

thrive



PEACE ARCH HOSPITAL FOUNDATION

GENERATIONS PLAYGROUND
UPS THE HEALTHY ACTIVITY
GAME IN WHITE ROCK

MONTHLY GIVING GETS
A BRAND NEW CLUB

UNVEILED! THE 2019 PEACE
ARCH HOSPITAL GALA

CHANGING THE LANDSCAPE
FOR ISOLATED SENIORS,
ONE PEER AT A TIME

MEET +

CASEY WHITWORTH

A passionate and philanthropic Agent for Change



WELCOME TO OUR NEWEST EDITION OF **thrive!**

Stop the clock! Somehow we are leaning into the end of another year and before you know it, we'll be clinking glasses to celebrate the holidays and making resolutions for 2019. If one of your resolutions is to up your health game, then look no further than the newly opened Generations Playground. Designed for all ages and abilities, it's the first project of our Healthy Community initiative and a great place to engage in healthy activity while getting some Vitamin G (for green space). Between the zip line, the outdoor exercise equipment and fun play structures for the kids, there's a reason this playground has been a huge hit since the day it opened.

Why would a hospital foundation fund a playground? It's really very simple. Check out page 4 to learn more about our radical approach to health care.

You'll also meet Casey Whitworth, one of our wonderful donors, on page 8. His philosophy about philanthropy truly comes from the heart and we felt so inspired by his giving, we had to put him on the cover.

Further inside these pages is a story about how one of our Healthy Community Grants is making an impact for isolated seniors in our community (page 13) and a sneak peek at the theme for 2019's Peace Arch Hospital Gala. Planning is well underway and we think it will be out of this world!

Lastly, please accept our heartfelt thanks for your support over the last year. Whether it's the gift of your time, a donation, or simply attending one of our events, it all contributes to a healthier community. Our accomplishments are really YOUR accomplishments. Thank you!

We hope you enjoy these last few weeks of 2018.



Geoff Funke

Stephanie Beck



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GENERATIONS PLAYGROUND

OPENS IN WHITE ROCK!

Generations Playground, the new all abilities and all ages play space built next to Centennial Arena in White Rock held its official grand opening on September 1. The first of its kind in our community, the playground is a collaboration between Peace Arch Hospital Foundation and the City of White Rock.

A large crowd attended the opening, eager to try out the new zip line, outdoor exercise equipment and innovative play structures.

A public naming contest was held in June and South Surrey's Marilyn Fransen submitted the winning moniker, Generations Playground.

The \$900,000 project has been funded with \$225,000 coming from the City of White Rock and the remaining \$675,000 being raised by Peace Arch Hospital Foundation including a \$10,000 donation from The White Rock Firefighters Charity Association.

WHY WOULD A HOSPITAL FOUNDATION FUND A PLAYGROUND?

The answer is simple. We believe in a radical approach to health care. To minimize stress on our health care system, we need to encourage our citizens to embrace a healthy lifestyle. The healthier you are, the less likely you are to need costly health care. Our approach is proactive and preventive, rather than reactive and remedial.

This does not mean we are less committed to ensuring that our hospital provides the very best in traditional health care. On the contrary, thanks to our donors, we continue to invest in new medical equipment while maintaining and improving our fundamental health care facilities. This effort remains as steadfast as it has always been. We are simply going further - through our proactive and preventive strategy - to improve our ability to deliver total health care management to our community.

“Right away I thought of the concept of all generations utilizing the playground together, Marilyn said. “And then I thought of the energy that will be generated there and knew Generations Playground would be perfect.”

Peace Arch Hospital Foundation gave its monthly giving program a fresh new look and name and celebrated with a BBQ for its members on September 21. The Sea Star Club comprises like-minded donors who choose to spread their generosity over the entire year, helping us to equip Peace Arch Hospital to provide quality care, close to home, for everyone in the community.

As a special thank you to our Sea Star Club members, we hosted the BBQ in their honour, which will now become an annual event.

A SEA STAR *Celebration*



Wondering how monthly giving works? It's easy!

- + Small regular amounts, added up over time, make giving easier and help you plan your giving over the year. With monthly giving, it's easier to give a little more (and benefit from a larger tax receipt). For example, 12 gifts of \$10 may seem a lot more affordable than a single gift of \$120.
- + Choose a manageable amount to be automatically withdrawn from your chequing account or charged to your credit card each month.
- + To change, pause, or stop your payment at any time, simply contact the Foundation.
- + Each January, you will automatically receive a consolidated tax receipt for your previous year's giving.
- + Your monthly gift will go towards its designated purpose - helping enhance the quality of health care, close to home.



For more information or to join the Sea Star Club, please contact Julie Teodosio at 604.535.4520 or julie@pahfoundation.ca.



A BOO-TIFUL MORNING AT THE GREAT PUMPKIN RUN WALK!

It was another year of crazy costumes, pumpkin carving and philanthropy at the 12th Annual Great Pumpkin Run Walk held October 21 at Bayview Park on Marine Drive. Overall, \$40,000 was raised for the new Generations Playground and more than 600 participants ran or walked for health care in their community. Since inception, the event has garnered nearly \$700,000 for capital projects, medical equipment and programs that support a healthier community for all.



“Mother Nature blessed us again this year with sunny skies. It was a little foggy in the morning but that didn’t deter our caring and generous community from coming out early on a Sunday morning to support our vision of making White Rock and South Surrey the healthiest community possible.”

STEPHANIE BECK, EXECUTIVE DIRECTOR.

Tremendous thanks to our wonderful sponsors, volunteers and donors for ensuring this fundraiser was a great success!

This year’s top youth fundraiser was Molly Dove, who raised \$975 and the top adult fundraiser was Shelley Jackson, who raised 1,405. Top fundraising teams were Live Well Exercise Clinic which raised \$4,150 and the Peace Arch Hospital Cardiac Rehab team, raising \$3,582.



ESC AUTOMATION

The caring folks at ESC Automation once again donated the proceeds from their annual charity golf tournament to Peace Arch Hospital Foundation, raising \$22,000 towards equipment, facilities and better health care services for our community.

Thank you, ESC Automation for your continued support!



Community Fundraising

PEACE ARCH HOSPITAL AUXILIARY SOCIETY

A \$1.5 million donation (their largest ever!) to the brand new ER is an incredible undertaking and the Auxiliary just completed their pledge with the final \$500,000 payment! For 70 years, these amazing women have been having fun raising funds to help their hospital provide the best care possible.

We heart you, Peace Arch Hospital Auxiliary!



STEVE AND KAREN MCDONALD

Special thanks and gratitude is extended to two of our Lifetime Ambassadors - Steve and Karen McDonald - who have supported every project and every campaign we have launched, and in 2017 topped up their gift to the ER by \$50,000! Their philanthropy truly makes an impact.

Thank you Steve and Karen!

CASEY WHITWORTH

– AN AGENT FOR CHANGE

For realtor Casey Whitworth, decisions always begin with the heart. In 2015 he woke up one day with a strong inclination to give \$500 to Peace Arch Hospital Foundation. It was that intuitive drive that has led to three years of giving back, of both his time by volunteering and by making regular donations.

“I had this realization that I wanted to give to the hospital,” Casey says. “I emailed the Foundation and coincidentally they had just launched a local real estate challenge to support the new ER. I committed to donating \$500 for every purchase or sale transaction I completed, and have continued to make those gifts to this day.”

In fact, Casey became one of the very first realtors to sign up for the Challenge and he also gave the largest amount per transaction. This philanthropic approach to his work came on the heels of another ‘ah-ha moment’ he had a few months prior.

“I had been thinking that as a realtor, I should have a brand that represented what my work was about. I had a very clear thought of the words ‘agent for change’ even though I had never read or heard that before. I Googled it to do a little research and after reading about that term, I thought, yes, that is exactly what I am about, and it became my tagline.”

What ‘Agent for Change’ represents to Casey is that if you are not happy with the world, then be the change starting with yourself. He wasn’t happy with his industry being hyper-focused on sales and for some agents, not really caring about the people who hired them. He wondered what the impact would be if every realtor in White Rock and South Surrey gave \$1,000 of every transaction back into the community they serve.





“I wanted to see the change, so I changed the only thing I have some control over and that’s me,” Casey says. “Anyone can be an Agent for Change, and everyone supporting Peace Arch Hospital Foundation is by definition an Agent for Change.”

Casey was born in Vancouver and being an Air Force brat, lived in Germany, Sardinia and Edmonton before finally landing back in North Vancouver. He didn’t stay in one place for too long though, attending university in California and starting his career in Dawson Creek. He ended up marrying an American and moved to Hawaii where he sold heat and smoke detectors

and then plumbing equipment to the U.S. Military at Pearl Harbor. With his first child on the way, he and his wife headed back to the mainland and lived in Portland, Vancouver and Point Roberts.

After a divorce and now a father of three, Casey met the love of his life, Nikki, and they had two more children, becoming a blended family of seven. They settled in White Rock in 2008 to be close to Nikki’s business of 30 years, By the Sea Esthetics, and Casey took up real estate five years ago.

“With living all over, I have always adapted very well to new surroundings,” Casey says. “I tend to get bored with a routine and I love the variety of real estate, meeting new people and hearing their stories.”

Those clients are mainly seniors as Casey found his niche and became a Seniors Real Estate Specialist.

“I found that the people I really felt a connection to throughout my career were much older than me,” Casey says. “That age group really got me and I decided to focus on seniors when I got into real estate. Moving, especially for seniors, can bring on the same stress as a death or divorce and I feel passionately about helping them navigate that process as easily as possible.”

That help includes a network of service providers designed specifically for seniors that Casey works with on a regular basis. This network includes Semiahmoo Senior Service Providers, the Seniors Come Share Society, Semiahmoo House Society and Volunteer Cancer Drivers Society.

“Working with seniors, I notice that a lot of people need help. Helping is a lifestyle and I made a commitment to always bring the best version of myself and I want to inspire my clients to bring the best versions of their selves too.”





“Nikki is the most important thing in my life and with her, I am never alone. To get life right, you have to get involved. It’s in us all to give back and to help whether it’s time or money. To be the best version of yourself, you need to do more than you are comfortable with, and Nikki is right there with me.”

Whether it’s making donations, volunteering, teaching HeartMath or being a realtor, Casey feels they all come together as a coherent expression of being an Agent for Change.

Part of the inspiration for Casey comes from HeartMath, a research-based system of tools and techniques created to empower people to self-regulate their emotions and behaviours to reduce stress, increase resilience and use their intuition to make more effective choices. He’s a Certified HeartMath Trainer and draws upon his expertise to help his clients through the often challenging experience of downsizing their home.

“I frequently hear from the kids of my clients and they are genuinely appreciative of what I’ve done for their parents,” Casey says. “Sometimes moving isn’t the best choice and taking the time to consider proximity to health care services, social connections and accessibility is important. I will always tell my clients if I don’t think a move is the right decision for them and it may mean losing a sale, and that’s okay. I am driven to live my life with integrity no matter what.”

In addition to the ongoing donations and event sponsorship Casey has made to the Foundation - currently more than \$15,000 - he also volunteers his time, helping out at events like the Gala, Picnic on the Pier and the Great Pumpkin Run Walk. He attributes his accomplishments to his wife Nikki, who is his foundation behind the scenes, sharing a meal or reminding him of something he needed to do.



“This is my opportunity to bring the best version of myself out into the world with no expectations, only gratefulness to have this life to make a difference.”



Friends OF THE Foundation

HONOURS 2018 RECIPIENTS

Six individuals, one business and one non-profit group were celebrated at the annual Friends of the Foundation celebration held in September. Now in its 10th year, the event recognizes honourees for their extraordinary contributions to the health and wellness of our community with special Friends of the Foundation awards.

This year's award recipients included:

PHILANTHROPY:

John and Gillian Bertamini, longtime donors to the Foundation who focus their philanthropy on Peace Arch Hospital, believing that good health care in their own community is so important.

MEDICAL:

Trevor Whyte, a Registered Respiratory Therapist at Peace Arch Hospital who is passionate about helping his patients breathe freely. He is a strong supporter of the Foundation, giving donor tours, participating in fundraising campaigns and utilizing his expertise to help choose the best medical equipment for his department.

VOLUNTEER:

Ritu Khanna, an active volunteer with the Foundation, lending her talents to both the Peace Arch Hospital Gala and the Great Pumpkin Run Walk. She joined the Foundation's Board of Directors this past June.

FINANCIAL:

Bob Bezubiak has a strong focus on community and giving back, and has been a supporter of the Foundation for the last 20 years.

OUTSTANDING NON-PROFIT GROUP:

TB Vets has been helping patients at Peace Arch Hospital breathe easier since 1989 by funding more than \$170,000 in lifesaving respiratory equipment.

OUTSTANDING BUSINESS GROUP:

Marketing 604 Group, led by Todd Antifaev, is a group of caring local realtors who recognize the importance of contributing to their community. They supported the new ER, are a Peace Arch Hospital Gala sponsor and were a lead donor to the new Generations Playground.

AWARD OF DISTINCTION AS OUTSTANDING COMMUNITY CHAMPION:

Art Reitmayer, a tireless volunteer serving on the Foundation's Board of Directors for the past eight years. He was instrumental in getting the new residential care with hospice facility off the ground and continues to use his business acumen and strong leadership skills to further the work of the Foundation.

Congratulations to all of the 2018 honourees!



CODE PINK!

Help us upgrade our Code Pink cart and purchase a training SIM Baby for our ER so that our tiniest patients can receive the best emergency care possible.

DONATE TODAY!

www.pahfoundation.ca 604.535.4520



PEACE ARCH
HOSPITAL
FOUNDATION

2019: A SPACE ODYSSEY

TO BOLDY GO WHERE
NO GALA HAS GONE BEFORE

THE PEACE ARCH HOSPITAL GALA

SAVE THE DATE

SAT MAY 4, 2019

Peers Reaching Out in White Rock & South Surrey

A revolutionary program from Seniors Come Share Society is changing the landscape for isolated seniors in our community, one peer at a time.



"I am thrilled with the results of the first 18 months of the program," Lucie says. "We've been able to help more than 80 seniors in White Rock and South Surrey maintain their independence and access the services they need to improve their lives."

The Peers Reaching Out program is funded through a Peace Arch Hospital Foundation Healthy Community Grant. Seniors Come Share Society is looking for additional funding partner(s) to keep this great work going beyond the grant period.

The Peers Reaching Out (PRO) project is halfway into its three-year tenure and has trained 18 peer volunteers to assist older adults with making connections to social activities, meal and transportation programs and other services that support their overall wellbeing.

"Many of the isolated seniors in our community were over-utilizing health care services because they lack other means of support and social connection," says Program Coordinator, Lucie Neliba. "The goal of Peers Reaching Out is to get them connected to community programs and help build the confidence they need to continue on their own."

PRO volunteers receive 20 hours of training and are then matched with a senior in need. Seniors spend an average of eight weeks with their Peer, meeting for 2-6 hours per week.

"Each senior participant comes to us on a referral basis from health care providers in the community and we've had 120 referrals since the program launched 18 months ago."

During the eight weeks with their Peers, participants learn such things as how to access their medical supplies and prescriptions, use public transportation, regain control of their finances, begin to make new friends and reconnect with old ones. Hazel is in her nineties and simply needed to learn how to use her scooter with confidence after suffering a recent stroke. Her Peer Volunteer was there alongside her as she attempted her first trip to the grocery store. The pair stayed together while Hazel picked up a few groceries and a prescription and then Hazel felt comfortable enough to head back home on her own.

If you would like more information about the program or have a senior to refer, please contact Lucie at 604.531.9400 ext.205. The program will also be running a free training session at the end of January 2019 for new Peer Volunteers. If you are interested in volunteering, please call Taya at 604.531.9400 ext.207.

NUTRITION AND AGING

with Vitality

When it comes to staying healthy, the old saying, 'you are what you eat' has never been more true. Holistic Nutritionist, Julia Denker, has some tips on small changes that can make a significant impact on your overall health.



“Bodies change significantly as we age and what used to work nutritionally to keep us energetic and healthy doesn’t anymore,” Julia says. “Conscious eating is paying attention to how certain foods make us feel. How do we sleep? How is our digestion working? What’s our energy like?”

Julia, who specializes in nutrition counselling for mid-life women, says inflammation is the underlying factor in chronic disease.

“It is imperative to keep inflammation down by eating anti-inflammatory foods that are whole and minimally processed. If a food label is two paragraphs long with ingredients you can’t pronounce, that’s a red flag.”

Eating lots of vegetables is key (leafy greens should be a staple in everyone’s diet) as is getting enough protein; as we age we need more of it, Julia says. Sugar is also a big problem and the more processed a food, the more likely it is to have excessive sugar.

Healthy fats like coconut oil, avocados, wild salmon, extra virgin olive oil, nuts and seeds keep your brain and organs running smoothly.

“Healthy fats don’t make you fat,” Julia says. “Just eat until you’re full and pay attention to the cues your body is giving you. Eat slowly and mindfully.”

That said, sometimes even healthy foods can cause a reaction in certain people so look for foods that work for you. Tune in to your body and how it feels. If there’s a food not agreeing with you, don’t eat it.

Julia also recommends taking a few deep breaths before eating to induce a parasympathetic state of rest and digest. Deep breathing lowers blood pressure, slows the heart rate and prepares your digestion system to absorb nutrients.

“Being as healthy as possible isn’t about fighting aging,” Julia says. “It’s about aging with vitality.”

Julia is available for free nutrition counselling two Tuesdays per month at Nature’s Fare in White Rock. Appointments can be made at naturesfare.com or by calling 778.291.1321.

PICNIC ON THE PIER

ANOTHER SOLD-OUT SUCCESS

More than 450 guests gathered at the iconic White Rock Pier on a sultry night in August for a dazzling long table dinner in support of Peace Arch Hospital Foundation's new Generations Playground.

Sponsored by Landmark Premiere Properties, the event, now in its third year, raised \$65,000 towards the playground which opened on September 1.

Guests dined on a gourmet picnic dinner of seafood, beef carpaccio, salads and desserts catered by the Joseph Richard Group's Blank Canvas Catering while CBC's Fred Lee was back again as master of ceremonies.

Thank you to all of our generous picnickers!



“When Landmark Premiere Properties suggested this fundraiser to us two years ago, we couldn’t have predicted what a special and spectacular event it would become. Our deepest appreciation goes out to Landmark for proposing the idea and especially for choosing Peace Arch Hospital Foundation as the beneficiary.”

- GEOFF FUNKE, PEACE ARCH HOSPITAL FOUNDATION BOARD CHAIR



GENERATIONS PLAYGROUND

IS NOW OPEN!



Healthy communities don't just happen, they are built by caring people who want to make a difference.

LESS SCREEN TIME, MORE GREEN TIME

JOIN THE MOVEMENT!



**PEACE ARCH
HOSPITAL
FOUNDATION**

The heart of a healthy community

Make your donation today.

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