

thrive

FALL 2023



PEACE ARCH HOSPITAL FOUNDATION

A PILOT PROGRAM IS HELPING PATIENTS MOVE FOR LIFE

ED AND JOHANNA KAMPSCHUUR GENEROUSLY TOP UP
THE FUND FOR SURGICAL EQUIPMENT

DR. SONIA SINGH

An ER physician and researcher who is
changing the landscape on osteoporosis

MEET +

As the weather turns chilly and daylight hits a minimum, the need to be extra careful navigating our sidewalks and crosswalks becomes even more important. Slip and falls and other inclement weather hazards happen every day and keep our orthopedic surgeons busy.

Sometimes those fractures are a result of osteoporosis and Peace Arch Hospital's very own Dr. Sonia Singh wanted to do something about it. With funding provided by Peace Arch Hospital Foundation, Dr. Singh has moved the needle for our patients. You'll find more about her amazing work on page 8.

Also, in this issue, is an update on the Move For Life program and how hospital patients are benefitting from increased activity. We're also highlighting our 2023 Friends of the Foundation award recipients. Each year we recognize selected donors and volunteers who have gone above and beyond in their support for the Foundation. We are so inspired by their contributions, and we think you will be too.

Lastly, we've included a special holiday recipe for your festive table. Whether you are hosting family and friends or need something delicious for a potluck, we can't think of a better way to celebrate the season than sharing a holiday treat with the ones you love.

Thank you for an incredible year and we're so grateful to have you as part of our Foundation family.

Merry Christmas and cheers to 2024!



Grant Turnbull
Board Chair



Stephanie Beck
Executive Director





**PEACE ARCH
HOSPITAL
FOUNDATION**

**15521 Russell Avenue
White Rock, BC V4B 2R4
T 604.535.4520**

**f @ peacearchfoundation
pahfoundation.ca**

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Published by:
Peace Arch Hospital Foundation

Managing Editor + Writer:
Vicki Brydon
Director, Public Relations

Feature Writer:
Logan La Roue

Graphic Design:
KA Creative Inc.



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Alternative Minimum Tax

How the proposed changes could affect your charitable donations...and the organizations you support.



In the realm of Canadian taxation, the Alternative Minimum Tax (AMT) stands as the lesser-known counterpart to the conventional income tax framework. Commonly referred to as AMT, this alternative tax computation method has a distinct purpose: to guarantee that every taxpayer contributes a minimum amount during the annual tax season, accomplishing this through a calculation formula that is less susceptible to the influence of tax incentives.

In the recent 2023 Budget, the Canadian government unveiled several modifications to the AMT formula. These changes have the potential to exert a substantial influence on the nonprofit and charitable sectors, particularly regarding the reception of sizable donations.

“The proposed changes would broaden the scope of the AMT regime to subject high-income individual taxpayers to potentially paying more income tax, depending on their sources of income, deductions, or credits,” says Geoff Funke, Senior Wealth Advisor with The Funke Group at Scotia Wealth Management.

“These changes may also affect the tax benefits when high-income individual taxpayers donate to charity.”

Currently, when assessing the tax liability of an individual, the Canada Revenue Agency (CRA) engages in a dual calculation process: the standard computation and the Alternative Minimum Tax calculation. The individual's obligation is determined by the higher of these two computed amounts.

The standard (federal) tax calculation method considers all an individual's eligible tax credits and deductions, which

serve to reduce the eventual tax liability. Subsequently, it applies a tax rate ranging from 15% to 33%, contingent upon the individual's annual income. For many Canadians, this method constitutes the primary means by which their tax obligations are established.

The AMT changes proposed by Budget 2023 will reduce the financial incentive for individuals to make large donations to charities, as only 50% of non-refundable tax credits — the type of credit received from donating to registered charities — will now count towards reducing the AMT.

“When you donate to registered charities like Peace Arch Hospital Foundation, those donations can help reduce your potential income taxes payable,” Geoff says. “The proposed changes may reduce the tax benefits when you donate to charities, specifically for donations of publicly listed securities.”

“Here at the Foundation, we worry about the possibility that large gifts may be particularly impacted moving forward,” says Elodie Bezubiak, Leadership Giving Officer at Peace Arch Hospital Foundation. “As high-income Canadians respond to the lowered incentive for charitable donations caused by the AMT changes, there is an increased likelihood that large gifts to organizations like ours may be reduced, putting

our hospital and other charities in danger of losing a potential source of funding that we currently rely on.”

“There are many reasons why our donors choose to give,” Elodie adds. “People enjoy making an impact and supporting their local community. Tax benefits are certainly not the primary motivator for our most dedicated philanthropists, but we must be aware of how the proposed changes to AMT may impact their capacity to give.”

“Everyone’s situation is unique, and not all tax planning opportunities may benefit every person,” Geoff says.

The proposed AMT changes are expected to be applicable for taxation years beginning after December 31, 2023. Therefore, the remaining weeks ahead provide one final opportunity for donors

to plan their charitable giving under the current rules.

“It is imperative to consult with your tax advisor in a timely manner to discuss the proposed changes to AMT. Different planning options may be available to you to continue to achieve your philanthropic goals,” Geoff says. “Now is the time to speak with your own tax advisor for further discussion and analysis and before implementing any tax planning strategies.”

For more information on the proposed changes to the AMT, visit www.enrichedthinking.scotiawealthmanagement.com

Scotia Wealth Management.

Note: This article is for general informational purposes only and should not be mistaken for direct advice. To learn more about the proposed changes to AMT, or to plan your charitable impact before the new rules take effect, please speak with your professional advisor, and consult with a Certified Professional Accountant.



Great financial advice isn’t the only thing that Senior Wealth Advisor, Geoff Funke, serves! With his help, we were honoured to host our annual Ambassadors Circle dinner, an inspirational evening celebrating the generosity of a transformational group of donors. This year’s event featured delicious eats, treats, and entertainment, all generously sponsored by Geoff and Jolene Funke of the Geoff & Jolene Funke Foundation. *Thank you!*



Empowering Health:

PEACE ARCH PILOT PROGRAM
RETURNS WITH THE GOAL OF
HELPING PATIENTS MOVE FOR LIFE

In the bustling world of community healthcare, a groundbreaking initiative has once again emerged, ushering in a new era of patient well-being: Peace Arch Hospital's Activation Program. Designed to bridge the gap between hospital care and post-discharge life, this innovative endeavor emphasizes the pivotal role of physical activity and social connection in a patient's recovery journey.

Within the hospital's nurturing confines, patients are not only encouraged but empowered to engage in tailored self-reported physical activity, fostering independence and enhancing overall wellness. The significance of this initiative, initially launched in 2019 by Dr. Jeff Purkis as part of Peace Arch Hospital Foundation's Move for Life project, extends far beyond hospital walls, reaching into the homes and hearts of patients where momentum for healthy living is encouraged to continue.

"The Move for Life [project] goal is to spread the word about the physical, mental and social



benefits of increased physical activity, and to help facilitate increased activity for residents of all ages," Dr. Purkis says.

"Our goal is not necessarily to get everyone to the gym or the pool; we just want people to move more and sit less."

"An individual's mortality can be reduced by 50% just by committing to sit for less than six hours per day — that's huge!"

"The goal of the hospital activation program is to improve care, promote activity, and educate patients so that they can continue living healthy lives beyond their stay in the hospital," says Neely Cragg, Registered Nurse, and Coordinator for the Hospital Activation Program. "We provide patients with a letter about the importance of physical activity, a self-reported activity log that encourages self-care during their hospital stay, and a personalized post-discharge consultation with

Allison Giuliani, Community Activation Coordinator, who can help to encourage a continuum of care.”

“So far, we’ve implemented the program in Peace Arch Hospital’s fifth floor rehabilitation department,” Neely says. “Patients in this area of the hospital are recovering from surgeries, injuries, diabetes complications, or strokes, and are most at risk for lack of movement. We’re very excited to support and engage them with our program.”

Studies affirm that active engagement during hospital stays significantly expedites recovery, reduces the risk of

complications, and bolsters mental resilience. Post-discharge, maintaining an active lifestyle becomes a beacon of hope, ensuring a smoother transition, reducing the likelihood of readmission, and enabling individuals to reclaim their lives with newfound vigor.

“After a Covid hiatus, we have re-tooled the program with a focus on giving patients as many options as possible to Move for Life, including increased supports at discharge,” Dr. Purkis says. “Hospitalists will be asked to consider discussing with their patients a referral for a variety of activation programs, including the medically-

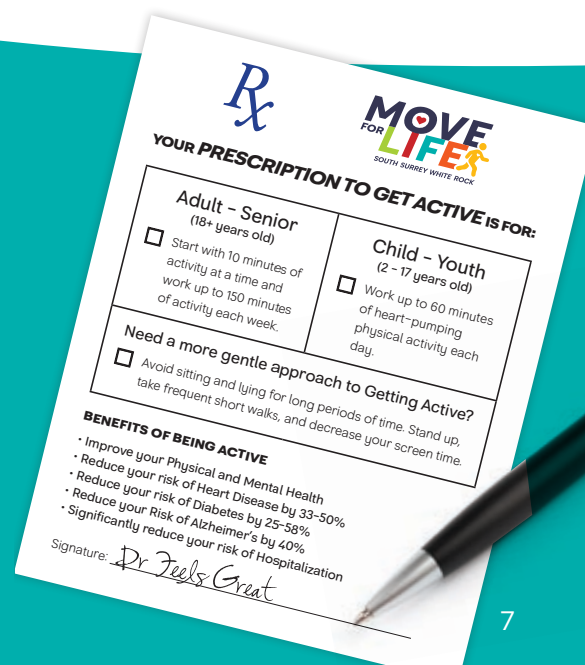
supervised Chronic Disease Management program, Brella’s Social Prescribing program, the FAME post-stroke program, the Fit for Life program, or free passes for our local rec centers via the Move for Life activity prescription cards.”

As we observe the launch of this transformative program, we unravel stories of resilience, strength, and the remarkable impact of movement on the healing process.

Follow us on this enlightening journey as we continue to support the Hospital Activation Program and report on its progress, where every step taken becomes a stride toward a healthier, happier future.



pahfoundation.ca/moveforlife



PAH Foundation funding is helping to move the needle for osteoporosis patients

Dr. Sonia Singh is changing the landscape when it comes to osteoporosis. For 25 years she worked as an ER physician and during that time, started noticing the frequency with which patients were coming in with broken bones. She knew she and her colleagues were doing a great job of taking care of the fractures, but started wondering about prevention and what she could do to ensure her patients weren't coming back with a second or third fracture.



"I distinctly remember one patient, an 80-year-old woman, who had fallen, and we suspected she'd broken her right hip," Dr. Singh says. "When I put up the x-ray, I could see for sure that she'd broken her right hip, but I also saw that she'd had her left hip repaired."

When Dr. Singh looked at the patient's medical history, she confirmed that she'd broken her left hip about two years prior after a trip and fall, which was the same scenario this time around.

"I felt we missed an opportunity at the time to put things in place and make sure she didn't break another bone. We have many preventative measures for heart attacks like lowering cholesterol, controlling blood pressure, and medications that can prevent further attacks. Why didn't we have anything in place for a bone attack?"

This was a lightbulb moment for Dr. Singh and what started her on the path of osteoporosis research. With a small grant from the Foundation and pilot funding from Fraser Health, she started the Healthy Bones Clinic in 2007, the only multi-disciplinary osteoporosis clinic in Fraser Health. In 2012, she was invited to Toronto for an osteoporosis conference. At that conference she learned about fractures caused from very minimal trauma like a little trip and fall, or even spontaneously from simple activities of daily living.

"This was a real eye-opener for me," Dr. Singh says. "There are many treatments that we know prevent

fractures from happening again, but only about 20% of people who come to the hospital with a fragility or low trauma fracture ever get those treatments. That's what is referred to as the osteoporosis care gap and I wanted to move the needle on that."

Dr. Singh learned about a game-changer called Fracture Liaison Service (FLS) and she has never looked back. Upon returning from Toronto, she immediately set out to create a FLS service program at Peace Arch, the very first one in BC. She applied for a planning grant from the Canadian Institute of Health Research, and they helped put her plan in motion. The research team that Dr. Singh brought together in the spring of 2012 had a clear goal: to develop a hospital-based health care model that would prevent more breaks in patients admitted with an initial fracture. This "point of care" approach can

provide faster investigation and treatment and reduce the risk of new fractures by up to 50 per cent. But in order to first study and then plan a prototype of such a service, Dr. Singh and her team needed funding.

"We presented to the Foundation the evidence that FLS was increasing the number of patients that were getting the right treatments after their fractures, and how it was actually reducing the rate of refracture and even mortality. And thankfully they took a chance on us and granted us \$100,000 to get a FLS program up and running at Peace Arch."

The team's search for a model eventually resulted in the creation of BC's first Fracture Liaison Service, where a key role is played by a nurse who connects with both the surgeon and patient while the latter is in the orthopedic clinic after receiving initial post-fracture care.



“The outcomes have been phenomenal,” Dr. Singh says. “Our data since our first patient in 2015 has shown that before FLS, only about 23 per cent of patients were getting the appropriate treatments they needed to prevent subsequent fractures, and after we implemented FLS at Peace Arch, that went up to 78 per cent.”

Fraser Health took notice of those fantastic results and once the Foundation grant funding had concluded, Peace Arch Hospital’s administration team found a way to keep funding the program, which is still in place to this day.

“We now have a specific individual — a specially trained nurse — dedicated to what we call secondary prevention. While the rest of the orthopedic staff is dealing with the immediate fracture, the FLS nurse coordinator will meet the patient and do three very important things. The first is to identify whether the person had a fragility fracture and ensure it’s not a big trauma fracture. Next is to determine the person’s risk of having another fracture,

and finally to initiate the right treatments like medications for osteoporosis, being referred to a fall prevention program, or being referred to an osteoporosis specialist if they have a really complicated case.”

Dr. Singh says that high risk patients are followed for up to a year to answer any questions they may have and to make sure they are sticking with and understand their treatments. Osteoporosis fractures are more common than heart attack, stroke, and breast cancer combined in females but can happen to anyone. It is not just a “woman’s” disease. Canadians are in the top quarter of all nations in the world for risk of having a major fracture due to osteoporosis, and according to Osteoporosis Canada, 30,000 Canadians break their hips each year and many more experience osteoporosis-related fractures of the spine, wrist, shoulder, and pelvis.

The hallmark of this disease is a fragility fracture, which is a broken bone caused by things like a minor fall, or even from normal activities of daily living. Unfortunately, early indicators of osteoporosis are rare. One of the most effective methods of early-stage detection is to consult with a healthcare professional,

especially if you have a family history of osteoporosis.

With monies from a research champion grant funded through the Foundation’s McCracken Endowment in 2018, Dr. Singh has continued her work to expand and improve the Peace Arch FLS program through ongoing research in partnership with health providers, Fraser Health leaders, patients, and the BC Ministry of Health to spread the FLS model to other hospitals. “I think Peace Arch should be really proud of the fact that we are now spreading the program to other sites,” Dr. Singh says. “Both Chilliwack and Richmond hospitals have now started FLS programs based on the model we developed here at Peace Arch with Foundation funding. Our research continues and some really exciting things are happening. I’m hoping that when I retire, FLS will have expanded across the province, and every patient can receive the great care that we offer at Peace Arch Hospital.”

Thank you to Dr. Sonia Singh for her incredible contributions to treating osteoporosis at Peace Arch Hospital!

To hear more about Dr. Singh’s work, check out her episode on Peace Arch Hospital Foundation’s “Power to Heal” podcast available on Apple Podcasts, Spotify and Google Play!



Our Caring Community



Bald Eagle Golf Tournament

Special thanks to the Bald Eagle Golf Club for hosting a two-day fundraising tournament at Hazelmere Golf Course benefitting Peace Arch Hospital Foundation. 136 golfers attended the event (with 40 more participating through online giving!), raising more than \$10,000 for Peace Arch Hospital!

Picnic on the Pier

A record-breaking \$140,500 was raised at this year's Picnic on the Pier on August 8! Landmark Premiere Properties and Foster Martin development presented a magical evening overlooking the Pacific, taking place on the iconic White Rock Pier. As always, this was the ultimate alfresco cocktail party featuring live music, a fabulous menu, refreshing libations, and a gorgeous view of the Pacific. Join us again in 2024!



Ladies Golf Day

Ladies Golf Day (LGD) is a third-party event created for women who are beginner golfers with the goal of helping them learn and experience golf in a fun and supportive environment while also making a philanthropic impact. This year's event, held on September 9, raised \$12,500 for Peace Arch Hospital Foundation and Avalon Women's Centre in White Rock.

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



Thank You

Ed & Johanna Kampschuur!

In the heart of our community, a source of inspiration emerged this year in the form of Ed and Johanna Kampschuur, a local philanthropic couple whose generosity knows no bounds. Individually, their kindness is remarkable, and together, they make an extraordinary impact that lights the way for other donors in our community.

Their unwavering commitment to the well-being of our community takes a unique form, setting an inspiring example for philanthropy. Utilizing a tax-smart approach, the Kampschuurs support their hospital with gifts of appreciated shares, a testament to their strategic generosity.

This innovative method of giving enabled the acquisition of cutting-edge medical equipment that has transformed our hospital's capabilities. Early in the year, Ed and Johanna's compassion contributed to the acquisition of three new pieces of equipment for our Outpatient Laboratory. This seemingly mundane yet vital equipment ensures the integrity of lab tests, critical reagents and diagnostic samples, safeguarding the health of countless patients.

Following this, the Kampschuurs' dedication to enhancing health care further shone brightly. Their contribution facilitated the purchase of a state-of-the-art Portable Ultrasound. This technological marvel has already arrived on site, enabling our medical staff to diagnose and monitor patients with unparalleled precision and speed.

Their latest gift came with the donation of brand new orthopedic surgical instruments for the Operating Department. The Kampschuurs' vision for a healthier community materialized in the form of these instruments, which will empower our skilled orthopedic surgeons to perform intricate procedures with unmatched precision, promising a future of mobility and comfort for those in need.

"Ed and Johanna Kampschuur's generosity ripples through the lives of patients, families, and medical staff, instilling a sense of profound gratitude within our hospital," says Elodie Bezubiak, Leadership Giving Officer at Peace Arch Hospital Foundation.

"Their gifts benefit patients and inspire hope, reminding us of all the incredible change that compassion and philanthropy can bring."

As we reflect on this year, we stand in awe of Ed and Johanna's growing legacy, an enduring testament to the power of kindness and the boundless potential of community support.

PEACE ARCH Ginger Snap Cookies

This recipe is a favourite at the hospital! Dr. Dan Crompton, Peace Arch Hospital's Head of Emergency, made these last Christmas for a gift exchange and they were a hit. The recipe is courtesy of Dr. Kasandra Harriman, one of Peace Arch's awesome maternity physicians, and she was happy to share with all of you. Recipe can easily be doubled for a large crowd. Enjoy!

Ingredients

$\frac{3}{4}$ cup butter
 2 cups sugar
 2 eggs, well beaten
 $\frac{1}{2}$ cup molasses
 2 teaspoons vinegar
 3- $\frac{3}{4}$ cups all-purpose flour
 1- $\frac{1}{2}$ teaspoons baking soda
 2-3 teaspoons ginger
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon cloves

Instructions

Preheat oven to 325° F

In a large bowl, cream butter with sugar until combined. Stir in beaten eggs, molasses, and vinegar. In a separate bowl, sift together flour, baking soda, and spices, and mix into wet ingredients until well blended.

Form dough into $\frac{3}{4}$ -inch balls. Bake on a greased cookie sheet for about 12 minutes. As the ball melts down during baking, the cookie develops the characteristic crinkled surface.

Cool on a wire rack.

Makes about 10 dozen 2-inch cookies.



*Two thumbs-up from
Dr. Dan Crompton!*

Friends OF THE Foundation



CELEBRATING HEALTH CARE CHAMPIONS IN OUR COMMUNITY

Our annual Friends of the Foundation celebration was held on October 14 with 17 award recipients in 10 categories. Each year we recognize individuals, businesses, and organizations who have shown support for Peace Arch Hospital in extraordinary ways.

We are thrilled to honour the following recipients:

- Professional Advisor** Grace Cleveland
- Medical** PAH Medical Imaging Team: Dr. Hamed Basseri, Dr. Eleanor Clark, Dr. Jeff Hagel, Dr. Bippan Sangha
- Volunteer** Leanne Howard & Tracy Leport
- Philanthropy** Donna Dong & Xudong Liu
- Service Group** Milan & Maureen Ilich Foundation
- Business Group** Qualico Developments
- Community Champion** Cici Liang
- Community Legacy** James & Monique Good
- Youth Ambassador** Jade Geddes
- Healthcare Champion Award of Distinction** Mark Woodall & Judy McKague

A special thank you to every honouree for your tremendous contributions. We are so grateful!





Clockwise from top left: Monique and James Good; Foundation Board Vice-Chair Neil Yarmoshuk and Jade Geddes; Tracy Leport and Leanne Howard; Friends of the Foundation 2023 award recipients; Neil Yarmoshuk and Donna Dong; Dr. Hamed Basseri and Dr. Bippan Sangha accept the award for the Peace Arch Hospital Medical Imaging team; Grace Cleveland; Judy McKague and Mark Woodall; Neil Yarmoshuk and Cici Liang.

This holiday, give the

Gift of Hope

Ventilators are a lifeline for all patients — from our tiniest, most vulnerable babies to the seniors of our community. They help our smallest patients take those precious first breaths, offering them a fighting chance at a healthy future, while providing life-saving breaths to older adults. Your contribution can make a world of difference to all these fragile lives by helping to fund two new ventilators for Peace Arch Hospital.



HELP FUND LIFE-SAVING EQUIPMENT

♥ LEARN MORE
pahfoundation.ca/give



There's a place called Kokomo...

On May 4, 2024, The Peace Arch Hospital Gala is bringing you all the way back to the endless summer of 1966 when the drinks were frosty, the scent of coconut suntan lotion wafted with the tropical breeze, and the sounds of *The Beach Boys* drifted out of every VW van parked at the shore.

Featuring the musical genius of *California Surf*, an ensemble comprised solely of former band members of The Beach Boys, you'll hear every hit of the summer while you ride the wave of nostalgia into the carefree days of Good Vibrations.

For ticket information, visit pahfoundation.ca/gala

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The beach is calling and you must go!