

thrive



PEACE ARCH HOSPITAL FOUNDATION

LOCAL SPORTS CLUBS WORK
TOGETHER TO KEEP KIDS ACTIVE

JOYFUL INDULGENCE BAKE SHOP
PROVIDES SWEET SUPPORT

USING EXERCISE AS MEDICINE TO
TREAT CHRONIC DISEASES

KIMBERLY MORROW

A grateful patient shares how Peace Arch Hospital saved her life

MEET +

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

When we started this magazine five years ago, the vision we saw for our community included people of all ages experiencing good health, a vibrant network of social connection where we all lent a helping hand to our neighbours and friends we hadn't met yet, and the opportunity to enjoy nature and outdoor green spaces right here at home. Basically, we wanted our community to thrive, which is what inspired the magazine's name.

When we look back at the different stories and people we've featured on these pages over the years, and this issue's incredible account of Kimberly Morrow's harrowing journey to save her life at Peace Arch Hospital (page 8), we truly believe that our community is, in fact, thriving.

Speaking of thriving, as a result our of Move For Life project, on page 5 you'll read about an innovative system that two local sport clubs have adopted to ensure kids have the opportunity to participate in BOTH soccer and hockey without sacrificing practices or games.

Also, each year we celebrate our donors and supporters at our Friends of the Foundation event, and honour a selected few with special awards for their contributions. Meet 2019's award recipients on page 13, and learn more about why they were chosen.

Finally, we are thrilled to announce the theme for the next Peace Arch Hospital Gala. La Dolce Vita will take place on May 2, 2020 and is our love letter to The Sweet Life, Italian-style. If you have attended this event recently, you'll know why it has been voted the Best Themed Gala in the Lower Mainland by The Province for the last three years running. With gorgeous food, luscious wine, and lots of philanthropic amore for Peace Arch Hospital, that's what we would call thriving!

Have a wonderful Christmas and cheers to 2020!



Geoff Funke

Stephanie Beck

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THANK YOU TB VETS

Since 1946, TB Vets has been supporting the frontlines of respiratory care in British Columbia. That's more than 75 years of hope supplied to individuals and families in their greatest time of need.

At Peace Arch Hospital, we serve many members of our community suffering from respiratory emergencies, and require special equipment for complex situations. One such piece of equipment is the HAMILTON-G5 Ventilator, designed for the most complex, critically ill patients in ICU settings where lung protection is of paramount importance.

Thanks to a two-year, \$73,000 pledge from our friends at TB Vets, we'll now be able to secure

a HAMILTON-G5 Ventilator for Peace Arch Hospital. This will help doctors in making the best possible clinical decisions for their patients, with a comprehensive monitoring package and state-of-the-art diagnostic tools. In addition, this ventilator will provide a wide range of additional options and features, such as Heliox and high-flow oxygen therapy, which will help to meet the needs of each individual patient.

This past September, our team had the pleasure of attending the Front Line Heroes Grants Award Dinner to receive this gift from TB Vets. We are ever so grateful to have received the first \$36,500 of their two-year pledge. Thank you to the amazing women and men of TB Vets for their generous contributions to our community hospital!



WORKING TOGETHER TO KEEP KIDS **ACTIVE**

Dave Newson, Executive Director of Semiahmoo Minor Hockey Association, says that playing sports is one way to instill a love of being active in kids. As a dedicated member of our local sports community, facilitating positive experiences for young players is something he knows is an effective way to get children moving. "It's so important for kids to participate in physical activity," Dave says.

Dave sits on Peace Arch Hospital Foundation's Move For Life Steering Committee, an initiative that aims to get people of all ages to be more active. He says that while participating in just one sport is a great start for some kids, those who engage on a variety of teams benefit greatly.

"Kids who play multiple sports have the advantage of furthering their athletic development while also having more fun. One sport can be a bore, but participating in many gives children the opportunity to try out different activities... hopefully landing them on one they love while developing vital skills."

In the past, children in the White Rock and South Surrey community had a tough time participating in more than more sport.

"Scheduling conflicts between sports such as hockey and soccer

forced children off of certain teams early on. After a few changes on our side, we were able to sit down with the local soccer club - Coastal FC - to identify scheduling and development models that will help children from both leagues participate on a variety of teams."

Geoff Killam of Coastal FC, who also participates on the Steering Committee, furthered this impact by creating a database where the two clubs can share and track players' information. This helps to identify areas of opportunity with regard to registration, scheduling, and athletic development.

"We can now go back historically and see when we may have scheduled kids out of a sport," Dave says. "By working together for a common goal, the clubs are helping more kids participate in physical activity."

"We're not trying to raise professional athletes, but instead instill a love of being active in kids. Skill development, injury prevention, and body adaptation are just some of the benefits."



To learn more about Move For life and the Foundation's commitment to ensuring our community is the healthiest possible, visit pahfoundation.ca/moveforlife.

SWEET SUPPORT FROM SOUTH SURREY'S

joyful indulgence

BAKESHOP CAFE



When you step inside Joyful Indulgence, the first thing you notice is the gorgeous array of treats made fresh daily along with an ever-changing selection of seasonal, local comfort foods that are created in the bake shop year-round.

“Our bakeshop harkens back to a time when quality baked goods made fresh from wholesome and all-natural ingredients infused with love and care were treats you could be proud to share with those you loved,” say co-owners Ryan and Farzeen. “Together, we created Joyful Indulgence as a tribute to the wonderful memories our moms created for us.”

Since its opening in 2016, the bakery has provided a bright and cozy place to linger with

family and friends over coffee or lunch while ‘joyfully indulging’ in sweet treats made of natural ingredients.

In addition to running their busy bake shop, Ryan and Farzeen also make time to support community causes they believe in. Most recently, they signed on as the cake sponsor for the Foundation’s Once Upon a Time party, supplying 50 beautiful cakes for the Cake Walk game. Overall, the event raised more than \$40,000 with all proceeds going towards Generations Playground.

“The Once Upon a Time party instantly captivated us and we knew right away that we wanted to do our part to support the event,” Farzeen says. “It’s important for us to show our gratitude and support the community however possible.”

“Quite simply, community is everything,” Ryan adds.

“We are so grateful for the incredible work that the hospital does for our community wellness and the immense support they offer. Our contribution is a small way for us to say thank you.”

Whether you’re meeting a friend for an overdue catch-up or planning a special occasion, Joyful Indulgence is here to make it just that much more special. Thank you, Joyful Indulgence, for being such a ‘sweet’ member of our community!



Every Dollar Makes a Difference



PICNIC ON THE POINT

With the beloved White Rock Pier out of commission, the summer's most anticipated fundraiser, presented by Landmark Premiere Properties and its Foster Martin development, Picnic on the Pier, became Picnic on the Point! On a beautiful August evening, more than 350 guests enjoyed a gourmet backyard picnic while watching the sun set over the Pacific from a gorgeous mansion in Ocean Park. Overall, \$50,000 was raised for critically-needed medical equipment at Peace Arch Hospital. Now in its fourth year, this event has raised more than 200,000 since 2016.

Thank you to Landmark Premiere Properties for sponsoring this annual event!

PEACE ARCH HOSPITAL AUXILIARY SOCIETY

The energetic and philanthropic women (and a few good men!) that make up the Peace Arch Hospital Auxiliary have done it again! Just four years after pledging an astounding \$1.5 million to the new ER, they have pledged ANOTHER \$1.5 million - this time towards the five brand new surgical suites being built above the emergency department.

Our deepest gratitude to these amazing volunteer fundraisers!

TZU CHI FOUNDATION OF CANADA

The generous folks at the Tzu Chi Foundation recently donated \$15,000 towards a Regency Care Chair for pressure relief and floatation mattresses for our residential care patients.

Heartfelt thanks to everyone at Tzu Chi Foundation!



A NEW \$1.3 MILLION CT SCANNER FOR PEACE ARCH HOSPITAL!

Thanks to the generosity of our donors, a brand new CT scanner has been installed at the hospital. Combining a series of x-ray images taken from different angles around your body, the scanner uses computer processing to create cross-sectional images of bones, blood vessels and soft tissues, providing much more detailed information than plain x-rays. This new vital piece of equipment replaces an aging unit that was often broken and unusable.

Thank you to every donor who made a new CT scanner possible!





KIMBERLY MORROW:

A Grateful Patient Shares Her Story

For White Rock resident Kimberly Morrow, the holiday season has always been a favourite time of year. From sharing delicious meals with family, to exchanging gifts and other winter activities, she's always felt extremely lucky. Last year, when she was rushed to Emergency at Peace Arch Hospital, she realized just how lucky she truly was.

"I had survived the worst thing that has ever happened to me. I was in tears of joy knowing that I have a community of people around me, including the staff at Peace Arch, who were there for me when I needed them the most - when my life depended on it."

On the morning of December 18, 2018, Kimberly began to experience severe flu-like symptoms that worsened as the day progressed. That evening, she developed a hot rash that spread all over her body. Thinking she was overheating from a fever, she went to bed early to give her body time to rest and heal. The illness only intensified.

When Kimberly woke up the next morning, her sunburn-like rash was still present. She shared concerns with her sister who then sent a photo to their mother, a registered nurse. Kimberly's mother knew that something was very wrong.

"My mother immediately ordered us to go to the Emergency Room at Peace Arch Hospital," Kimberly says. "I was admitted to a bed in the ER shortly after I arrived, and was promptly seen by Dr. Aaron Williams, and later, Dr. Ezz Fam, who organized various tests, scans, and treatments to diagnose my mystery illness. As a fit, healthy, young woman, we were all perplexed by my severe state."



After many hours in the ER, Kimberly was diagnosed with a septic infection caused by Toxic Shock Syndrome, a condition that has been linked to tampon usage by women. That evening, she was transferred to the ICU, where she remained for the long days leading up to Christmas.

"If I had waited any longer than I did to come to the hospital, I would have been on life support. If I had not come to the hospital at all, I would have died," Kimberly says. "Despite my distress, vulnerability, and trauma around the state of my health, once I was admitted to the ICU, I truly felt safe."

She, herself, was raised nearby, with stories of her late grandfather, Blake Morrow's, early involvement in the opening of the hospital, when he was Chair of the Board of Directors of Peace Arch District Hospital, as it was then known.



When it comes to Peace Arch Hospital and the White Rock and South Surrey community, Kimberly has nothing but positive things to say. “While there were countless times I was fearful that my body would fail me, I felt assured that the ICU and staff members who were caring for me were well-trained and equipped to manage my well-being.”

Under an immense amount of pressure to keep her vitals intact, medical staff were well organized and highly conscientious of Kimberly’s needs as she battled for her life. Kimberly now commends ICU staff for their ability to connect to their patients on an emotional level. “It’s the little things that made this experience as best as it could be, despite the circumstances,” she adds.

During her stay in ICU, Kimberly’s comfort came from knowing that Peace Arch Hospital isn’t just any hospital. It’s the place that she knows has long-served as the pillar of our local community. She, herself, was raised nearby, with stories of her late grandfather, Blake Morrow’s, early involvement in the opening of the hospital, when he was Chair of the Board of Directors of Peace Arch District Hospital, as it was then known.

“I feel confident knowing that Peace Arch will do everything and anything in their power with the resources they have to efficiently and effectively address the care of the community, regardless of the health challenges they face, just like they did for me.”

Kimberly says that what she was most grateful for last year was time with family and the comforts of home during the holiday season. “I was able to be home on Christmas Eve and Christmas Day. Although I couldn’t be truly present for any holiday activities, like exchanging gifts, or sharing a nice meal, I could use my senses to experience being home for the holidays while I lay in bed recovering.”

Although it has now been nearly a year since her stay in Peace Arch Hospital’s ICU, Kimberly’s memories are just as strong. The moment she almost lost her life is forever engrained in her mind. Despite this, her overwhelming sense of gratitude for our community hospital remains overflowing.

“I can merely describe Peace Arch Hospital as a place that deserves accolades, acknowledgment, and investment. This is a place of dedicated, intellectual, extremely

“My grateful heart extends to those who have donated in the past and that will continue to donate in the future... generous contributions make a drastic difference and improve the lives of people in our community every day.”

well-trained, and passionate people who are invaluable to the health and well-being of our close-knit community,” she says.

Kimberly is now an active donor to Peace Arch Hospital Foundation, and has been heavily involved in supporting various campaigning projects this season. Her new-found commitment to expanding the health and wellness of our community has also led her to become a Registered Reiki Master Practitioner and Certified Teacher with the Canadian Reiki Association. Her business – Crystal Theory Co. – offers holistic healing practices, workshops, and private classes.

To learn more about Kimberly’s story, visit www.pahfoundation.ca/give

“I feel blessed knowing that I live in a place where my care became a priority once I entered the doors of the ER, and that I was in the hands of those who could save my life.”

SAVE THE DATE

LA DOLCE VITA

PRESENTED BY
NEIL & LISA
Garmoshuk

THE PEACE ARCH HOSPITAL GALA

MAY 2, 2020

"Without your donations,
I wouldn't have made it
home for the holidays."



This Christmas,
your gift
saves lives.

Read Kimberly's story at
pahfoundation.ca/give

♥ DONATE ONLINE



USING EXERCISE AS MEDICINE: WALKING AWAY FROM CHRONIC DISEASE



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

Organized and led by the City of White Rock, the Chronic Disease Management Exercise Program targets seniors in the community who are sedentary and/or on the pathway to symptomatic disease. They must be medically-referred to the program by a health care practitioner.

Members of the program participate three days per week in highly-individualized sessions led by Certified Clinical Rehab Specialist, Fred Kikhosrowkiany.

"My passion is to help people who have experienced difficulty participating in physical activity in other facilities," Fred says.

"This isn't just exercise. It's a safe place... fully tailored to their needs, well-being and health."

The program includes an intake, ongoing and final assessment of weight, blood pressure, blood sugar, BMI, oxygen saturation, and medical history. Each participant works towards targeted outcomes from the beginning to end of the program. When complete, sustainment goals and recommendations are set up to support their transition. The results are nothing short of amazing.

"Many members would be unable to attend without the financial assistance offered through the Foundation's Healthy Community Grants program," says Seniors Health Network representative, Kathy McIntyre.

The Foundation's help gives us a chance to offer at least 50 subsidized seats in the program for three years.

"It might seem small to some, but this program gives people the confidence and competence to stay active for the rest of their lives," Fred says. "There are people in the program who couldn't walk before... and now they are on the elliptical!"

So far, 150 people have been introduced to physical activity through the CDM exercise program. The fourth cohort of the program is currently underway and will end in December.



Friends OF THE Foundation



Each year, Peace Arch Hospital Foundation selects a few donors and supporters to be recognized with special Friends of the Foundation awards for their extraordinary contributions to the health and wellness of our community. This year, six individuals, one business, and one secondary school were honoured at the celebratory cocktail party held in September. This year's award recipients included:

PHILANTHROPY

Steve and Karen McDonald, longtime donors to the Foundation who have always believed in the importance of giving back where they live. They have generously supported both the new ER and surgical suites, among other projects, so that everyone in the community can access the best health possible.

MEDICAL

Dr. Jean Lauzon, a surgeon and Peace Arch Hospital's Medical Director, who regularly supports the Foundation with donor tours, speaking engagements, and fundraising campaigns. His passion for surgery, his patients, and Peace Arch Hospital is outstanding.

VOLUNTEER

Jennifer Bishop, an active volunteer with the Foundation for the past 16 years, lending her time and talents to both the Peace Arch Hospital Gala and the Great Pumpkin Run Walk.

OUTSTANDING BUSINESS GROUP

Whitecliff Retirement Residence has resided in South Surrey for 30 years, and since 2009, has generously sponsored the Foundation's Strawberry Social event.

FINANCIAL

Jimmy Wang is the founder and CEO of Univision Financial Services Limited, an organization that has provided insurance and investment consulting services to new immigrants for more than 13 years. Through his network of philanthropic-minded clients, Jimmy has been instrumental in helping the Foundation to engage with our growing Mandarin-speaking community.

AWARD OF DISTINCTION AS OUTSTANDING COMMUNITY CHAMPION

Elgin Park Secondary leadership students and teacher Sue Janzen, have raised more than \$275,000 for charity through their Cycle4ER fundraiser. Over the last 10 years, three spin-a-thon events were in support of Peace Arch Hospital, with the latest raising a staggering \$72,000.

AWARD OF DISTINCTION AS OUTSTANDING COMMUNITY LEGACY

Paul Bennett was an integral and longstanding member of Peace Arch Hospital's surgical team and loved being a nurse in the OR. His colleagues were his extended family and his patients were his passion. He was a strong supporter of the Foundation, frequently volunteering his time to speak with donors and participate in tours and fundraising campaigns.



Once Upon a Time...

PRESENTED BY



FAIRY

ONCE UPON A TIME BRINGS THE MAGIC FOR GENERATIONS PLAYGROUND

It was a magical day of fairy tales and superheroes on November 2 when the Once Upon a Time party welcomed 400 little princesses and comic book characters, and their parents, for a few hours of fun.

The kids had their faces and nails painted, made slime, decorated cards for the residents at the Weatherby and Hogg Pavilions, played the Cake Walk game, had balloon wands and swords made for them, and were entertained with a stage show hosted by The Little Mermaid herself, Princess Ariel.

More than \$40,000 was raised at the event and all proceeds will go towards Generations Playground in Centennial Park. This was the 10th rendition of this fundraiser, which started as the White Rock Princess Party in 2010. With a new venue of

Hazelmere Golf & Country Club, and the addition of superhero characters to provide a more inclusive experience, the Once Upon a Time party was a huge hit!

Special thanks to Homelife Benchmark Realty for coming aboard as Presenting Sponsor, along with the many other amazing sponsors and volunteers who made this day possible. We heart you!





WHITE ROCK'S TALES & SUPERHEROES PARTY



GIVE IN APPRECIATION

for the care you received with a gift
to Peace Arch Hospital Foundation



MAKING A GIFT OF APPRECIATION WILL TOUCH EACH STAFF MEMBER PERSONALLY.

The caregiver you choose to honour will receive a card notifying them of your gift along with a lapel pin.

Interested in learning more about a special way that you can give back?

CONTACT US TODAY!

Call Barbara at 604.535.4520 or stop by the Foundation office in the main lobby.



No act of kindness,
no matter how small,
is ever wasted.



**PEACE ARCH
HOSPITAL
FOUNDATION**

The heart of a healthy community



 **DONATE ONLINE**

[PAHFOUNDATION.CA/DONATE](https://pahfoundation.ca/donate)