in Garden Bay on the Sunshine Coast.

Life has come full circle for Motoko and she is supporting patient wellbeing through her artwork which is now a part of the healing and therapeutic environment of Lions Gate Hospital. She is one of 300-plus artists who have donated work to our Healing Power of Arts Program, and she has four paintings on display around the LGH Campus. Motoko donated three of her own paintings with a fourth donated by a collector.

When Motoko paid a recent visit to the North Shore, we were honoured to take her on a walking tour to see her paintings in their new environment.

Thank you, Motoko, for helping us to bring colour, life and beauty into the hospital for patients, staff and visitors to enjoy.

The Foundation's Healing Power of Art Program features close to 1,000 works of art valued at more than \$2.6 million.

LGH Foundation accepts original work from artists, owners and collectors. For further details: please go to: lghfoundation.com/other-ways-to-give/art-program/ or contact louise.campbell@vch.ca

COMMUNITY KUDOS



When twins Esha and Saveena Kaur Sahota were born at LGH four years ago, they spent their first eight days in the NICU, where they were surrounded by exceptional care and compassion. In celebration of their recent birthday, their parents created a fundraiser in support of the NICU and raised \$1,300. Thank you to the Kaur Sahota family!



Thanks to generous Foundation donors, the Emergency Department recently received 10 new stretcher mattresses and two new ICU beds. This simple but powerful upgrade is already making a difference for patients and staff by enhancing comfort, reducing the need for constant repositioning, and helping care teams work more efficiently.



Thank you so much to local yoga instructor, Vivian Zhao for organizing and leading a recent yoga class in support of LGH. With the participation and generosity of the community, the event raised more than \$700. This marks Vivian's third fundraising class since 2023, bringing her total impact to over \$4,000 raised in support of LGH.

You too can create a fundraiser for LGH. Learn more at lghfoundation.com/create-your-own-fundraiser/



A CHRISTMAS MESSAGE

The LGH Christmas Card Contest is back and we're excited to invite students to create a miniature masterpiece to appear on our festive retail cards.

North Shore students in Grades 4 to 12 can submit original designs for our annual contest which raises thousands of dollars each year for Lions Gate Hospital.

The winning artist will receive a \$100 gift card and the honour of knowing that their design will be available in local Save-on-Foods stores and shared around the world.

We're looking for eye-catching designs inspired by the North Shore. Whether your artwork showcases snowy landscapes, festive celebrations or iconic local landmarks, your creation should be designed to fit a 5" x 7" or 7" x 5" card.

Please submit a digital scan or photo of your entry by midnight on Tuesday, October 13, 2026 to:

info@lghfoundation.com

For full contest details please go to: lghfoundation.com/xmas-card-2026. We can't wait to see your festive vision come to life!

GOING FOR GOLD

More than 12,000 patients aged 65 and over visit the LGH Emergency Department each year and the proportion of older adults requiring emergency care is predicted to increase significantly over the next decade.

To enhance the care for this vulnerable patient population, LGH Foundation is supporting a training and education program that will focus on the specific needs of senior patients who often have complex, medical, cognitive and social care needs.

Sarah Paterson, RN, Program Manager for LGH Emergency and Trauma, who will be leading the Geriatric Emergency Friendly Accreditation (GEDA*) program says:

“We don't have unlimited resources, but what we can do is make sure every nurse, physician, physiotherapist and care aide understands that senior care needs are different. You approach a 90 year old differently than a 30 year old, and we're working hard to make that known, understood and practiced every day.”

The specialized geriatric training and education required to achieve gold-level GEDA for the LGH Emergency Department was made possible by the vision and generosity of long-time donors and West Vancouver residents, John and Sally Zaplatynsky.

Their significant gift of \$332,000 will allow the ED team to supplement the work already completed to improve the quality of care for the hospital's older emergency patients. This includes the creation of an eight-bed unit within the Emergency Department to provide a quiet and more private care space for older people waiting to be admitted to the hospital.

The funds donated by John and Sally will cover the cost of a specialized staff secondment, tuition, nurse and physician training, environmental

improvements and the purchase of elder-friendly equipment.

“We're extremely grateful to the Zaplatynsky Family for funding this. I'm really passionate about this work and with the Foundation's support, we're able to advance this work more quickly,” says Sarah Paterson.

Staff have just started the comprehensive training required to attain the gold-level GEDA and as a result they hope to create a safer, more focused and comfortable experience for patients, reduce the amount of time spent in Emergency and ensure that patients maintain or regain their level of health, mobility and independence.

**The GEDA is administered by the American College of Emergency Physicians.*



Sarah Paterson (left) and the Emergency team are focused on improving elder care at LGH.

MATERIAL COMFORTS

For German student Nellie Gossen (pictured below), the North Shore Hospice Sewing Group is proof of something special happening on the North Shore. Supported by dedicated volunteers and community donations, the group creates colourful gowns and pillowcases for patients receiving care at North Shore Hospice.

Nellie, a fashion design student at the Berlin University of the Arts in Germany, visited the Hospice as part of her studies exploring the role clothing plays in end-of-life care. Her work focuses on how thoughtful design can support comfort and dignity during a deeply personal stage of life.

“As people’s bodies and experiences change, maintaining dignity becomes especially important. Providing that through clothing helps ensure that individuals are seen and cared for as people - not just as patients.”



Each handmade gown and pillowcase reflects a level of compassion and intention that provides more than physical comfort and offers patients a sense of individuality and care that goes beyond traditional health care.

The North Shore Hospice Sewing Group welcomes community members who would like to contribute their time or resources. For details, please contact Jane Jordan at everydaycounts@vch.ca or 604.363.0961.



Donations of 100% cotton fabric and other sewing supplies are welcome and can be dropped off at the Every Day Counts Centre next to North Shore Hospice.



CARVED WITH LOVE

Squamish Nation artist Darren Yelton (K'nakweltn) has carved and donated a memorial totem pole that pays tribute to his mother Delores Yelton and honours the Lions Gate Hospital staff who treated her.

The pole, which will be unveiled in mid September, also provides a unique opportunity for members of the community to create a lasting tribute to a loved one who has died of cancer with a fundraising plaque engraved with their name.

The 2.6m pole, carved out of old-growth red cedar, features many symbolic figures and meaningful motifs including a salmon representing the circle of life, a woman partially wrapped in a blanket representing traditional protection from illness together with the hint of the dangers of exposure. The blanket itself is adorned with butterflies, hummingbirds and a unicorn—all figures his mother was particularly fond of.

Darren, a renowned master carver whose work is displayed across BC and around the world hopes the pole will bring solace to those who have lost loved ones to cancer.

The pole is flanked by two cedar tribute boards and over time, these will be filled with engraved tribute plaques. Net proceeds from all donations will be used to support future patients undergoing treatment at the LGH Oncology Clinic.

You will be able to view the North Shore’s newest totem pole at the corner of 13th Street and St. Georges next to the LGH South Tower.



Tribute donations for the totem pole cost \$250 per name. For further details, and to make a donation:

lghfoundation.com/totem-pole-donation
Tel: 604.984.5785



UP IN LIGHTS

Everyday at Lions Gate Hospital, patients and families benefit from the generosity of people who care deeply about health care in our community. Throughout the hospital, donor walls serve as a visible reminder of that support, recognizing the thousands of individuals, families and organizations who have helped make exceptional care possible.

Updated annually, the South Tower Atrium Donor Wall recognizes more than 3,000 individuals, families and organizations whose generosity has strengthened health care across the North Shore. Supporters who contributed \$1,000 or more in the previous calendar year, as well as active donors whose cumulative giving has reached \$5,000 or more, are recognized in categories ranging from 'Friends' to 'Visionaries'.

The Paul Myers Tower Donor Wall, for example, recognizes 1,962 donors whose contributions helped bring the facility to life. Across the hospital, these displays celebrate the collective effort of a community coming together to support better health care.

More than a list of names, donor walls tell a story of generosity and compassion. They honour the people whose support has helped build, renovate and equip vital hospital spaces, creating a lasting legacy for future generations.

"When I look at our donor walls, I don't just see names. I see people who care deeply about health care on the North Shore," says Carolyn Anderson, the Foundation's Director of Planned Giving. "Every name reflects someone who chose to help others through their generosity and trusted us to put that support to work where it can have the greatest impact for patients and families."

Whether through a gift made today, a future gift in a Will, or a contribution to a special campaign, every donor helps shape the care patients and families will receive for years to come.



Learn more about how LGHF honours the generosity of our donors at lghfoundation.com/donor-recognition

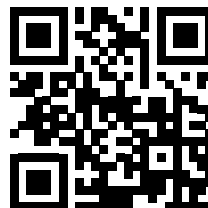
MAKE A LASTING DIFFERENCE TO PATIENT CARE

Please consider becoming a Monthly Donor to support the Foundation's mission to fill the gap between what the government can provide and what our community needs right now. Your regular contributions will be invested in an area of greatest need such as facility upgrades and life-saving equipment.

Visit lghfoundation.com/donate-monthly for full details to learn how you can have an impact every day.



LIONS GATE HOSPITAL
FOUNDATION



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Lions Gate Hospital Foundation is filled with gratitude to our generous donors whose philanthropy has made a lasting difference in patient care in the hospital and the wider North Shore Community. We celebrate their remarkable contributions which help to ensure that everyone has access to life-saving and life-changing care when they need it.

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