

thrive

WINTER 2022



PEACE ARCH HOSPITAL FOUNDATION



**PEACE ARCH HOSPITAL'S
\$91 MILLION EXPANSION WRAPS UP**

**STROKE RECOVERY GETS A BOOST
WITH THE FAME PROGRAM**

**IMAGINING THE POSSIBILITIES
WITH NEW MEDICAL IMAGING
EQUIPMENT**

JAMES & MONIQUE GOOD

Two donors and active volunteers who are proof that age is just a number

MEET +

With 2022 coming to a close, there is so much to be thankful for. As we look back to where we were just one year ago, we can't help but feel gratitude for our health, our community, and for what we've been able to achieve with the help of our donors.

Since our last issue, the new Mental Health and Substance Use Zone at Peace Arch Hospital has been completed and represents the last phase of the \$91 million redevelopment and expansion plan for Peace Arch that began several years ago. It feels fitting to tie a bow around that momentous project, especially at this time of year. You'll read more about the impact of this final phase, including how two cities worked together to make it possible on page 4.

In our cover story you'll meet James and Monique Good, two legacy donors and active volunteers who are proving that age is only a number when it comes to giving back. At 96 years young, James is setting an example of what's possible by volunteering weekly in his role as a porter, shuttling patients back and forth to physiotherapy sessions from their rooms. We think you'll find James as inspiring as we do!

Finally, on page 15, we'll introduce you to our 2022 Friends of the Foundation award recipients. On a warm sunny evening at the beginning of October, we gathered to honour this exemplary group of individuals and organizations whose support of Peace Arch Hospital over the last year has been extraordinary. Each of them is just one more reason we're grateful.

We wish you the warmest of holidays spent with family and good friends.



Stephanie Beck
Executive Director



Grant Turnbull
Board Chair





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HOSPITAL
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ER

PHASE 2 UPDATE

CONSTRUCTION IS COMPLETE ON PHASE 2 OF PEACE ARCH HOSPITAL'S EMERGENCY DEPARTMENT!

Construction on Phase 2 of Peace Arch Hospital's expansion is now complete, and Fraser Health is currently preparing for the grand opening of the 10 additional treatment spaces, including a new Mental Health and Substance Use Zone.

Additional treatment spaces and operating rooms, as well as a dedicated area for mental health and substance use, will help us provide a more patient-centred experience to people in White Rock and surrounding communities seeking services at Peace Arch Hospital. The expanded [emergency department] is a testament to our supportive community and the strong partnerships that have been forged with a common goal of better health for all.

Dr. Victoria Lee, President and CEO of Fraser Health

"Providing mental-health and substance-use care is a vital part of our health system," says Sheila Malcolmson, Minister of Mental Health and Addictions in a press release. "With dedicated space for people experiencing mental-health emergencies, the expansions at Peace Arch Hospital will provide care people urgently need in White Rock and South Surrey."

"This is incredibly exciting for our community and made possible by the generosity of our donors, many of whom gave again and again to make this dream a reality," adds Stephanie Beck, Peace Arch Hospital Foundation's Executive Director. "Our community built this hospital in 1954, and that spirit of philanthropy and caring still exists today."

Peace Arch Hospital Foundation gives special thanks to the fire departments of both Surrey and White Rock who previously made a monumental gift, donating a total of \$500,000 to the new emergency department. In recognition of their generosity and commitment to a hospital that serves both of their communities, the waiting area of a new Mental Health and Substance Use Zone, as well as a seclusion room and a quiet consultation room is named in their honour.

"As First Responders, Surrey and White Rock Firefighters consistently go above and beyond to protect and serve our community," Stephanie says. "We are so very grateful for their generosity and their service, and we are delighted to share in the celebration of this newly renovated space."

As the population of White Rock and South Surrey increases, the number of patients requiring mental health treatment increases accordingly. The expansion of Peace Arch Hospital's ER facilities, and the creation of a dedicated Mental Health Treatment and Substance Use Zone, will help ensure medical staff can provide a higher level of care for mental health patients, many of whom are the most vulnerable and sensitive patients encountered at the hospital. "We are so excited to be able to support our community with expanded mental health services," Stephanie says. "The philanthropy and partnership demonstrated from both fire departments is a wonderful example of our two cities working together for a healthier community for all."



GRANT FUNDING DRIVES HOPE FOR CANCER PATIENTS IN WHITE ROCK AND SOUTH SURREY



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 \$66,000 IN SUPPORT OF VOLUNTEER CANCER DRIVERS SOCIETY'S RIDE TO CARE PROGRAM.

"This impactful, complimentary transportation service benefits residents in White Rock, South Surrey, and beyond who are battling cancer," says Amy Cross, Community Engagement Office at Peace Arch Hospital Foundation. "Volunteer Cancer Drivers Society (VCDS) provides volunteer drivers who, using their own vehicles, transport patients from their homes to their treatment facilities, wait during patient treatments, and provide a safe and comfortable return trip home."

"We wouldn't be able to serve cancer patients in need of compassionate and personalized transportation without this community funding," says Bob Smith, President of VCDS. "Support from Peace Arch Hospital Foundation, one of the only local organizations that offers funding of this kind, has made a phenomenal difference for our organization and our patients in need."

is somewhat lifted knowing that our friendly volunteers are only a call away,” Bob explains. “The act of removing at least one major stressor from a cancer patient’s journey is really something special.”

“Even more special is the compassion and care shown by our charitable drivers and the generous foundations who support us. Together, they provide us with the financial support needed to continue offering this essential service – during the pandemic, and beyond.”

As a community-funded service, VCDS is entirely reliant on volunteer efforts to generate donations and grants from foundations,

corporations, patients, the public, municipalities, first responders, and service clubs.

“Supporting this program is so important for us at the Foundation,” Amy says. “Having assured transportation with an empathetic and caring driver during debilitating cancer treatment is a necessity for patients in our community.”

“Peace Arch Hospital Foundation is a true ally,” Bob says. “Funding of this kind has sustained and supported us over the years, allowing us to expand our services in the local community and move additional resources into other areas that may be underserved.”

“It’s rare that we ever have to turn a patient away,” Bob adds. “I’m constantly humbled by the generosity of our local communities and volunteer drivers. The impact that they have is truly remarkable.”

Bob and his colleagues, including a team of dedicated volunteer drivers and dispatchers, offer peace of mind for vulnerable patients who may not have the means or support to drive to and from essential cancer treatments, or cancer-related medical appointments. In the White Rock and South Surrey community alone, they provide an average of 50-60 patient rides per month. That’s nearly 40,000 kilometers of driving in 2021 alone.

“A cancer diagnosis can be devastating, but the physical, emotional, and financial burden



If you or someone you love is in need, Volunteer Cancer Drivers is committed to providing a ride for all cancer patients! Gain access to their personalized service by visiting volunteercancerdrivers.ca or by calling 604.515.5400.



Feeling Good Giving Back

For James and Monique Good, giving back is just second nature. The couple, who have been married for nearly 50 years, have been actively volunteering since retiring in 1988. Originally from Toronto, they settled in South Surrey 34 years ago and quickly embraced their new community, including their local hospital.

"It's a normal evolution to volunteer after retiring," James says. "We like to keep busy and there's no better way to fill your time."

From growing vegetables in their backyard garden for the Sources Food Bank, to helping to maintain and beautify part of Heron Park at the entrance to Crescent Beach, James is always eager to give back to a project that benefits the community. He was instrumental in creating Dart's Hill Garden Conservancy Trust Society and was a guide there for many years. He's now officially a life member and in 2018, after being recognized as Surrey's Good Citizen of the Year, a bench in Dart's Hill Garden was named in his honour.

In 2017, both James and Monique started volunteering at Peace Arch Hospital in various roles including the information desk and helping to porter patients to and from different areas. In 2018 they volunteered with the Hospital to Home program and began driving, providing a safe and easy transition for patients, mostly seniors, to travel home after their stay at Peace Arch.

"We would always make sure they got settled and run some errands for them," Monique says. "They were all very sweet people who just needed some help."

During their work with the Hospital to Home program, James and Monique made sure that patients made it safely back into their homes and had everything they needed to feel comfortable again.

"I'd check their refrigerator to make sure that they had food staples like milk," Monique says. "And if they didn't, we'd buy them some. It's the little things that can make all the difference."

They continued to transport patients right up until the pandemic hit, and it wasn't allowed anymore. James, who's now 96 years young, came back to Peace Arch this past summer resuming his porter role and now spends a couple of days a week taking post-op patients from their room to the gym and back for physiotherapy. On average, he shepherds six patients per day and all the staff have come to know James' smiling face in the hallway.

“I have a lot of fun at Peace Arch and really look forward to my volunteer shifts,” James says. “I’ve gotten to know so many patients and enjoy my chats with them.”

James and Monique’s passion for giving back has not just been of their time. They have both decided to leave a gift in their wills to Peace Arch Hospital as a legacy for generations to come. They even inspired a new friend and fellow volunteer, Susan Cumming, to make a gift in her will to Peace Arch.

“We met Susan at the Strawberry Social event this year,” Monique says. “We quickly learned we had a lot in common with our volunteering and we told her about our legacy plans. She ended up doing the same. Peace Arch Hospital has touched so many people in the community; everyone has a connection whether they’ve been there themselves or one of their loved ones has.”

“It’s stories like James and Monique that truly make our work in fundraising so rewarding,” says Stephanie

Beck, Peace Arch Hospital Foundation’s Executive Director. “From learning more about our donors and what’s meaningful to them in their giving to showing the impact of what their gifts have achieved, it’s tremendously heart-warming and we are so grateful for their support.”

Prior to indicating their gift in will to Peace Arch Hospital Foundation, both James and Monique were members of the Sea Star Circle, an exclusive club of donors who make an impact all year long through monthly giving. A benefit of this monthly giving club is the dainty gold pin used to recognize Sea Star Circle members at events and in our community. Both still proudly wear this treasured keepsake on their lapels, reminiscent of their transformational impact over the years.

Monique, who’s 86, says the secret to staying healthy is the daily morning walks to the beach that she and James have been doing for more than 30 years. It’s their favorite part of living here and they have cultivated great friendships over the years with the people they have met on the promenade.

“There are lots of children and families at the beach every



morning,” Monique says. “We have so many special friends we’ve met. I even had a birthday party for James this year down at the promenade at 8:00 in the morning. It was wonderful.”

“Our community is so fortunate to have legacy gifts like the one made by the Goods that will continue to ensure Peace Arch Hospital is equipped to deliver the best care to everyone in White Rock and South Surrey,” Stephanie says. “Their legacy will help to enhance health care locally for many years to come, whether it supports the expansion of the hospital campus or helps fund the purchase of essential medical equipment. Their impact will be transformational and will shape the care for generations to come!”

Feeling inspired by James and Monique’s impact? You can join them in doing GOOD by making a legacy gift (a gift in your will). This will help complete a circle of care that goes on to benefit so many people in our community.

There are so many benefits to remembering Peace Arch Hospital & Community Health Foundation in your Will. It is a remarkable act of generosity that says so much about what you value. There are many ways to make a Legacy Gift to Peace Arch Hospital Foundation, as outlined on our website. We encourage you to discuss with your advisors what works best for you, your family, and your estate.

To learn more, visit pahfoundation.ca/legacy

Our Caring Community



Peace Arch Hospital turns 68, and our community gives back in celebration!

This past August, local businesses joined the celebration of Peace Arch Hospital's 68th birthday with gifts to help fund urgently needed medical equipment. For an entire week, customers and guests of these businesses were able to head into their locations and top up their orders with a special gift to Peace Arch Hospital Foundation!

Please join us in thanking this year's community partners: Everbean Café, Grounds and Greens, Laura's Coffee Corner, Blenz Coffee (South Surrey), and Spinhouse (South Surrey)!

Spreading Smiles with Tim Hortons Smile Cookie Week

For an entire week in September, 100% of the proceeds from the sale of smile cookies at our local Tims locations benefitted Peace Arch Hospital Foundation! Our team shared smiles with first responders in our community by dropping off cookies to our local fire halls, police stations, and Peace Arch Hospital's emergency room.



Ladies Golf for a great cause!

South Surrey's newest event for beginner golfers, Ladies Golf Day, hosted their first annual golf tournament this past August in support of Peace Arch Hospital Foundation. \$10,000 was raised! Thank you to all who participated.

If you are an individual or local business interested in holding your own fundraiser, or making a corporate gift in support of Peace Arch Hospital Foundation, we'd love to hear from you! Visit pahfoundation.ca/ways-to-give

Imagine

the possibilities...

Campaign for new Medical Imaging Equipment

Until the mid-1800s, physicians had no ability to see what was happening on the inside of a patient's body in a way that was non-invasive. But human curiosity and the insatiable appetite to improve diagnosis grew. X-rays were invented and replicated in laboratories around the world, followed by many advancements including Nuclear Imaging, CT Scanning, Ultrasounds, and Magnetic Resonance Imaging (MRI).

When Peace Arch Hospital was built in the 1950s, conventional medical imaging had reached a remarkable degree of sophistication for its time. Images were thought to have high resolution and were very useful for diagnosis. This is no comparison to what would be developed in the ensuing decades.

“Medical imaging has a central role in disease detection, management, and treatment,” says Dr. Bippan Sangha, Radiologist at Peace Arch Hospital. “The tools and technologies available in medical imaging are continuously being updated and improved. Keeping up to date with the latest equipment at Peace Arch Hospital will help us provide the highest quality care possible for the people in our community.”

Peace Arch Hospital's medical imaging department is in desperate need of major improvements. As Dr. Eleanor Clark, Radiologist at Peace Arch Hospital puts it: “Peace Arch Hospital's Medical Imaging Department must service our entire community and beyond – not just the acute patients at Peace Arch Hospital. Managing

the current level of patients is hugely problematic and does not result in the level of immediate care needed by our community. Emergency patients are often squeezed in front of scheduled appointments, resulting in longer wait times for all. And that's when the equipment is fully functioning... but oftentimes, it's not.”

Current imaging equipment results in low-quality images, delayed or rescheduled appointments, lack of patient comfort, and loss of qualified staff to other health care centres with more modern technology. Medical imaging is at the forefront of all medical diagnosis, from acute care settings to complex emergencies.

Medical Imaging also plays an important role in a patient's journey through illness and disease and is pivotal in the diagnosis and management of all ailments. Keeping up to date with new medical imaging technologies will transform the care experience for both patients and physicians, providing more accurate diagnosis and outcomes for all.





“Peace Arch Hospital, and the patients and staff in the community it services, deserve the very best outcomes,” says Stephanie Beck, Executive Director of Peace Arch Hospital Foundation. “Current medical imaging wait times are unacceptable and will not accommodate our growing community.”

The Foundation is launching a \$10 million campaign for new medical imaging equipment, including a Gamma Camera, Digital X-Ray, Fluoroscopy Unit, Magnetic Resonance Imaging (MRI), and three new Portable Ultrasound machines.

The addition and installation of this new, state-of-the-art medical imaging equipment will allow our clinicians to better triage patients in both acute care and chronic disease, allowing for imaging-guided interventions, and providing optimization of treatment planning.

“In medical imaging, we are privileged to play a key role in the patient journey in a wide breadth of medical conditions across all demographics. Advancements in medical imaging over the years have revolutionized so many facets of patient care, from screening, diagnosis, and surveillance, to offering minimally invasive procedures. The opportunity to improve access to state-of-the-art imaging technology and infrastructure at Peace Arch Hospital will directly allow us to push the envelope in providing rapid and accurate diagnosis for our patients and community – the future is exciting!”

**Dr. Hamed Basseri,
Radiologist at Peace Arch Hospital**

FAME

Program launches in White Rock to aid stroke recovery

Throughout our local community, people of all ages are looking to physical fitness to stay healthy and enjoy a better quality of life. For those who have suffered a stroke, a brand-new exercise program created by professionals has launched to meet complex needs and abilities.

The Fitness and Mobility Exercise (FAME) Program is a group exercise program developed for people after stroke who have some standing and walking abilities. This program is offered over the span of 12 weeks and is located at White Rock's Centre for Active Living. It is generously subsidized by Peace Arch Hospital Foundation's Move For Life program.

"With a focus on helping our local community be the healthiest possible, we are pleased to support this project," says Stephanie Beck, Peace Arch Hospital Foundation's Executive Director.

"FAME will fulfill the urgent need for a safe and effective exercise program to enhance mobility and fitness of people living with stroke who are generally older, less fit, have mobility problems and are prone to falls. It may also help to reduce the risk of secondary complications such as falls, fractures, heart disease and dementia, which are common after a stroke."

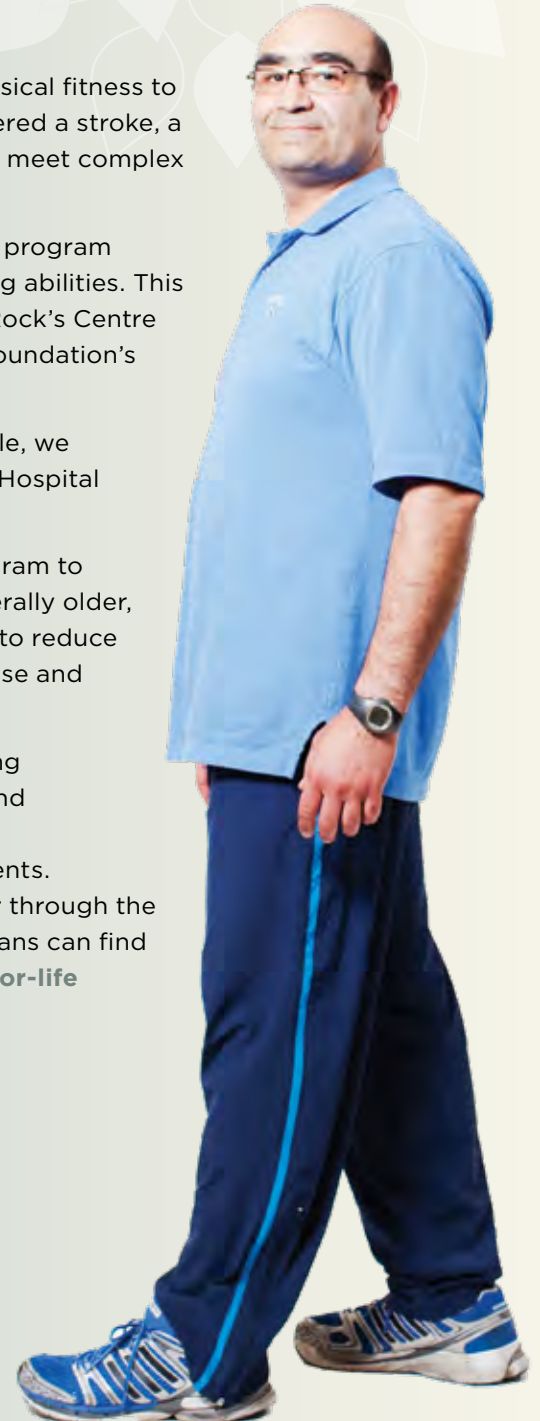
Developed in Vancouver by Dr. Janie Eng, FAME has shown outstanding evidence of improved mobility, cardiovascular fitness, and arm and hand function. Classes are instructed by a FAME Program Certified Fitness Professional, and participants are monitored during program components. Community members interested in attending the program can register through the City of White Rock's Recreation team by calling **604.541.2199**. Physicians can find and download referral forms for patients at pahfoundation.ca/move-for-life

WHITE ROCK
City by the Sea!



**PEACE ARCH
HOSPITAL
FOUNDATION**

The heart of a healthy community



CELEBRATING *Friends OF THE Foundation*

It was a gorgeous sunny evening in early October for the Foundation's annual Friends of the Foundation celebration, honouring individuals and organizations that have gone above and beyond in their support over the last year. Hosted by Foundation board members Grace Cleveland and Ritu Khanna, we recognized the following 2022 Award Recipients for their dedication to Peace Arch Hospital:

Professional Advisor – Jamie Kim

Medical – Alison Alldritt

Volunteers – Tammy Kennedy & Erin Anderson

Philanthropy – Manjit Lit

Service Group – Royal Canadian Legion #8

Business Group – Howes Market

Community Champion – Drive for the Cure Foundation

Health Care Supporter Award of Distinction – Susan Mueller



Royal Canadian Legion #8



Tammy Kennedy and Erin Anderson



Susan Mueller



Jamie Kim



Ritu Khanna and Grace Cleveland



Manjit Lit



Drive for the Cure Foundation



The 2022 Recipients



Alison Alldritt

A heartfelt thank you to all our amazing friends of 2022!

Alice

NEIL & LISA
Yarmoshuk
PRESENT

May 6, 2023

CURIOUSER & CURIOUSER
THE PEACE ARCH HOSPITAL GALA

Don't be late
for this very important date!

The Peace Arch Hospital Gala is back May 6, 2023 with a topsy-turvy event that will have you wondering what's real and what's imagined. There is a reason The Province newspaper has voted us **The Best Themed Gala in the Lower Mainland** again and again!

This is the hottest ticket in town and you don't want to miss it.

Visit pahfoundation.ca/gala for more information.



Special thanks to our 2023 sponsors

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Interested in adding your name to this prestigious list? It's the ONE surefire way to guarantee tickets. Contact Ashleigh Morriss at 604.542.3172 or ashleigh@pahfoundation.ca.

Comfort for Christmas

**HELP US PROVIDE COMFORT FOR CHRISTMAS
AT PEACE ARCH HOSPITAL**

Do you ever wonder what would happen if you became sick or injured, and had to spend the holidays in the hospital? Sadly, this is the reality for so many patients in our community.

This holiday season, join us in the spirit of giving and help provide patients with the extra comfort they deserve by replacing old and outdated beds, stretchers, and chairs at Peace Arch Hospital!

You never know when you, or someone you love, will require a stay in the hospital. This comforting equipment is critical and will mean so much to our patients, their families, and our medical teams.

20+

hospital beds with
specialty mattresses

15

reclining patient
chairs

10

transport stretchers

5

specialty treatment
chairs

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