

thrive

 Peace Arch Hospital & Community Health FOUNDATION



**DAVE LEE'S FINANCIAL
TOOLBOX CREATES
WIN-WIN FOR FAMILIES
AND CHARITIES**

**BEING ME PROGRAM
PREPARES SOUTH SURREY
TWEENS FOR HIGH SCHOOL**

**THE NATIONAL BANK FINANCIAL
GREAT PUMPKIN RUN WALK
HEADS TO THE BEACH IN 2015**

MAE TAM AND MICHAEL BERMAN:

Two Ophthalmologists changing the landscape for cataract patients

MEET +



WELCOME TO **thrive!** With Thanksgiving and Halloween behind us and the festive season right around the corner, it seems this fall has been a flurry of activity. Our \$65 million redevelopment and expansion plan for Peace Arch Hospital is full steam ahead with plans now confirmed for a much-needed 200-bed residential care facility which includes a 15-bed hospice residence.

This new building will be tremendous for the community, freeing up acute care beds in Peace Arch Hospital and improving the flow from urgent care in the ER to admitting for those patients whose condition is more serious. Just as integral is our goal to create comforting and supportive surroundings that meet the physical, emotional and spiritual needs of hospice residents who are nearing their end of life..

Both the updated and expanded ER and the new residential care and hospice building are being built concurrently and are expected to be complete in 2018/2019. These projects have been in the planning stages for some time and we can't thank our donors enough for sharing our vision and making contributions to help this site redevelopment become a reality. The funds allocated for both projects will soon be disbursed as we break ground early next year.

Make sure to check out the story on Dave Lee, a friend of the Foundation and financial wiz whose passion is helping donors make legacy gifts without affecting their current livelihood. Also, meet Jim Bindon, our new Director of Development whose expertise is matching donors' philanthropic aspirations with gifts that make an impact.

Finally, much appreciation to all of the participants and volunteers who took part in this year's National Bank Financial Great Pumpkin Run Walk. In total, \$90,000 was raised for our ER and it sure was a wonderful day to be at the beach!

Stephanie Beck

Art Rejmayer

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DAVE LEE

WEALTH ADVISOR

AT THE YOUNG AGE of 12, Dave Lee learned the importance of sound financial planning when his father suffered a brain injury in a car accident, resulting in Dave taking a central role in the family finances.

“When my dad had his accident my mom became his primary caregiver; math came easily to me and we had a lot of new decisions to make,” Dave says. “I learned how to read mortgage statements and insurance policies and since our family’s only income source had suddenly ended, the first goal was figuring out how to make the numbers work so we could keep our home.”

Growing up in North Delta, Dave delivered The Province before school and The Vancouver Sun after school, using his earnings to buy GICs and mutual funds. That was just the beginning of a life-long interest and talent for investment strategies.

“I was in my teens and buying mutual funds at my bank. I would ask about the management expense ratio and receive a deer-in-the-headlights look, as the person selling me the funds realized I had actually read the big thick prospectus, and they hadn’t.”

After graduating from Simon Fraser University and earning his Master’s Degree in the United Kingdom, Dave took the Canadian Securities Course and has never looked back. He is now a Chartered Investment Manager and a Certified Financial Planner.

He moved to White Rock in 1999 and with a largely aging demographic for clients, took a special interest in legacy planning and pursued additional advanced

LEADING THE FINANCIAL WAY FOR FAMILIES AND CHARITIES



coursework. He also joined the Fraser Valley Estate Planning Council, eventually serving as president.

“One of the key things I have noticed about legacy planning is that most people are confused about more than just the technical aspects like taxation and probate,” Dave says. “Estate planning deals with deeply personal things such as our values, our relationships with loved ones and the reality of our own mortality.”

With this in mind, Dave started running seminars for ScotiaMcLeod where he created a comfortable learning environment, encouraging attendees to ask any question – even the ones they thought to be too basic or silly, but really weren’t.

“Conversations often start with the financial implications of a client’s plan, or lack thereof, but when you dig a little deeper into how their families or charities are going to be affected by their gifts or decisions, you’ll find that these impacts are far more important than the dollars and cents.”

The Foundation’s Executive Director, Stephanie Beck, attended one of the seminars and asked how the Foundation could partner with Dave, knowing that donors would find the seminars welcoming and useful. They were both surprised at how popular the seminars quickly became – their first event together had so many RSVPs that they had to run it three times to accommodate everyone. Four years later the response is still very strong.

“Ordinary people who can give ordinary amounts can make an extraordinary impact with their legacy gifts without affecting their own livelihood,” Dave says. “This fall, we’re running a seminar titled ‘More for My Children, More for My Charity, Less for the Tax Man’ to explain exactly how to make that impact.”

Between running seminars and helping his clients achieve their financial goals, Dave doesn’t have a lot of free time, especially as a first-time dad to fraternal twins, Evan and Sarah, born in July. He and his wife, a registered nurse, are avid world travellers and through their experiences have learned that there’s no place like home.

“Everybody feels that their part of the world is the best part of the world, and once you go to enough places, you recognize that what we have here in terms of quality of life is phenomenal. This community is especially caring – I see it every day with my clients and their commitment to philanthropy.”

“We have a lot of tools in our toolbox for helping people get more of their money into the hands of their children and the charities they wish to support.”

As for the future, Dave is excited about the changes to tax rules that are expected to enable donors to avoid capital gains tax when donating real estate and private company shares. These new rules would follow a 2006 tax amendment whereby donated securities received the same treatment, which has been tremendous for charities.

“We have a lot of tools in our toolbox for helping people get more of their money into the hands of their children and the charities they wish to support,” Dave says. “This is why we’re launching a new information session focused purely on the most effective ways to make those gifts and still enjoy a great income. It really is a win-win for everyone.”

“Ordinary people who can give ordinary amounts can make an extraordinary impact with their legacy gifts without affecting their own livelihood.”



NATIONAL BANK
FINANCIAL
WEALTH MANAGEMENT

GREAT PUMPKIN RUN WALK 5K 1K

**The National Bank Financial
Great Pumpkin Run Walk hits the beach!**

On a brand new route adjacent to the sparkling water off White Rock Beach, more than 1,500 people pledged their support for our hospital by running and walking through one of the most beautiful neighbourhoods in the Lower Mainland. With participants wearing fun, creative Halloween costumes, kids in strollers, pets on leashes and an infectious kindness and caring for Peace Arch Hospital, it was a wonderful day to be at the beach. The sense of community was palpable, with everyone from volunteers and participants to sponsors and medical staff doing their part to make sure Peace Arch has the ER facilities it so desperately needs. Thank you to the entire community for your support!

An astounding \$90,000 was raised for your ER!



CYCLE4:ER

Student leaders demonstrate the power of youth to make an impact

ON MAY 27, 2015, students at Elgin Park Secondary held their second CYCLE4:ER fundraiser to benefit Peace Arch Hospital, raising more than \$46,000 for ER. What started as a leadership initiative for a group of students in 2013 became CYCLE4:ER, a community spin-a-thon that now takes place every second year.

More than 700 participants hopped on and off the stationary bikes in a high energy 10-hour relay that saw 48 teams of students, medical personnel, business leaders, families and seniors give it their all for Peace Arch Hospital; inspiring them were the 21 young people who wanted to create a legacy in a place they call home, and for a hospital that has never let them down.

“We need one another to make things happen,” said phys-ed teacher and co-organizer, Sue Janzen. **“We were all in this together: students, the community and the hospital... it was awesome.”**

With the 2013 and 2015 events raising a combined total of close to \$100,000 for our community’s emergency department, we couldn’t be more proud of the caring kids at Elgin Park. If this is any indication of what our leaders of tomorrow can accomplish, we’re in great hands.

**Thank you
Elgin Park Secondary!**



FUNDRAISING FLASHBACK

Father's Day Dinner

In the early days of the Peace Arch Hospital Auxiliary Society, volunteers hosted an annual Father's Day Dinner fundraiser. Each spring, in their own homes, volunteers roasted turkeys and hams, made potato and fruit salad, coleslaw and homemade buns. Delicacies in hand, they met in a volunteer's basement where they weighed and packaged meals before personally delivering them to happy customers. It was a delicious labour of love in support of Peace Arch Hospital.

MEET **Jim Bindon** THE FOUNDATION'S **NEW** DIRECTOR OF DEVELOPMENT

BORN AND RAISED in St. John's, Newfoundland, Jim Bindon has spent the last 40+ years traversing Canada, from Montreal and Quebec City to Saskatoon, Winnipeg, Toronto, Hamilton, Pointe-Claire, Quebec and back to Toronto before settling in the Lower Mainland in 2011.

His first foray into fundraising was a consulting position at Saskatoon City Hospital Foundation where he spearheaded the hospital family campaign to expand the health care facility's services and he's never looked back.

"The experience in Saskatoon was so positive that I knew I wanted to do this type of work for the rest of my life," Jim says. "I really strive to ensure that I meet a donor's wishes and expectations around philanthropy and help them accomplish their philanthropic goals through opportunities to support their local hospital."

With his extensive experience in raising funds, Jim was a natural fit to take over the Director of Development position when Stephanie Beck became Executive Director. He has many plans for his work at Peace Arch and how he can meet a donor's specific aspirations while building lasting relationships.

Since Jim started his role in June, he continues to be impressed with the community, which he finds unique in that it retains a small-town feel in the midst of a growing and busy Lower Mainland.

"Peace Arch has provided wonderful service to the community since it opened but it's been a long time since its last major upgrade and the facility needs to change to meet the burgeoning population," Jim says.

"The White Rock and South Surrey area has such a strong sense of community and people are proud of where they live. I feel a lot of positive energy here."

What excites me about this position is the opportunity to help in the redevelopment of this hospital for future generations

That positive energy extends to the Foundation's board of directors, staff and donors, who are as passionate about enhancing health care close to home as Jim is about helping to make that happen.

"The volunteer leadership of the board is exceptional, I've met great people in the community and wonderful and committed donors and I feel really fortunate to be a part of this team, and to participate in a meaningful way in the expansion of this hospital."

What he finds most compelling about our community from a fundraising perspective is the support of individuals versus corporations.

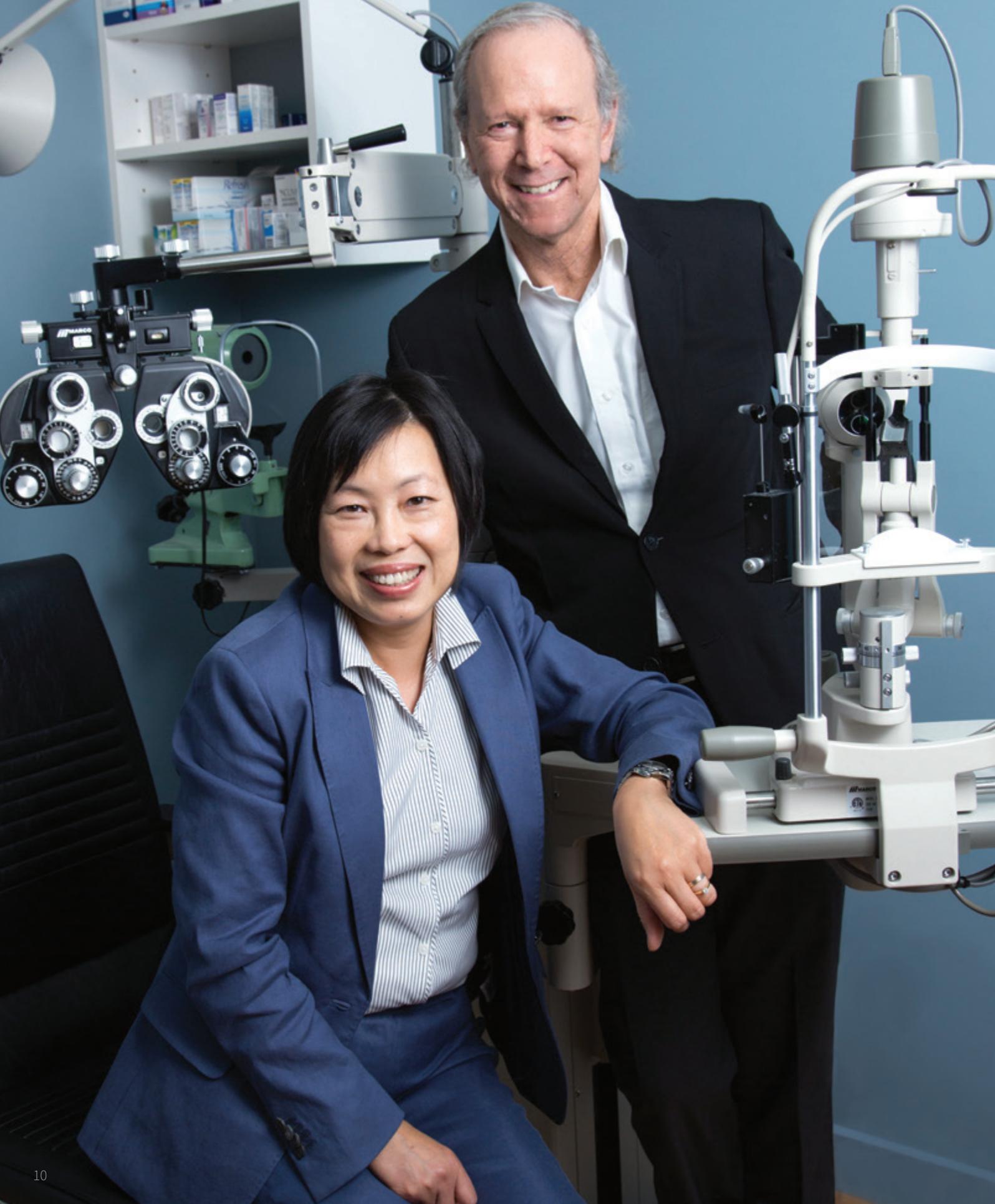
“What will make this redevelopment successful are the gifts from individuals supporting their hospital”

"It's such a personal fundraising campaign and everyone I've met has their own reason for making a gift, whether it's because they or one of their family members has received great care or because they want to ensure the next generation does too."

Jim thinks back to that beautiful hospital in Saskatoon that everyone talks about and how he had a major role in helping that community's dream be realized – that's what he sees as the future for Peace Arch Hospital.

Jim Bindon can be reached at jim@pahfoundation.ca or 604.542.3184.





THE RIGHT TOOLS + THE RIGHT PEOPLE

= THE BEST CARE POSSIBLE

Every year, Peace Arch Hospital & Community Health Foundation, with the generous support of the community, funds up to \$1 million for much-needed medical equipment. But this ‘sum’ – the result of a collaborative and complex exercise - means so much more to the people who work in the hospital and those who receive their care.

WHEN OPHTHALMOLOGISTS Dr. Michael Berman and Dr. Mae Tam learned that their wish for a new phacoemulsifier - a sophisticated machine that uses ultrasonic vibrations to break up and remove cataracts - was granted, they breathed sighs of relief.

“The machine we have now has been an incredibly great workhorse,” they explained, “but it’s outlived its usefulness. With up-to-date software and equipment we can do our best work to restore the eyesight of our patients.”

The phacoemulsifier is just one of the many pieces of capital equipment that need to be provided or replaced every year at Peace Arch Hospital, like the new pendulum camera, endoscopes and Force Triad Electrosurgical Unit to help urologists and gastroenterologists screen for and treat bowel, bladder and prostate cancers. These were all purchased last year along with a new portable radiography (x-ray) unit. Capital equipment includes medical equipment and technology – everything from ceiling lifts to help patients in and out of beds, medicine carts and special beds that improve the circulation of hospice

patients to state-of-the-art specialized diagnostic and imaging equipment and surgical tools for our patients.

“All the department managers have ongoing wish lists for new and replacement equipment,” says Foundation Executive Director, Stephanie Beck. “Equipment can only be cleaned, processed or repaired so many times before it needs to be replaced, and there are always new advances in surgery and technology – in imaging and medical diagnostics, for example – that help a surgeon or physician see inside the body to better diagnose and treat the patient.” Since the government only funds basic

Attracting the Best People

In fact, a well-equipped hospital is crucial to attract and retain the best staff and surgeons. “Surgeons and technicians train on the best equipment in school, and want to keep up in their profession,” Beck says. “They want to have better outcomes, to serve their patients better, and send them home quickly. So when they consider where to open their practice, they don’t just look at the community - they look at the hospital to make sure they have access to the top technology and the right tools.”

“As a foundation we are interested in funding equipment for the same reasons as the doctors and staff... we want to get patients home quickly.”

equipment and supplies for hospitals, it’s up to the Foundation and the community to work together to ensure this hospital is well equipped – and well-staffed.

As the largest employer in the City of White Rock, many of the physicians and staff at Peace Arch Hospital live right in the community, with strong ties to their patients.

“Because of our generous community keeping the hospital’s equipment up to date, we have very little staff turnover, and that means our patients see the same caregivers over time,” Beck says. “I’m so proud that we can offer such good care... and to work in a very successful community hospital.”

Decisions To Be Made

Deciding what to purchase on the endless list of new and needing-to-be-replaced equipment is the result of a rigorous, meticulous and collaborative effort that takes place between November and March every year, by the hospital’s department managers, the Foundation and the Board, led by Fraser Health.

First a representative of Fraser Health works with every department head to identify the priority items on their lists. The master list is vetted to make sure the need is there, criteria are met, and all departments are represented before presentation to the Board’s Finance Committee. Final recommendations are then made to the Board for approval.

Our Donors Care

“We want to help staff do their jobs better, and to support all areas by purchasing a wide variety of capital equipment – usually between \$5,000 and \$250,000 each - on behalf of our donors, many of whom care very much about supporting particular areas,” Beck says.

Some donors ask that the Foundation use their donation for the most urgent need, and others have a particular interest in, for example, maternity or cardiac equipment, or the phacoemulsifier machine to support the ophthalmology department. With donations of \$10,000 or more, the equipment or facility - from specific items to treatment rooms and entire departments - can be named after the donor or a loved one, as a legacy.

During the unveiling of the name plaque the donor has the opportunity to meet the appreciative physician or medical staff who will be using the equipment they purchased.

Many people can never be properly thanked for their support, as they leave legacy gifts in their wills. In fact, about 30 per cent of the donations come from these ‘silent contributors’ who ensure funding for the hospital, for the years ahead.

A Generous Community

The strong sense of ownership and partnership with the Foundation hasn’t diminished since the late 1940s when the community first came together to build the hospital.

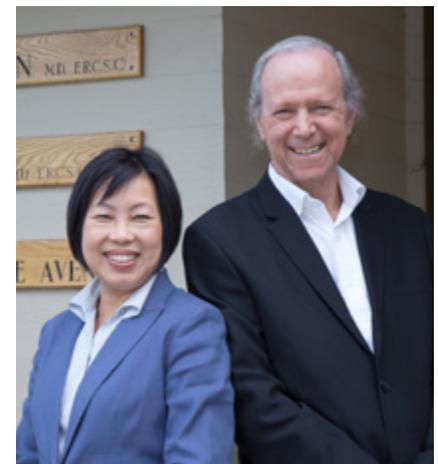
Beck notes that we’ll all need the hospital at some point, and most of the time, it’s an emergency when you or a family member ends up needing urgent care. That wonderful quality of care is because of the contributions made by people in the community and she encourages everyone to support the work of the Foundation in ensuring Peace Arch Hospital can continue to provide the best care possible.

“We have a wonderful partnership with the people who live here,” Beck says, “and tremendous support from our community partners. Our donors really trust us because when we raise money for equipment or a project, we deliver, and people can see the positive impact their contributions make. It’s thanks to them that we have the hospital that we now do.”

BUILDING ON SUCCESS

In addition to fundraising for capital equipment, Peace Arch Hospital & Community Health Foundation also raises money for site development projects. Recent successful campaigns resulted in \$24 million for new acute care space on the 5th and 6th floors of Peace Arch Hospital, a new MRI, a new maternity ward and the Horst & Emmy Werner Centre for Active Living, an integrated facility for health improvement.

In partnership with the Ministry of Health and Fraser Health, the Foundation is currently focused on raising \$15 million towards the redevelopment and expansion of a new ER and a new residential care facility with a hospice residence. Construction begins in 2016.





Being Me

PROGRAM PREPARES SOUTH SURREY TWEENS FOR HIGH SCHOOL

YWCA METRO VANCOUVER and the Surrey School Board have teamed up to pilot an innovative program in South Surrey designed to ease grade seven girls into the transition to high school. Titled Being Me, the program is running for eight weeks and started in October at Earl Marriott Secondary School.

“Thirteen-year-old girls tend to experience lots of stress and anxiety leading up to entering high school,” said Elske Katz, who is a Supervisor of Youth Education Programs in Surrey at YWCA Metro Vancouver. “Our focus groups indicated that South Surrey was in need of a program to help improve grade seven girls’ coping skills and reduce feelings of being overwhelmed.”

Funded through the Foundation’s Because People Matter Grants program and offered at no charge to the students, Being Me brings together 12-16 girls who currently attend Jessie Lee and Peace Arch Elementary schools to meet once a week at Earl Marriott, the high school they will be attending. Each session lasts two and a half hours and focuses on a weekly theme with discussions and activities, including 45 minutes of physical activity like Zumba or yoga.

“Each week, we cover different topics related to living healthy lifestyles, both physically and mentally,” Elske says. “This includes understanding our emotions and stress and developing coping strategies, such as mindfulness, to deal with them.”

The girls will also discuss healthy friendships and relationships such as perspective taking and communication and conflict resolution skills along with analyzing the messages they get in the media and how to maintain optimism under the pressure they face.

Our aim is to increase long-term physical and mental health and wellness among young girls, providing them with tools to successfully navigate their way towards adulthood.

The program is volunteer-run with two university students leading most of the activities. One or two Earl Marriott students also have a role to help the girls prepare for the transition and to act as “buddies” when the girls enter grade eight next September, strengthening their own communication and leadership skills.

“We also have a ‘wisdom champion’ who mentors the girls, sharing life and career experience, as well as life lessons they’ve learned.”

This pilot project will run again in February with the intention of expanding the program to other South Surrey schools in 2016/17.

“Our aim is to increase long-term physical and mental health and wellness among young girls, providing them with tools to successfully navigate their way towards adulthood - a strong foundation, we hope, that will last a lifetime.”

The Because People Matter Grants program supports initiatives that enhance health and wellness through activity, education, research and service delivery to the White Rock/South Surrey area. For more information and /or to apply for a grant, visit pahfoundation.ca/grants.

+ SAVE THE DATE



Peace Arch Hospital
**REDEVELOPMENT
EXPANSION**

DONATE TODAY

‘Twas the night before Christmas...

Wishing you and yours a cozy and healthy good night.

[peacearchfoundation](#) [pahfoundation](#) [pahfoundation.ca](#) 604.535.4520

2016 PEACE ARCH HOSPITAL GALA

The Peninsula's premier fundraiser is back and better than ever! If you've attended one of our galas before, then

FORGET EVERYTHING YOU KNOW BECAUSE 2016 IS GOING TO BLOW YOUR SOCKS OFF!

Join us for this all-new, reinvention of our special community celebration that marries philanthropy, bubbly, exquisite dining and entertainment into one unbelievable, fabulous evening.

SAVE THE DATE!
SATURDAY, MAY 14, 2016

Friends OF THE Foundation

CELEBRATING THE 2015 AWARD RECIPIENTS



EACH YEAR THE FOUNDATION HONOURS DEDICATED COMMUNITY MEMBERS AND ORGANIZATIONS WHO BEST EXEMPLIFY THE SPIRIT AND VISION OF PHILANTHROPY. ON SEPTEMBER 30, 2015 WE PRESENTED SEVEN AWARDS TO SEVEN INDIVIDUALS AND ONE COMMUNITY ORGANIZATION FOR GOING ABOVE AND BEYOND, BOTH MONETARILY AND WITH THEIR TIME, IN THEIR SUPPORT OF PEACE ARCH HOSPITAL.

PHILANTHROPY **Werner & Helga Höing** are passionate about charitable giving and are long-time donors to Peace Arch Hospital. Along with supporting the Foundation, the Höings' philanthropic leadership extends to the arts, theatre and Vancouver Symphony Orchestra. The Höings have lived in South Surrey for 39 years and are active and caring contributors in the community.

MEDICAL **Dr. Werner Spangehl** is a family physician with a full-service practice in White Rock. He has been an active staff member of Peace Arch Hospital for more than 20 years, holding various leadership positions including medical representative to the Foundation as well as campaign cabinet, medical director and currently serves as president of medical staff. He is the author of One Minute Medicine, a novel based on his 20+ years of clinical experience that teaches how lifestyle habits can improve health outcomes.

AWARD OF DISTINCTION IN OUTSTANDING COMMUNITY SERVICE **Jane Manning** is a passionate fundraiser and volunteer, having served many organizations including YMCA, Semiahmoo House, Arts Umbrella, The Huntington's Society and many years with the Foundation, participating in events and eventually joining the board of directors where she served as chair for two years and is now in her third term. In 2012, Jane was awarded the Queen Elizabeth the Second Diamond Jubilee Medal for her significant contributions.

VOLUNTEER **Pat Goolcharan and Janice Noakes** are both invaluable office volunteers who help out answering phones, greeting donors, working at events and taking on many of the administrative tasks that occur at our front desk. They are treasured members of our team and we don't know what we would do without them!

FINANCIAL **Neil Yarmoshuk** began his finance career in the community in 1993 and knew immediately this was a wonderful place to raise a family. Since 2000, Neil has worked for CIBC Wood Gundy, helping his clients make smart decisions with their wealth. With Neil's leadership, CIBC Wood Gundy has become an invaluable sponsor of the Foundation's Partners in Caring Gala.

SERVICE GROUP **Peace Arch Shrine Club** was formed in 1960 and supports programs dedicated to improving the lives of children. In addition to raising funds for the Shrine Hospitals, the caring members donate a portion of their fund-raising revenues to Peace Arch Hospital for the purchase of maternity and pediatric medical equipment. Since 1989, Peace Arch Shrine Club has donated \$185,000 to the Foundation.

**We celebrate and salute our
award recipients of 2015!**

SPECIAL THANKS TO GEOFF FUNKE OF SCOTIAMCLEOD FOR SPONSORING THIS EVENT!

IT'S OUR EMERGENCY.

Your gift
goes **here.**

在此请见您的礼物

आपके द्वारा दिए गए दान का उपयोग यहाँ होता है।



Peace Arch Hospital
REDEVELOPMENT
+ EXPANSION

DONATE TODAY

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