

# thrive

FALL 2021



PEACE ARCH HOSPITAL FOUNDATION

**PEACE ARCH HOSPITAL RECEIVES  
THREE NEW BRONCHOSCOPES  
THANKS TO GENEROUS DONORS**

**MARCIE UNGER'S INSPIRING  
COMMUNITY LEGACY**

**CELEBRATING 2021'S FRIENDS  
OF THE FOUNDATION**

**MANJIT LIT & DR. MUJAHID SYED**

A donor and a doctor making an impact for mental health care in our community

**MEET +**

## Is it just us or did it feel like fall landed on our doorstep overnight?

Not that we are complaining after our record-setting steamy summer on the coast. Never before have we looked so forward to the changing of seasons! Now that we are headed into the holidays and another new year, we can't help but reflect back on 2021 and all that we accomplished together.

We are so excited to see the imminent completion of Peace Arch Hospital's new Emergency Department and five new operating suites, which will both start welcoming patients early in January. This project has been in the works for so long starting with the first donations that trickled in about 10 years ago when a new ER was simply a dream. Fast forward to 2021 (and a new expanded OR added into the mix) and the dream has become a reality, solely due to the overwhelming generosity of this community that raised a staggering \$27 million so that their hospital could provide the best care possible for years to come.

This is YOUR success! Our donors made this happen. It is truly remarkable what can be achieved when a community bands together with a singular vision that collectively benefits us all.

Speaking of achievements, we were finally able to host our first indoor live event in nearly two years when our annual Friends of the Foundation Awards were presented on November 13 at Hazelmere Golf & Tennis Club. We honoured several well-deserving individuals and businesses that went above and beyond for their hospital over the past year, and it was so wonderful to reconnect in person with our donors and supporters. You can read more about these recipients on page 14.

Lastly, we wish all of you a merry Christmas and magical holiday season, however you choose to celebrate.

Cheers to 2022!



Janice Stasiuk  
*Board Chair*



Stephanie Beck  
*Executive Director*



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# COMMUNITY GENEROSITY HELPS PEACE ARCH HOSPITAL SEE BEYOND A BREATH

The global COVID-19 pandemic has been deadly and has put significant stress on Peace Arch Hospital – your local hospital – this year. It’s been tough on our local medical teams, patients, and their families. And we all remain hopeful.

This past summer, the Foundation launched our **“See Beyond a Breath”** campaign for a new bronchoscope at Peace Arch Hospital. This wonderful device is used by doctors, respiratory therapists, and pulmonologists to detect the cause of breathing difficulties and lung problems. It helps manage issues such as tumours, infection, and bleeding, and helps medical teams monitor a patient’s breathing when they are using an artificial airway during intubation or tracheostomy.

To the Foundation’s surprise, our local community quickly provided outstanding support for a new bronchoscope. In fact, funds raised through the “See Beyond a Breath” campaign, and two special major gifts, provided enough support for not one, but three new bronchoscopes to be purchased. Major gift donors include the Racanello family, and TB Vets Charitable Foundation, who both had special interest in arming Peace Arch Hospital’s frontline medical teams with critical respiratory equipment.

“We are very thankful and grateful for our Peace Arch Hospital and are honoured to help healthcare professionals give the best treatment possible,” says Ron Racanello, who with his wife, Greta, are grateful patients who funded one of the three new scopes.

“These generous gifts and our new bronchoscopes will improve accurate diagnosis, surgery, biopsy, and treatment results,” Stephanie Beck added. “And they will ensure that our entire community can receive much needed care close to home. Thank you!”

The Bronchoscope is small, but mighty. We knew that it would help COVID-19 patients and others suffering from breathing difficulties to recover, but with its significant cost of \$35,000, we hoped that our local community would help us purchase one for their hospital.

Stephanie Beck – Executive Director

# Caring for the Caregiver

Peace Arch Hospital & Community Health Foundation, whose mission is to raise funds, advocate, and support initiatives that enhance the hospital campus and the health and wellness of our community, is proud to have recently contributed \$100,000 towards Seniors Come Share Society's Caring for the Caregiver project. This multi-faceted project works to build a foundation for holistic wellness by providing better health supports for caregivers, increased levels of socialization, access to respite, one-to-one counselling services, and much more.

Since the onset of COVID-19 and need for social isolation, the number of calls from caregivers in our community who are in distress and needing support has tripled. Caregivers are no longer getting respite from their role as a caregiver, and the increased responsibility has taken a toll.

"Caregiver burnout on a mass scale would have a huge impact on the healthcare system," says Louise Tremblay, Executive Director of Seniors Come Share Society. "In order to prevent that from happening, we need to keep our caregivers feeling supported by their community and connected to other caregivers who are facing similar challenges. This program will do both. We are all very excited about moving forward with this project."

The main goal of the Caring for the Caregiver project is to address and support the emotional, psychological, physical, and clinical needs of caregivers and their families within the community. By supporting caregivers and their families, this project will help create a healthier community, and support Peace Arch Hospital by providing care to people within the

comfort of their home, freeing up acute care beds for critically ill or emergency patients.

There are more than one million family caregivers in BC who provide 80% of the care for their family members and friends. They are essential to the health care system, yet as many may have experienced, family caregivers go unnoticed. Nearly 40-50 caregivers are currently seeking support in our community, and that number continues to grow.

"Funding provided through our Healthy Community Grant will help caregivers in our community maintain their resilience," says Amy Cross, the Foundation's Community Engagement Officer. "We know that in order for them to continue to show up and provide care for recipients, it is incredibly important to embrace them with as many avenues of support as we can."

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**"We are all very excited about moving forward with this project," says Louise Tremblay, Executive Director at Seniors Come Share Society.**

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We could not do what we do without involvement from community organizations like [Peace Arch Hospital Foundation]. There are so many caregivers in our community who need this type of service now more than ever. Thank you!

Louise Tremblay — Seniors Come Share Society



# Healing Blooms

## From Hospice's Tranquility Garden

Upgrades to the Werner and Helga Höing Tranquility Garden are now complete! Set in a quiet space behind PAH Foundation Lodge's Melville Hospice Home, the newly-adorned garden features a variety of plants and flowers and provides space for individuals or families to gather, connect, reflect, and more.



The wildly valuable and therapeutic benefits of gardens in promoting people's physical and emotional wellbeing is immeasurable. Gardens have a very important role in hospice care, providing a beautiful and tranquil space for people with terminal and life-limiting conditions, as well as for their families who may be receiving counselling and bereavement supports, learning new skills, or simply taking time out for quiet reflection.

It is our hope that the garden will continue to be a therapeutic place to help soothe any anguish that people may face during the uncertainty of illness, or while they or their loved ones receive hospice care," says Stephanie Beck, the Foundation's Executive Director. "Sometimes, it's the simple little things that bring the most joy to others. Delicate additions such as miniature pumpkins, twinkling lights, and special herbs ensure that this space remains beautiful and ever-changing with each passing season."

"Plus, there are so many benefits to horticulture therapy," Stephanie adds. "We couldn't be more grateful for our donors, Werner and Helga Höing, who made this garden possible. As lifetime members of Peace Arch Hospital Foundation's Ambassadors Circle (a group of donors who give a minimum of \$10,000 annually), their support has been truly transformational!"



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**Special thanks to Caroline Les at The Little Garden Company for working with us to update and maintain this beautiful and impactful outdoor space. Les is a Master Gardener, and is passionate about creating beautiful and therapeutic outdoor spaces. The Little Garden Company is a local business that specializes in healing gardens and horticulture therapy. To get in touch, visit [www.littlegardenco.ca](http://www.littlegardenco.ca)**

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## SUNGIVEN FOODS GIVES BACK

To celebrate their White Rock location's one year anniversary, Sungiven Foods donated \$3 from each purchase of \$88 or more during a week-long period in September. This third-party fundraiser raised a total of \$2,500 for Peace Arch Hospital's Area of Greatest Need. Thank you, Sungiven Foods!

## ATTITUDE OF GRATITUDE

Customers and employees at the Morgan Crossing location of Saje Natural Wellness donated products and collected handwritten gratitude notes for first responders in honour of Thanksgiving. These items were recently gifted to frontline staff in the Emergency Department at Peace Arch Hospital and boosted the morale of the medical teams who care for our community's most critical patients. Thank you, Saje Natural Wellness!



## EAR-SAVING GRACE

Youth in White Rock and South Surrey came together to create and supply special 'ear-savers' to the staff at Peace Arch Hospital. This Gift in Kind helped to reduce pressure on face mask ear loops for staff, allowing for a more comfortable and adjustable fit. Creative gifts like this matter and they all make a difference — thank you!

# Mental Health in 2021

## THE PANDEMIC WITHIN A PANDEMIC

For Dr. Mujahid Syed, a Fellow of the International Institute of Organizational Psychological Medicine, the pandemic has affected his medical practice far beyond patients contracting COVID-19. As a mental health and addictions physician at Peace Arch Hospital, he has seen an unprecedented demand for mental health services over the last 18 months.



## My case load has gone significantly up. From young professionals to seniors, all age groups are suffering, and their coping strategies are so limited. **Dr. Mujahid Syed**

It's not just White Rock and South Surrey that is seeing an influx of patients, Canada and the rest of the world are in the grips of a mental health crisis that is devastating families, communities, and economies.

This is precisely why donor Manjit Lit stepped up with a \$100,000 matching donation supporting mental health care at Peace Arch Hospital, hoping to inspire others to give what they can to this often overlooked, but integral, aspect of health care.

And inspire he did. The Surrey Fire Fighters' Charitable Society and White Rock Firefighters Charity Association have banded together to make a \$35,000 gift becoming the leading donors to meet Manjit's match. Mental health care has always been at

the forefront of the firefighters' philanthropy as they witness their colleagues often struggle with the mental and emotional demands of the job. Their previous gift of \$500,000 supported a new Mental Health Care and Substance Abuse Zone which will open in summer 2022 and is located in Peace Arch Hospital's new ER.

In terms of the current state of our community's mental health, Dr. Syed credits pandemic isolation as a large factor in the increasing need for mental health services.

"For seniors, their lifestyle has changed so much," Dr. Syed says. "They're isolated with very little face-to-face connections with family and it's really taking its toll. Young professionals are facing tremendous stress and some are turning to substance

use to cope. We need far more addiction and counselling resources than we currently have, which is so important when people are struggling."

Dr. Syed adds that financial constraints can be a big barrier to treatment and with post-treatment counselling sessions as high as \$200 per hour, many are squeezed out of the care they desperately need.

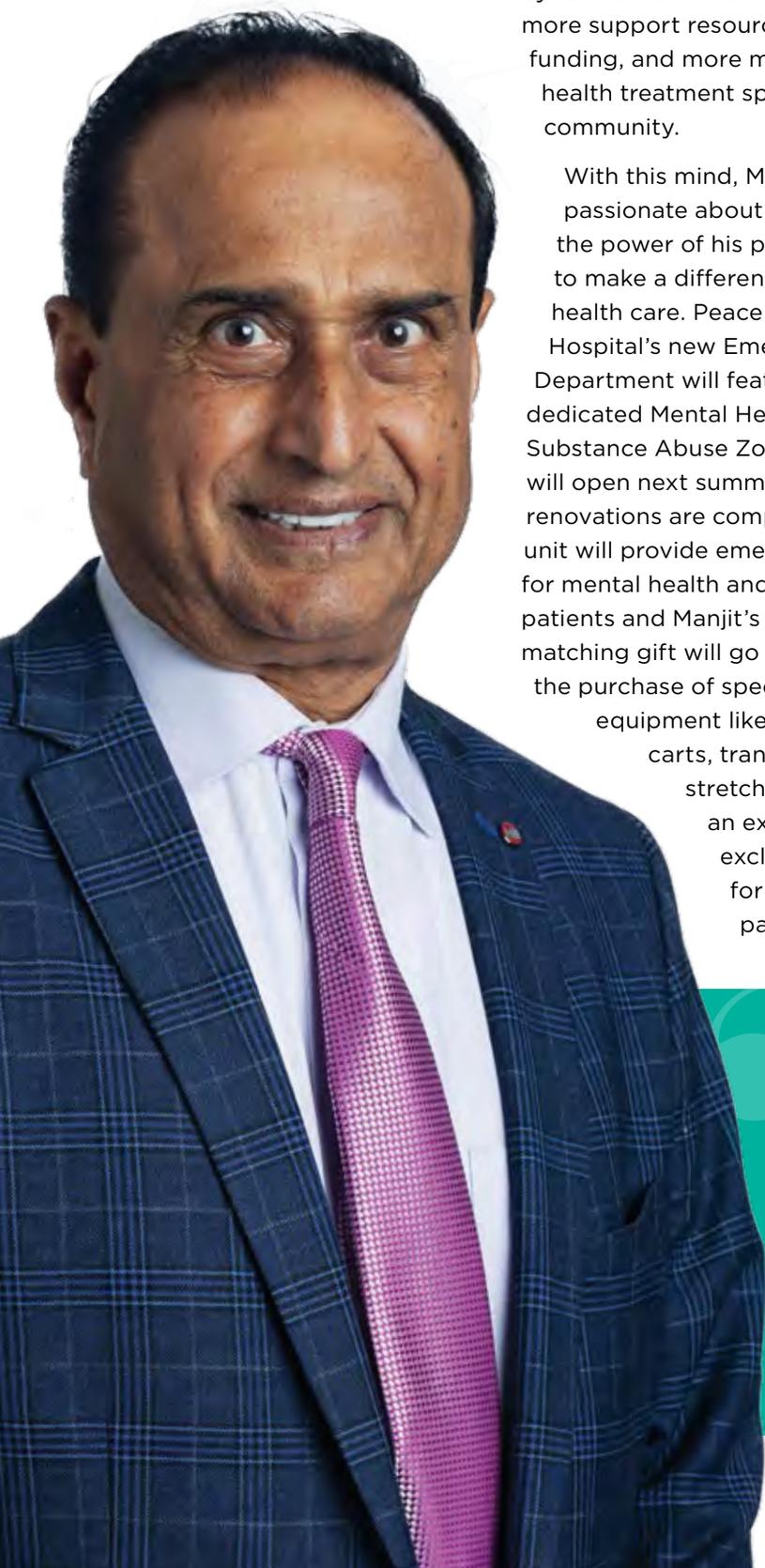
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**"We definitely don't have enough support services for lower income patients. These are significantly ill people and ideally, we need subsidized care. Once a client leaves Peace Arch Hospital's mental health centre, there's not much else for them."**

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With mental illness the leading cause of disability in Canada, nearly 500,000 employed Canadians miss work each week due to mental health issues. This results in an economic burden of about \$51 billion per year including health care costs, loss of productivity, and reductions in health-related quality of life.





With the pandemic only exacerbating the problem, Dr. Syed reiterates the need for more support resources, more funding, and more mental health treatment spaces for our community.

With this mind, Manjit Lit is passionate about harnessing the power of his philanthropy to make a difference in mental health care. Peace Arch Hospital's new Emergency Department will feature a dedicated Mental Health and Substance Abuse Zone which will open next summer once the renovations are complete. This unit will provide emergency care for mental health and addictions patients and Manjit's \$100,000 matching gift will go towards the purchase of specialized equipment like medication carts, transport stretchers, and an exercise bike exclusively for the use of patients while

they are receiving treatment in a secure environment.

It's not just patients who are not getting the resources they need, but also physicians, clinicians, and coordinators who are struggling with burn-out and unmanageable caseloads.

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**“We need more mental health care professionals, more space, and more programming like peer groups,” Dr. Syed says. “I believe counselling for everyone is so important, and that includes the health care professionals themselves.”**

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The Foundation partnered with the Peace Arch Hospital Wellness Committee to launch a new two-month wellness program for hospital staff that featured a variety of different activities such as Tai Chi, meditation, and

**“We may be a small community, but we need all the services that a larger city can offer. The pandemic has been challenging for everyone and I want to make an impact right here where I live and inspire others to as well.”**

**Manjit Lit**

yoga for 10-minute sessions held in each unit/department for staff who are interested and able to participate. This program was one initiative to help improve the mental health of the staff who care for our most vulnerable patients.

Mental health care in our community extends far beyond the hospital campus. Peace Arch Hospital Foundation's Healthy Community Grants program's very mandate is to support viable projects, programs and initiatives that enhance the health and wellness of those living in White Rock and South Surrey.

The Foundation recently granted \$300,000 (its largest grant to date!) to Alexandra Neighbourhood's Youth Space project and Vine Street Youth Clinic. This innovative youth-driven program works to build a foundation for holistic wellness by creating a safe, sober, and inclusive community space for youth in White Rock and South Surrey. Many problems faced by youth — from the pressures of life, stress and anxiety, family conflict, and more — have led to substance misuse, depression, anxiety, and other mental health-related issues. This program helps promote connection and belonging and provides a space for youth to recreate meaning in their lives, something Dr. Syed feels is paramount to emotional wellness.

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**“Having the resources available to help with coping strategies at any age is key to managing a mental health crisis,” says Dr Syed. “Now more than ever we need to recognize that treating mental health is just as crucial as treating any physical ailment.”**

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Despite being a young, charismatic professional with a wife and children, a great career, my own home, and countless opportunities to travel, I have suffered with depression and anxiety and have had thoughts of taking my own life. I have required emergency mental health care and ongoing support at Peace Arch Hospital, and I represent the one in every two Canadians that have experienced a mental illness by the time they reach forty years of age. I am evidence that our community is not immune to mental illness. And without the critical care I received at Peace Arch Hospital, I might not be back at home right now with my wife and children, enjoying precious family moments and life's greatest milestones. It is the support from donors in our community that helps Peace Arch continue to meet the needs of patients like me, and other community members who need it most. Thank you.

**Andrew B, Grateful Patient**

**Our heartfelt gratitude to Manjit Lit, the Surrey and White Rock firefighters, and every donor who matched this generous donation!**

# Gone but Never Forgotten

This holiday season and will mark the second Christmas that the Ungers have spent without their matriarch, Marcie Unger, by their sides. Marcie fought a courageous battle against pancreatic cancer, succumbing to the disease in June 2020 after a very short five-month struggle. Left behind to share in her memory is her soulmate Randy, her loving mother Sheila and sister Sandy, and her beautiful children, Sarah, Spencer, and Naomi Unger.

“Although shattered, our hearts remain filled with fond memories of her. Especially as we prepare for what was once a favourite time of year as a family — Christmas,” Randy says.

“We never imagined that our Mom would have been ever diagnosed with cancer,” Spencer says. “With her 24-year career in the Medical Imaging Department at Peace Arch Hospital, we know it was heartbreaking for her to receive her own diagnosis that fateful day. She has always put others first, and by the time she underwent her own ultrasound, it was already too late.”

Marcie’s commitment and passion for patient care made her terminal diagnosis that much more painful. “Dr. Marcie,” as she was lovingly referred, was a valuable member of the medical imaging team and worked tirelessly for her patients and colleagues. She would often stay late, work extra shifts, and go out of her way to ensure that vulnerable patients received life-saving diagnostic scans and related care. She would even stay up late to bring home-made pizzas into work to share with her colleagues, boosting morale and ensuring everyone had the sustenance needed to make it through their long and busy shifts at the hospital.

“Since her passing, hospital staff, patients, and others have consistently come forward to share heartwarming stories about Marcie and the positive impact that she had on our community,” says Shonna Breslaw, Legacy Giving Officer at Peace Arch Hospital Foundation. “She never truly knew how valuable she was,” Randy adds. “But her zest for life was beyond compare.”

“Though our mother has passed away, her spirit lives on in our hearts forever,” Sarah Unger says. “We do our best to match her unwavering strength, love, loyalty, and care.” Right now, the Unger family is working on carrying forward Marcie’s legacy of helping others by working with Peace Arch Hospital Foundation to fund new, state-of-the-art medical imaging equipment.

Key pieces of medical imaging equipment our doctors and nurses rely on at Peace Arch Hospital are becoming old and outdated. Wait lists can also be long, and that means many patients need to transfer to other hospitals for important scans. We know that this is difficult for any patient, and difficult on the families who support them.

Much of the current equipment is slow and unreliable, losing valuable minutes — and sometimes even days — which can greatly affect patient outcomes. “Every single second of a loved one’s life counts,” Randy says. Right now, the most critical need is a new portable ultrasound machine.

“Cancer stole our mother away from us too soon, but it also inspired us to somehow make an impact. Our hospital needs the very best medical imaging equipment to do so,” Naomi says. “We want to honour our mother and make her proud by equipping Peace Arch Hospital with the necessary tools to continue to treat patients locally. Think of it as the legacy of our loved one, completing a circle of care in our community.”

“Mom taught us that the holidays are about sharing, caring, and spreading joy — not just for your own family, but for every family in our community, too,” Spencer says.

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**“We are very thankful and proud that Marcie’s legacy may live on,” Randy says. “She may be gone, but she will never be forgotten.”**

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# This holiday, honour Marcie's legacy with a gift.



**HELP FUND STATE-OF-  
THE-ART MEDICAL  
IMAGING EQUIPMENT  
FOR PEACE ARCH  
HOSPITAL.**



Having the very best medical imaging equipment could be the difference between a patient walking out of Peace Arch Hospital on their own to spend Christmas with their family, or not walking out at all.



**PEACE ARCH  
HOSPITAL  
FOUNDATION**

 **LEARN MORE** 

[pahfoundation.ca/give](http://pahfoundation.ca/give)

# Friends OF THE Foundation



PEACE ARCH  
HOSPITAL  
FOUNDATION

CELEBRATING HEALTH CARE CHAMPIONS IN OUR COMMUNITY

GENEROUSLY SPONSORED BY  
Neil & Lisa Yarmoshuk

## Celebrating 2021 Friends of the Foundation

On November 13 at Hazelmere Golf & Tennis Club, the Foundation held its very first indoor live event in nearly two years!

More than 100 vaccinated donors and supporters gathered to honour individuals and organizations who went above and beyond for Peace Arch Hospital over the last year at the annual Friends of the Foundation Awards. The 2021 recipients included:

**Professional Advisor** — Timms Engen Wealth Management Group

**Medical** — Dr. Mae Tam

**Volunteer** — Dr. Jeff Purkis

**Philanthropy** — The Cowell Foundation

**Service Group** — Tzu Chi Foundation Canada

**Business Group (Small)** — Laura's Coffee Corner

**Business Group (Large)** — Amica White Rock

**Community Champion** — Semiahmoo Shopping Centre

**Philanthropy Award of Distinction** — PARC Retirement Living

It was wonderful to see so many of our donors in person and it reminded us how powerful face-to-face connection can be.

*Congratulations to all our 2021 award recipients!*



# LA DOLCE VITA

MAY 7, 2022

**AFTER TWO  
LONG YEARS,  
THE PEACE ARCH  
HOSPITAL GALA  
IS BACK!**

Join us on **May 7, 2022**  
when we (finally) celebrate  
The Sweet Life at the gala  
to end all galas.

Contact Vicki Brydon at  
[vicki@pahfoundation.ca](mailto:vicki@pahfoundation.ca)  
to get on the wait list.



## Let your legacy be the gift of health for your family—and for every family in our community.

### YOUR WILL IS POWERFUL.

While still taking care of your loved ones you can also support a cause that is important to you. Your legacy can live on in both your own family and the thousands of families who will rely on quality health care close to home at Peace Arch Hospital.

No matter the size of gift, imagine the impact a gift in your will could have for future generations. Visit [pahfoundation.ca](http://pahfoundation.ca) click on 'Ways to Give' and 'Gift in your Will' to watch inspiring stories from our donors and learn more about the numerous benefits to legacy giving.

**We would be honoured to speak with you about the vision for your legacy gift. Please contact Shonna Breslaw at 604.535.4520 or [shonna@pahfoundation.ca](mailto:shonna@pahfoundation.ca)**



**PEACE ARCH  
HOSPITAL  
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**Make your donation today.**

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