

thrive

SPRING 2020



PEACE ARCH HOSPITAL FOUNDATION

Special Edition

NOT ALL HEROES WEAR CAPES

**HOW THE FRONTLINE STAFF
AT PEACE ARCH HOSPITAL ARE
TACKLING THE COVID-19 CRISIS**



WELCOME TO OUR NEWEST EDITION OF **thrive**

To say that these last three months have been challenging would be an understatement. No one could have predicted that when the calendar flipped over to 2020 that it would be a year like no other. Nowhere in our community has this been more transparent than at Peace Arch Hospital. From the first days of the COVID-19 crisis, our medical staff and administrators stepped up to ensure our hospital was prepared for whatever walked through our doors.

Our community has also rallied around our hospital, just like they did back in 1948 when Peace Arch was merely a dream and small, grassroots fundraisers made it a reality. That spirit of giving is still thriving more than 70 years later. Whether it's providing nourishing meals for our frontline health care heroes who are working day and night to keep us safe and well, or funding iPads so our most fragile and vulnerable long-term care residents can communicate with their loved ones during this time of restricted visiting, our community has once again opened their hearts and wallets and for that we are eternally grateful.

You'll find some inspiring stories in these pages of how our medical team is navigating these uncharted waters along with how your gifts have made an impact with our Rapid Response Grants, which provide quick financial assistance to non-profit organizations offering programs, services, and activities that aid our community during this crisis.

We also want to celebrate the opening of the long-awaited PAH Foundation Lodge featuring the Melville Hospice Home that opened its doors at the beginning of April, welcoming 185 of our mental health and complex care residents into their new home. It was some good news that couldn't have come at a better time.

We hope you are staying well and enjoying the sunshine and longer days.




Janice Stasiuk




Stephanie Beck

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A special thank you to our generous donors.



EVERBEAN

CAFE + COMMUNITY

EVERBEAN CAFÉ FINDS UNIQUE WAY TO GIVE BACK

Everbean Cafe, located in the Hilltop Medical Building – has come up with an innovative way to support health care workers during this challenging pandemic. They have two active gift cards on the go – one for Peace Arch Hospital and one for Hilltop Medical Clinic – and anyone can donate to either card if they would like to buy a coffee or a bite to eat for the health care professionals working around the clock.

Once the card reaches \$100, the Everbean team puts together a selection of coffee, pastries, sandwiches, and soups and schedules a drop off to either Peace Arch or Hilltop. Anyone can donate to the gift cards by calling 604.531.3383 or sending an e-transfer to helloeverbean@gmail.com. If you are picking up pre-ordered take-out, you can also load the card in person.

This is a wonderful service for our hard-working medical staff as the cafeteria at Peace Arch Hospital is now closed indefinitely while the space is being used for a COVID-19 testing centre. Everbean's fundraiser provides nourishing meals for our frontline heroes when they need it the most.



Thank you, Everbean, for your ingenuity and to the community for not only supporting our health care workers but also a small local business who is trying to stay afloat during these unprecedented times.

RAPID RESPONSE GRANT PROGRAM SUPPORTS WHITE ROCK + SOUTH SURREY

Peace Arch Hospital Foundation (PAHF) has launched The Rapid Response Grant (RRG) Program to respond to the ever-changing needs of the White Rock and South Surrey community during times of uncertainty or crisis, providing quick financial assistance to those working diligently to aid our community.

This grant is available to support local non-profit organizations, employees of Peace Arch Hospital, and Fraser Health staff working in the White Rock and South Surrey area. The Rapid Response Grant will provide

urgently needed funding to support programs, services, and activities to assist in alleviating effects of events causing large-scale community impact, natural disasters, and pandemics such as COVID-19.

“We are grateful that our Board was able to act very quickly to establish the Rapid Response Grant program. These critically needed funds will make a huge difference for local organizations and their members who are in need at this very challenging time.”

– Stephanie Beck,
Executive Director

So far, more than \$107,000 collectively has been distributed to organizations in need, including:

Alexandra Neighbourhood House

Alternate/Respite Living - With funds from a Rapid Response Grant, Alexandra House re-purposed the Crescent Beach site to provide alternate temporary living spaces for essential workers who may need to isolate outside of their homes during this time.

Moving Forward Family Services

Online Counselling & Support - Due to COVID-19, services have moved to an online platform. Funding has been used to acquire Zoom, OWL, and the tools they need to deliver counselling online to whoever needs it.

Seniors Come Share Society

Emergency Response - Our senior population is extremely vulnerable, both physically and financially, and getting the groceries and medicines they need has been challenging during this pandemic. Rapid Response Grant funding has enabled a food delivery program for seniors.

Peace Arch Hospice Society

Remote Grief Support - Peace Arch Hospice Society is a volunteer-based organization dedicated to supporting all who are facing the end-of-life journey, and educating the community on dying and grieving. Rapid Response funding enabled the purchase of three laptops and a Zoom subscription so they can continue to provide one-to-one and group grief support sessions.

Applications are now being accepted and reviewed as received on an on-going basis. Funding is not available to supplement payroll, operating costs, or confirmed government emergency funding or for individuals.

For more information visit pahfoundation.ca/grants.

HEALTHY COMMUNITY GRANT

Supports Addiction Recovery Program

LPARS is a non-profit agency serving the residents of BC. Its purpose is to provide a vital link in the continuum of services available to recovering adult male alcoholics and addicts. The Launching Pad assists male clients facing alcoholism and addiction in returning to productive and healthy lifestyles.

"I came to the Launching Pad seeking help with my long-term problems with substance abuse," says member, Austin Swark. "While here, I've had the opportunity to participate in programs to learn more about my addiction problem and I am coached in applying practical recovery strategies in the Peer-to-Peer Kitchen Training Initiative."

Before Austin arrived at the Launching Pad, he had "run his life into the ground," which he found became unmanageable due to alcoholism. "I didn't have much hope when I first got here," Austin says. With the support of his peers, Austin eventually began participating in the various opportunities the Launching Pad offered, such as the Peer-to-Peer Kitchen Program, which is partially funded by the Foundation.

Through its Healthy Community Grants Program, Peace Arch Hospital Foundation supports local non-profit organizations in White Rock and South Surrey that enhance the health and wellness of our community. White Rock's Launching Pad Addiction Rehabilitation Society (LPARS) is one organization that has benefitted from this funding, boosting its services available to recovering adult male alcoholics and addicts in our community.

"I got my Food Safe certification here at the Launching Pad, and through the help of others and the Kitchen Program, I found that I was perfectly capable of handling the responsibilities I would need if I wanted to live a better life," Austin says. "I now have the ability to cook a wide range of healthy meals for myself as well as my two daughters... with a genuine smile on my face, instead of being full of fear and despair over how I could possibly hope to look after the people I care about when I previously couldn't take care of myself."

"The Foundation is proud to support this important initiative for men like Austin who are recovering from addiction in White Rock and South Surrey," says Ashley McGuire, Community Engagement Officer at PAHF. "We are committed to enhancing the overall health and wellness of our community and are glad to support addiction recovery and skills-developing programs for men and their families."

For more information about our Healthy Community Grants Program, please visit pahfoundation.ca/grants.





A longtime supporter of Peace Arch Hospital, KDS Construction Ltd. has been providing superior quality construction services for more than 32 years. Most

KDS CONSTRUCTION LTD DONATES \$30,000

recently, they donated \$30,000 towards our operating suites at Peace Arch Hospital. This will help us to ensure that our surgical services are streamlined and integrated with our hospital services – including our new ER – and are ready to efficiently meet the needs of all our patients.

Thanks to the help of donors like KDS, we are actively working towards building five spacious

new surgical suites directly above the new ER and will renovate one of the existing small operating rooms for dedicated cataract surgeries. The other two existing ORs will be re-purposed as patient recovery bays. Each new surgical suite will meet best practice standards for modern surgical requirements, and will accommodate not only current needs, but our anticipated needs for the next 20 years.



A well-functioning CT Scanner is instrumental for doctors to improve your diagnosis and treatment, however, the machine itself is extremely expensive to replace. The equipment required at Peace Arch Hospital totaled

A NEW CT SCANNER FOR PEACE ARCH HOSPITAL

a lofty \$1.3 million. With this in mind, we asked the public for help in raising funds to purchase a new unit for their hospital.

We knew that this one piece of equipment would do a great job at helping more patients at our hospital. It was also important to our community, because they knew their neighbours, friends, family, and loved ones may require a CT scan someday.

Every dollar provided by our donors helped us get closer to improving our ability to care for patients here in White Rock and South Surrey. Their donations, when combined with a matching gift, allowed us to purchase this new machine. Thank you to everyone who helped make this new machine possible!



White Rock's much-loved annual Picnic on the Pier fundraiser has been postponed to 2021 due to the pandemic but Landmark Premiere Properties wanted to continue their legacy of giving by making a \$20,000 donation

LANDMARK PREMIERE PROPERTIES GIVES BACK WHILE PICNIC ON THE PIER ON HIATUS

to the Foundation's COVID-19 Emergency Fund. The first picnic was held in 2016 and since that time the event has raised a staggering \$200,000+ for Peace Arch Hospital.

"While we're disappointed that this year's Picnic on the Pier isn't possible, we're looking forward to being back in 2021 and working with Peace Arch Hospital Foundation to make it the best

ever," said Ray Chen, Landmark's President and Managing Partner. "Picnic on the Pier has become synonymous with summer in White Rock and we're looking forward to bringing it back next year."

Thank you to Ray Chen and Landmark Premiere Properties for their incredible generosity and we can't wait for 2021!



NOT ALL HEROES WEAR CAPES

Not all heroes wear capes. Some wear scrubs. Many wear uniforms. Some are invisible. And now, some of them wear personal protective equipment (PPE). It's the new normal in our community, where health professionals at Peace Arch Hospital play a critical role in identifying, reporting, and managing potential cases of the new coronavirus.



Megan Lum, Clinical Nurse Educator

We spoke with our frontline health care team at Peace Arch Hospital to get an exclusive look behind

the COVID-19 curtain to see how the hospital is adapting during the worst pandemic in our lifetime.

"My role has completely shifted to focus on COVID-19," says Peace Arch Hospital's ER Clinical Nurse Educator, Megan Lum. "The Emergency Department is already an unpredictable and ever-changing environment to work in. We see all types of patient presentations from strokes to heart attacks to broken bones and wounds. When COVID-19 came to BC, we had to completely change our process of triaging and treating patients."

Megan says her work hours have increased significantly in order to support staff with the ongoing changes and new procedures that ensure safety, including how to care for COVID-19 patients and the rest of the general population within a pandemic.

“From putting on and taking off PPE to running many simulations, one of an ER nurse’s strengths is time management and adapting to acuity within the department,” she says. “Even though our volume of visits is down overall, our workload has increased in other ways.”

Megan’s colleague, Dr. Jerrod Hendry, typically spends his days evaluating, diagnosing, and treating any acute ailments of patients entering the ER. Nowadays, he’s required to diagnose and treat patients with the possibility that anyone could have a highly infectious pathogen with nonspecific symptoms.

“There’s a possibility that I could contaminate myself, my coworkers, my friends, and my family,” Dr. Hendry says. “I have to stay focused enough to diagnose any COVID-19 patients who could have anywhere from no symptoms to complete organ failure and could infect everyone around them, while keeping in mind that if I am too focused, I could miss another deadly diagnosis and cause the patient severe harm or death.”



Dr. Jerrod Hendry, ER Physician

Dr. Hendry says the work environment in Peace Arch Hospital’s ER is highly stressful right now. Even though the number of patients has dropped significantly, the stress level has risen ten-fold.

“The protocols change almost daily and sometimes hourly. Information is coming from multiple sources. Some sources are reliable and some are not,” he says. “There are multiple levels of media, medical community, and government that are giving opinions. Patients are arriving constantly so there is no time to sit and really evaluate the information you are getting. In

most cases, you have to rely on your own judgement and experience to safeguard yourself and your colleagues from contamination and illness. Most of the information surrounds protocol for personal protective equipment and containment from infectious pathogens.”

In the OR, Clinical Nurse Educator, Alix Kite, says her role has expanded to work with units she previously rarely connected with. “We had to ensure there were equipment and processes in place for anesthesiologists to do airway procedures in locations other than the OR,” she says.

“The need came on very rapidly for training and equipment in ICU, the ER, and in Respiratory. The amount of information coming to health care workers and the speed at which that information changes has been challenging. We’ve needed to adapt so quickly.”

Alix says that for the surgeries that are being performed, infection control precautions for each patient are paramount.

“Non-essential equipment is being moved out of the theatres, essential equipment has protective covers, there are longer cleaning procedures and longer times needed for surgery,” she says. “Each step needs to be thought out, confirmed, and communicated so that none are missed. It has demonstrated how valuable and respectful teamwork and communication are in our unit.”

Dr. Andrew Collins, a palliative care physician says the pandemic has created unique challenges for him and every member of the health care team at Peace Arch, but being able to help patients at a difficult stage of their lives, continues to be a positive influence that drives his work.

“One major change has been shifting into ‘virtual visits’ for the patients at home,” he says. “This means using video platforms to hold difficult conversations about goals of care and determining what’s important to the patient and their family.”

Dr. Collins sees patients and their families in the hospital, community, and hospice, and juggles the intricacies of managing symptoms for patients with COVID-19 while providing direction to health care staff.

“I’ve been working with a number of team members across Fraser Health to develop different resources and tool kits to help keep patients safe and symptom-controlled in the face of this pandemic,” he says. “Wearing the extra layer of PPE and providing patient care can be difficult, but everyone has risen to the challenge and continues to deliver the best care possible. It’s been impressive to see how well staff continue to do their jobs in this difficult time.”

Up in the OR, Alix Kite has seen steadfast resiliency amongst the nursing and physician teams, who have found the ability to enjoy their work (and each other) despite many of the changes and stressors the pandemic has created in their work and home life. “It is inspiring,” she says.

Down in the ER, Megan Lum shares a similar sentiment.

“Coworkers are like family... It’s easy to continue to work hard, because you wouldn’t want to let your family down.”

It’s in these times of trouble when our health care heroes really don their capes. They are calm in a crisis. They are reassuring. They make us feel safe with their strength and support. And nowadays, they’re likely working 18-hour days.

It’s not just medical officers or political leaders speaking with well-practiced poise, elegance, and pride that provide reassurance to our community. It’s the everyday heroes at Peace Arch Hospital who protect our most vulnerable. It’s nurses like Megan and Alix, and physicians like Dr. Hendry and Dr. Collins. But it’s also administrative staff, Occupational Therapists, lab technicians, Respiratory Therapists, medical imaging technicians, food services, IT, janitorial services, volunteers, and so many more.

For them, our donors are the heroes, too. Each gift has a positive outcome on the entire Peace Arch Hospital campus and surrounding community, especially in a crisis.

“Thank you for every contribution to the Foundation,” Dr. Collins says. “This has helped us provide incredible care to everyone – young and old.”

“The overwhelming support from people in the community and friends has been a great feeling during this whole situation,” Dr. Hendry says. “From the comments on Facebook and the personal texts from friends, to food deliveries and donations of masks and face shields to keep me safe, I have never seen such an outpouring of encouragement for what we do at the hospital. That support has definitely helped give me the drive to go to work and try to keep everyone safe, even with the realization that I am risking the health of myself and my family every time I step through the hospital doors.”

“I want our donors and community to know that their support does not go unnoticed,” adds Megan Lum. “The outreach has been so appreciated by all of us at Peace Arch. The 7:00 pm cheer is incredible, and I see so many families attend. It’s been a positive way to bring our community together and gives us something to look forward to every day.”

EXPRESS YOUR GRATITUDE TO A NURSE, DOCTOR, TECHNICIAN, OR THE ENTIRE MEDICAL TEAM, WITH A GIFT IN RECOGNITION OF A STAFF MEMBER THAT NOT ONLY HONOURS THEM BUT DEMONSTRATES HOW MUCH YOU APPRECIATED THE CARE THEY PROVIDED FOR YOU AND YOUR LOVED ONES. Making a gift of appreciation will touch each staff member personally and the caregiver you choose to honour will receive a card notifying them of your gift along with a lapel pin.

Please contact Elodie Egersperger at elodie@pahfoundation.ca or 604.535.4520 for more information on Staff Appreciation gifts.



Dr. Andrew Collins, Palliative Care Physician



A GRAND OPENING FOR PAH FOUNDATION LODGE

PAH Foundation Lodge, White Rock and South Surrey's new 200-bed residential care facility, officially opened its doors in April for patients needing long-term, hospice, and mental health care.

Located at 15575 16A Avenue, the state-of-the-art facility was built on land owned by Peace Arch Hospital Foundation and is being leased by Fraser Health to operate 112 long-term care beds, the 15-bed Melville Hospice Home, and 73 older adult mental health units.

"We are thrilled that the new PAH Foundation Lodge, built by Peace Arch Hospital Foundation and funded by our generous donors, is now open," says Peace Arch Hospital Foundation Past Chair, Geoff Funke. "Thank you to Fraser Health for

partnering with us to operate this critically-needed residential care and hospice facility."

The residence features single rooms with ceiling lifts and private en-suite bathrooms, a bariatric room on each floor, family spaces, and the option of connecting rooms for couples. In addition, there is an in-house hairdressing salon, beautiful outdoor gardens, and an on-site production kitchen.



The new 15-bed Melville Hospice Home has replaced the seven-bed hospice located inside Peace Arch Hospital, allowing more patients the opportunity to stay in their home community to receive end-of-life care.

Peace Arch Hospital Foundation financed the construction and met its goal of raising \$10 million towards the \$47 million construction costs through generous donations from the community. A grand opening celebration, ribbon cutting, and exclusive tour event was held on March 7, 2020.



A sample dining table set-up at PAH Foundation Lodge.

Cookin' up

A GOOD FEELING

Food found on hospital campuses has never had the best reputation, but good things are cooking in White Rock and South Surrey. New to the Peace Arch Hospital campus, PAH Foundation Lodge is leading the way to create new and improved dining options.

With a full-scale production kitchen, customized menus, locally-sourced ingredients, and a passionate food-service team at the helm, patients, long-term care and hospice residents now have something positive to look forward to every day.

“Meal service is one of the most important parts of a resident’s day,” says Sue Kelley, Food Operations and Support Services Manager. “Residents look forward to their meals more than any other activity.”

Fresh meal items prepared on-site and more choices are welcome perks for patients, who may have experienced Peace Arch Hospital’s existing style of service. “The kitchen we have at PAH is known as a re-thermal kitchen,” Kelley says. “The food is prepared off-site and is brought in via local suppliers. Foods come in frozen and then are re-heated using a thermalized oven.”

Years ago, PAH had a production kitchen in place, however, re-thermal kitchens were thought to be a great savings measure for the hospital, so a new style of service was implemented at that time. “We’re so excited to be going back to our roots and utilizing a production kitchen in the Lodge,” Kelley says.

“We’re proud to offer a brand new ‘neighborhood menu’ and cooking from scratch on-site with fresh, local ingredients as much as we can.”

The new ‘neighborhood menu’ will feature many new dining choices for residents, including comfort foods, roast dinners, and plant-based proteins. In addition, meal-service will include wheeled beverage, appetizer, and dessert carts, and a servery for on-demand desires like toast, fruit, yogurt, and sandwiches. “Our goal is to provide a calm and dignified dining service with a little bit of choice at every point of service,” Kelley says.

When completing a pilot project of the program, one resident shared that for the first time in a long time, she felt like a human being again. From fresh food and the ability to choose, to new service standards and a lovely tablespace with traditional dish ware, many features have made a big difference for all.

“And if someone wants ice cream with their breakfast...” adds Kelley, “... so be it!”

For overall health and happiness, the freedom to choose matters. “Our hope is that one day, we’ll go back to this style of service on all sites.”



Sue Kelley at the Lodge’s grand opening.

WE'RE ALL IN THIS TOGETHER!

"Boy there have been lots of times I walked through those doors and have always been taken care of love Peace Arch Hospital"

LESLIE PECK, FACEBOOK

"Thank you [Peace Arch Hospital Foundation] for your support of local small businesses!"

LIVE YOGA, FACEBOOK

"It is a real privilege to be a part of the [food delivery] program. Your support is appreciated by us and the many small businesses and farms that we use and support. Thank you!"

CHEF ADRIAN BEATY,
INSTAGRAM

"The English language doesn't have the words to adequately THANK YOU! Just know that you are all appreciated beyond belief! Hugs."

JANE MANNING,
INSTAGRAM

"Thank you for all that have contributed to the Foundation. This has helped us provide incredible care to everyone – young and old."

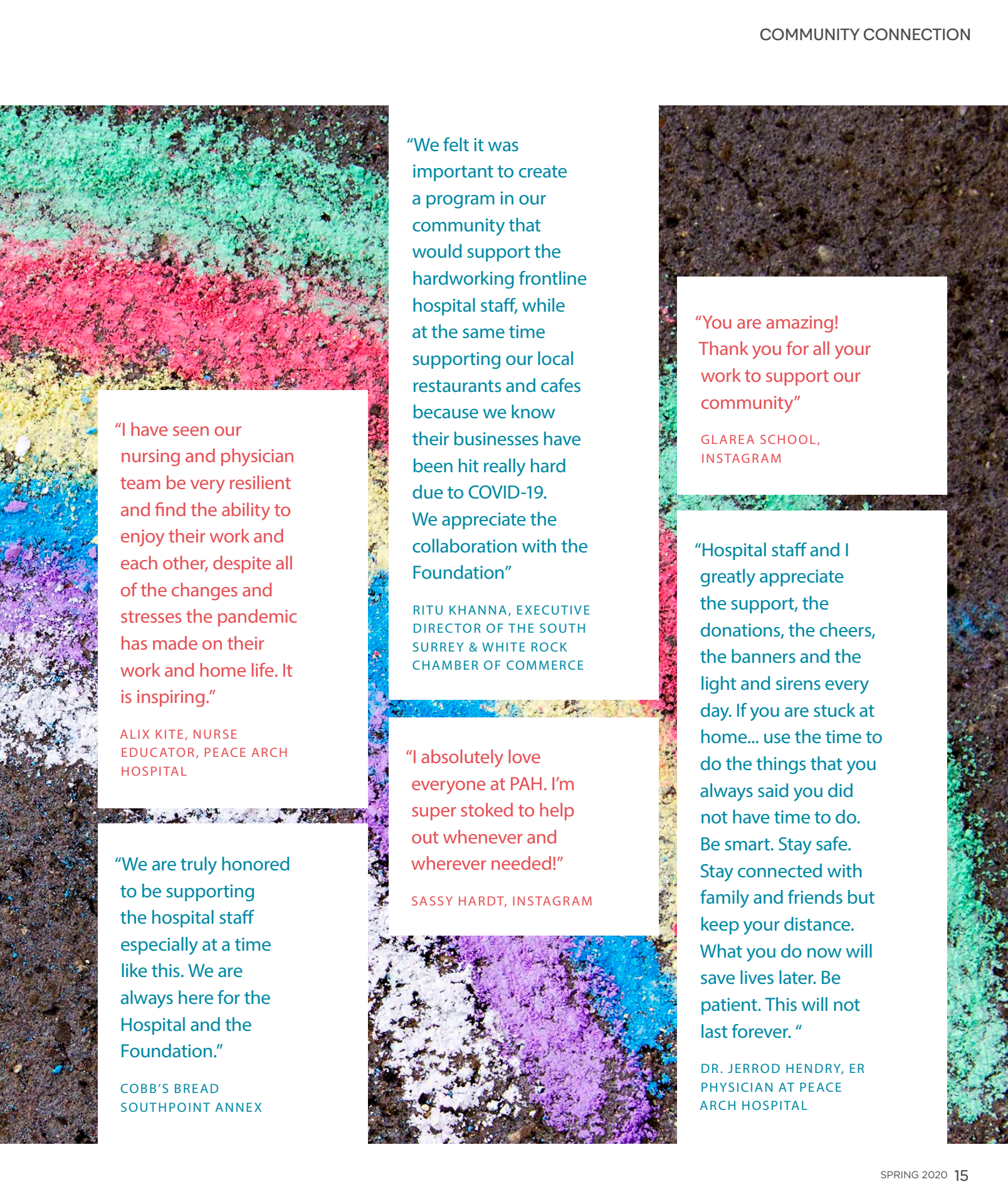
DR. ANDREW COLLINS,
PEACE ARCH HOSPITAL

"I want our community of donors to know that their support does not go unnoticed. The outreach from the community has been so appreciated by my co-workers and I... the 7pm cheer is incredible, it's almost become a community event as I see so many families attend."

MEGAN LUM, NURSE
EDUCATOR, PEACE ARCH
HOSPITAL

"Thank you PAH. You are the best hospital!"

HEATHER MICHALUK,
FACEBOOK



"I have seen our nursing and physician team be very resilient and find the ability to enjoy their work and each other, despite all of the changes and stresses the pandemic has made on their work and home life. It is inspiring."

ALIX KITE, NURSE
EDUCATOR, PEACE ARCH
HOSPITAL

"We are truly honored to be supporting the hospital staff especially at a time like this. We are always here for the Hospital and the Foundation."

COBB'S BREAD
SOUTHPOINT ANNEX

"We felt it was important to create a program in our community that would support the hardworking frontline hospital staff, while at the same time supporting our local restaurants and cafes because we know their businesses have been hit really hard due to COVID-19. We appreciate the collaboration with the Foundation"

RITU KHANNA, EXECUTIVE
DIRECTOR OF THE SOUTH
SURREY & WHITE ROCK
CHAMBER OF COMMERCE

"I absolutely love everyone at PAH. I'm super stoked to help out whenever and wherever needed!"

SASSY HARDT, INSTAGRAM

"You are amazing! Thank you for all your work to support our community"

GLAREA SCHOOL,
INSTAGRAM

"Hospital staff and I greatly appreciate the support, the donations, the cheers, the banners and the light and sirens every day. If you are stuck at home... use the time to do the things that you always said you did not have time to do. Be smart. Stay safe. Stay connected with family and friends but keep your distance. What you do now will save lives later. Be patient. This will not last forever. "

DR. JERROD HENDRY, ER
PHYSICIAN AT PEACE
ARCH HOSPITAL

THE GIVING CIRCLES



The Weatherby Circle is our way of extending heartfelt appreciation to those thoughtful donors who have made us aware of deferred gifts through their will, life insurance policy or retirement fund.

OUR GENEROUS DONORS MAKE A DIFFERENCE FOR EVERYONE IN OUR COMMUNITY!



Donors in our Caring Circle make healthcare a priority with an annual donation or pledge payment between \$1,000 and \$9,999 — either through a monthly gift or single annual contribution.

This donor list recognizes individuals and organizations who supported Peace Arch Hospital Foundation between January 1 and December 31, 2019. Every effort has been made to ensure the accuracy of this list. If you notice an error, kindly contact the Foundation at 604.535.4520.



Comprised of like-minded individuals and corporations whose contributions have an immediate positive impact in the community, the Ambassadors Circle includes individuals who give a \$10,000 cash gift or pledge payment in the current year. Corporations that contribute \$25,000 or more in a cash gift or pledge payment in the current year are recognized as our Corporate Ambassadors.

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