

thrive

FALL 2025



PEACE ARCH HOSPITAL + COMMUNITY HEALTH FOUNDATION

FOUNDRY SETS THE BAR FOR
YOUTH-CENTRED HEALTHCARE

A BRIDGERTON-STYLE
AFTERNOON TEA BRINGS
LADIES OF THE WHITE ROCK
TON TOGETHER FOR PEACE
ARCH HOSPITAL

PUNCH OUT PARKINSON'S
HARNESSES THE POWER
OF BOXING

SUE JANZEN

A community champion and phys-ed teacher
inspiring the next generation of philanthropists



MEET +

As the board chair and the CEO of a local hospital foundation, we often consider the concept of community. It was the community that raised the initial \$100,000 back in 1948 that convinced the BC government to build a hospital in White Rock. It is our community that continues to generously support their hospital some 75 years later. And it is the community that rallies together to affect real change in health care, not only at Peace Arch Hospital, but in the community with programs and initiatives that promote wellness and better health outcomes.

It is with this in mind that Peace Arch Hospital + Community Health Foundation (our official name) is partnering with Sources to bring Foundry, a youth-centred health facility to White Rock and South Surrey. Designed to be a one-stop shop of free integrated services like health care, mental health support, substance use counselling, tutoring, money management, eating and nutrition, online safety, and career and resume guidance. Foundry is about intervening early—before challenges become crises—so young people get the support they need when they need it most. It will transform how youth can access the tools and care that help them live a good life. Learn more about this exciting community development on Page 14.

Speaking of community, on page 8, you'll meet Sue Janzen, a community champion and phys-ed teacher who leads a dynamic group of high school students who put their heart and soul into a fundraiser for Peace Arch Hospital called *Cycle4:ER*. Sue has grown this grassroots event into a full-day spectacle where the whole community gets involved. Her enthusiasm is contagious and inspiring.

Finally, as the year comes to a close, we know folks are thinking of their annual charitable giving and we wanted to remind you that you can make a gift online and receive your tax receipt immediately. With the ongoing uncertainty at Canada Post, it's an easy way to ensure your donation is processed quickly.

We wish you a wonderful, and most importantly healthy, holiday season, however you choose to celebrate.

We are so grateful for your support.



Neil Yarmoshuk
Board Chair



Stephanie Beck
Chief Executive Officer





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HOSPITAL
FOUNDATION**

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CONTENTS

FALL 2025

4 HEALTHY COMMUNITY GRANTS

Punch Out Parkinson's brings the power of boxing to people living with neurological conditions and Move for Life teaches rugby and tennis to youth at Alex House.

12 FOUNDATION SPOTLIGHT

Steeped in Elegance celebrates female-led philanthropy with a Bridgerton-style afternoon tea.

6 YOUTH IN ACTION

Walk the Rock raises more than \$18,000 for the *Healing Starts Here* campaign.

13 HEALTHCARE INNOVATION

Fraser Health's Forensic Nursing program provides compassionate trauma-informed care to survivors of sexual assault and intimate partner violence.

7 RAISING FUNDS

Our generous community comes together to support their hospital.

14 OUR THRIVING COMMUNITY

Foundry set to transform youth-centred health and wellness care in White Rock and South Surrey.

8 FEATURE STORY

Sue Janzen and the teens at Elgin Park Secondary mount their grassroots fundraiser for one final year.

INTERESTED IN MAKING A DONATION?

**Use this QR code to give online and
receive a tax receipt immediately!**



IN YOUR CORNER

THE POWER OF BOXING FOR PEOPLE LIVING WITH PARKINSON'S

We know that healthy communities don't just happen, they're built by caring people who want to make a difference. That's why Peace Arch Hospital + Community Health Foundation (PAHCHF) proudly supports local programs and initiatives to assist in creating the healthiest community possible, such as **Punch Out Parkinson's.**

Punch Out Parkinson's began in 2016 when Frankie LaSasso, owner of Box2Fit gym, discovered the powerful impact boxing can have on people with neurological conditions. Inspired by participants who told him his classes were "nothing like therapy," Frankie created a welcoming community for individuals living with Parkinson's and their caregivers.

Today, Punch Out Parkinson's runs two classes, six times a week with around 15 participants per session. Located just steps away from Peace Arch Hospital, the program helps people "fight back" against the disease through a mix of boxing exercises, education, and social connection. These classes strengthen memory skills, reflexes, hand-eye coordination, stability, and overall strength, all key components in managing Parkinson's symptoms.

Research shows that physical activity plays a major role in managing Parkinson's disease and improving long-term health outcomes. This program brings that research to life: participants report increased strength, mobility, and confidence, often returning week after week. Even neurologists now refer individuals with neurological disorders to the program, recognizing its benefits. "Everyone knows someone with a brain disorder," says Lawrence, a Punch Out Parkinson's participant. "I try to come every day to these classes, and it's truly saved my life. It's just amazing to have this in our community."

This program's impact extends beyond physical health. It fosters friendship, laughter, and a sense of belonging to participants and their caregivers, which can be difficult to find while living with Parkinson's. "I get as much out of this program as the participants do," Frankie says. "It's so moving to see the impact it has on their lives and I'm so grateful I can do my part for this community."

The Healthy Community Grants Program, created in 1999, supports PAHCHF's mission to enhance community through innovative, collaborative, and upstream initiatives that assist in shaping the healthiest community possible. **We're so grateful to continue to support this impactful initiative with additional funding through our Healthy Community Grants program.**



Frankie LaSasso and his daughter, Esmeralda — lead coaches for Punch Out Parkinson's

THE JOY OF MOVEMENT

Move for Life Partnership Update



Our partner, Sport for Life, spent the summer helping children at Alex House develop the confidence and skills to be active for life through their Move for Life (MFL) initiative. Alex House is a neighbourhood house serving White Rock and Surrey. They build community and create spaces where people from all backgrounds can learn, grow, and thrive together.

This summer's sports programs really highlighted the impact of this partnership. Thanks to MFL funding, Alex House introduced more than 80 children to tennis and rugby with the help of Tennis BC and Bayside Rugby Club. Most of the children had never played either sport.

When rugby coaches first arrived, most kids were skeptical. Within two weeks, the coaches were sprinting, passing, and celebrating with the kids instead of standing on the sidelines giving instructions. **It's proof that when you give children the right opportunity, they don't just learn new skills, they discover that movement can be pure joy.**

Tennis sessions focused on hand-eye coordination and racquet skills, but it was rugby that truly captured imaginations. After four weeks children went from asking, "What's rugby?" to begging to play again.

The benefits go well beyond learning to pass a rugby ball or swing a tennis racquet. What started as a push to add just 15–30 minutes of additional daily outdoor activity grew into a major shift towards planning longer walks, extending playground time, and even bringing art supplies and toys outdoors.

"When kids spend real time being active outside, everything else just works better. You can feel the difference in the way the group moves through the day."

Dr. Dawne Clarke

Physical Literacy for the Early Years mentor

Soon, some programs were spending 2–4 hours a day outdoors, and the payoff was obvious: **children were more physically active, better able to regulate their emotions, and engaged more positively with peers and educators. Children ate their lunches with greater appetite, naps were deeper, and the overall classroom atmosphere became calmer.**



Walk the Rock

Brings Community Together for PEACE ARCH HOSPITAL

What an incredible day at White Rock Beach! On June 1, 2025, Walk The Rock brought the community together for a day of sunshine, smiles, and seaside celebration. Families, friends, and supporters of all ages gathered along the White Rock Promenade to enjoy a day of fun in support of Peace Arch Hospital + Community Health Foundation.

This family-friendly event was a true kick off to summer! At Bayview Park, participants got moving while breathing in the fresh sea air with two by-donation exercise classes from Live Yoga and Innovative Fitness. Over at Memorial Park, families enjoyed a bouncy castle, face painting, food trucks, and balloon artists. The fun didn't stop there! Walk The Rock also featured community vendors lined along the promenade, a make-your-own flower arrangement station, raffles, make-your-own candy bags, and a kids' hopper park that kept the little ones bouncing with joy.

This year's event was proudly presented by Hamilton Duncan Law Corporation, whose support helped bring the event to life! A big thank you to our amazing matching donor Homelife Benchmark Realty - White Rock, who generously matched the first \$5,000 in donations received on event day. This generous donation has been matched dollar-for-dollar, helping raise crucial funds for our **Healing Starts Here** campaign.

Thanks to the support of our community members, together we raised \$18,350 for a new production kitchen and upgraded food services at Peace Arch Hospital.

We're so incredibly grateful to all our sponsors, vendors, and every single community member who showed up to support our hospital. We can't wait to see you again next year!



OUR CARING COMMUNITY



A SMASH HIT FOR *HEALING STARTS HERE*

Annually, South Surrey Badminton Society, led by Ingrid Yang and her peers, hosts a community fundraising badminton tournament to support Peace Arch Hospital + Community Health Foundation (PAHCHF). This year, 309 players gathered from June 21-23, raising an incredible \$35,355 for our **Healing Starts Here** campaign! "I began this fundraiser badminton tournament in Grade 9 as a small way to support Peace Arch Hospital, which has always been there for our community, and over the years, it's grown beyond anything I imagined," says Ingrid Yang, co-founder of the Society. "It means a lot to give back to a place that plays such an important role in our lives, and I feel immensely proud to see that our support impacts lives every day."

GENEROSITY SEALED WITH A STAMP!

Peace Arch Stamp Club has been a longstanding supporter of our Foundation, and this past summer, their generosity continued in a tremendous way! The club offers community members the opportunity to buy, sell, and trade stamps, as well as participate in a live auction, to raise funds for local charities. Through their dedication and expertise, \$4,900 was raised for our **Healing Starts Here** campaign! This meaningful donation was made in memory of Doreen Leishman and Retired President Terry Leishman, both cherished longtime club members. Thank you, Peace Arch Stamp Club, for your continued generosity and support of our Foundation.



TACO 'BOUT COMMUNITY SUPPORT

Tacofino White Rock stepped up for their community with a delicious fundraiser for PAHCHF. In June, Tacofino donated \$1 for every fish taco purchased! Thanks to the incredible support of their customers, \$1,000 was raised for our **Healing Starts Here** campaign. A huge thank you to Tacofino White Rock for being a champion in our community. Your support helps enhance the dining experience for patients, staff, and visitors at Peace Arch Hospital, ensuring we continue to provide the best care possible.

THE RIDE SO FAR & THE ROAD AHEAD

Elgin Park teacher Sue Janzen on *Cycle 4:ER* — the beginnings, the impact, and the movement that keeps going.

Music pounds against the walls as the first cyclists start their ride, their stationary bikes whirring beneath the bursts of energetic cheers. Bright balloons frame the road leading to the event, while banners bearing each team's name line the rows of bikes. A hand-painted thermometer climbs higher with every donation, and on the opposite wall, a banner asking, "What has the ER done for you?" fills with notes of gratitude. Kids in neon headbands high five grandparents, hospital staff cheer alongside soccer coaches, and the mayor shares words of encouragement.

But this isn't a spin studio, it's the transformed gym at Elgin Park Secondary during Cycle4:ER, a youth-led, community fundraiser for Peace Arch Hospital. Leading the fundraiser are the determined Elgin Park students and their Phys-Ed and Leadership teacher, Sue (Kring) Janzen, who started it all. The torch is lit once again; Elgin's student leaders take up this legacy for the sixth time, celebrating all that's been achieved and, as Sue reflects, remaining inspired by "the hope and promise that still lies ahead."

"We need one another to make things happen. The students, the community, and our hospital are all in this together to truly make a difference."

Sue Janzen
Teacher, Elgin Park Secondary School



Born and raised in White Rock, Sue has deep roots in our community. A lifelong and established athlete in track & field and volleyball, she's spent more than three decades teaching physical education and leadership at Elgin Park, coaching everyone from elementary students to university athletes. "Family and activity are core values to me," Sue says. "My parents and grandparents modelled community, service, and giving back, and I hope to bring that forward to the next generation. As the saying goes, when we are given much, much is to be given."

The idea that became *Cycle4:ER* began in 2008 with a simple conversation on a soccer game sideline. A friend mentioned a fundraising event called *Cyclebetes*, and Sue saw an opportunity for her leadership students to get involved and support classmates with juvenile diabetes. The next year, Elgin Park hosted its first spin-a-thon, borrowing stationary bikes from a local gym to raise funds for juvenile diabetes.

Years later, while driving past Peace Arch Hospital, Sue spotted a sign for PAH's Emergency Department fundraising campaign, and a lightbulb went off. "I thought, what if our students could ride for our hospital?"

Sue explains. And with that, *Cycle4:ER* was born, blending student leadership, physical activity, and community giving into one high-energy event.

With help from fellow community members like Cheryl Wilson-Stewart and Jan Quinn, the idea took off. A small group of about 20 students formed the first *Cycle4:ER* committee and a new Elgin Park tradition began.

Cycle4:ER begins months before the first pedal stroke. In the fall, student leaders meet weekly to plan and strategize. By January, team sign-ups open and students debut a promotional video they've created to rally support. Through the spring, bake sales, school challenges, and family-led fundraisers keep excitement building as the whole community

gets involved. "Every time we run this, I'm overwhelmed by the students' creativity, talent, and determination," Sue explains. "They take an idea and build something really special, all by themselves."

By late May, every detail is ready. The day before the ride, students turn Elgin Park's gym into a stage for community giving. The gym hums with excitement as the community gathers with students, families, and neighbours, all ready to ride for something bigger than themselves.

"When your *why* is big enough, your *how* always shows up. It's about people coming together and proving that even small actions can create something incredible."

Since its beginning, *Cycle4:ER* has raised nearly **\$300,000** for Peace Arch Hospital, funding everything from essential ER upgrades to state-of-the-art medical equipment. "Through this fundraiser, we want to show our hospital staff that despite the challenges our healthcare systems face, your community is here for you, supporting you, and riding for you," Sue notes. Ten percent of each event total goes back to students through Can-Do scholarships, recognizing students who embody the same community spirit that fuels the event.

But the real impact can't be counted. Students learn teamwork, communication, and perseverance, lessons that last long after the bikes stop spinning. "They're learning real-world skills, but they're also discovering the joy of giving back," Sue says. "It's inspiring to watch them realize how powerful they are when they work together."

The next *Cycle4:ER* is scheduled for **May 27, 2026**. After more than a decade, Sue says it feels like the right time to pass the torch. “I’ll always be part of it in spirit,” she says, “but my hope is that the next generation will make it their own.”

Her goal isn’t just to raise funds, but to keep the *Cycle4:ER* spirit alive. “I hope our students see the power of working together for something bigger than ourselves,” she says. “If they can carry that CAN DO spirit forward into their own lives, then the legacy continues.”

When asked about her most memorable moment, Sue doesn’t hesitate. She describes standing on stage at the 2019 event, surrounded by students, her family, and hundreds of cheering community members. The gym roared with music and applause as the fundraising thermometer climbed past their goal. “That was it,” she says softly. “The people, the energy, the pride; that’s the spirit of this community.”

In 2026, she’ll ride again alongside her family, her students, and her peers. “I’m just one small cog in the wheel,” Sue says humbly. “The kids and this community are the true magic.”

“Pure joy can be found in giving and sharing. If we can instill that value in our youth, it can come full circle for our community and just imagine the possibilities! My hope is that through these *Cycle4:ER* events, our students and community build lasting friendships, learn from one another, and experience the kind of change they want to see.”

Sue Janzen
Teacher, Elgin Park Secondary School



2009

Elgin Park hosts its first *Cyclebetes* spin-a-thon for juvenile diabetes.



2013

Launch of *Cycle4:ER*, supporting Peace Arch Hospital.

**SPINNING
THROUGH THE
YEARS**



Interested in joining *Cycle4:ER*?

Keep an eye out for team sign-ups opening in January on Elgin Park and PAHCHF social channels! Whether you ride, volunteer, or sponsor a team, there's a place for everyone to join Cycle4:ER.



2015

Second *Cycle4:ER*, raising more than \$46,000 for our ER.



2019

Record-breaking participation with over 700 riders.



2026

Sue's final *Cycle4:ER*, on May 27, 2026.

STEEPED IN ELEGANCE

A HOSPITALI-TEA AFFAIR



Ladies of the White Rock Ten raise \$600,000+ for Peace Arch Hospital

On a beautiful sunny day in late summer, 150 philanthropic women donned their finest Regency-inspired couture to sip tea, enjoy refined cuisine, and raise funds for a new production kitchen at Peace Arch Hospital.

Steeped in Elegance took place on September 10 at a stunning estate in Ocean Park, and featured classical music, a blending bar where guests could create their own signature scent, a fashion illustrator to capture the gorgeous outfits, a calligrapher for customized handheld fans, and the Queen herself, who posed for photos with her ladies in waiting.

Foundation volunteer Joelle Paleologou provided the vision, inspiration, and creative direction for the soirée, while floral arrangements were donated by Ashberry & Logan Floral Design, A Passion for Flowers Design Studio, MistyBlue Flowers, and Howe's Market.

Lead donations included a \$200,000 anonymous donation along with a \$125,000 matching gift from Neil and Karla Kerr.

"Throughout history, women in philanthropy have been the quiet force behind great change. What we saw at this afternoon tea fundraiser is part of that legacy: women leading with both heart and vision, uniting not for social standing or acclaim, but for impact."

Stephanie Beck

**CEO, Peace Arch Hospital +
Community Health Foundation**

For more information about the *Healing Starts Here* campaign for a new production kitchen, and to make a donation, visit:



pahfoundation.ca/kitchen



Forensic Nurse Examiners at Fraser Health Care for Sexual Assault Survivors

In the aftermath of sexual assault or intimate partner violence, survivors are often left navigating not only emotional and physical trauma, but also difficult decisions about what to do next. One of the most critical decisions is whether to seek medical care, and if so, who is there to help, which matters deeply.

At Fraser Health sites, specially trained **Forensic Nurse Examiners (FNEs)** are available to provide compassionate, trauma-informed care to survivors. These nurses are not only medical professionals but also advocates who help patients understand their options and support them every step of the way.

In a video from Fraser Health, host Zahra Premji walks viewers through what to expect when visiting a hospital after experiencing a sexual assault or partner violence. The video offers a helpful overview of the process, but its most powerful message is clear: **you have options, and you are not alone.**

FNEs are currently located at Surrey Memorial Hospital and Abbotsford Regional Hospital, but support is accessible at all Fraser Health sites. If a survivor arrives at another location, such as Peace Arch Hospital, they will receive appropriate support and can be transferred to a site with a forensic nurse if medically stable.

FNEs provide care to anyone aged 13 and older within seven days of a violent incident. Their services include:

- **Medical assessment and treatment**
- **Forensic evidence collection (if the patient chooses)**
- **Emotional support**
- **Referrals to community resources**

Most importantly, every step is based on the survivor's consent. Whether or not to involve police, undergo a forensic exam, or receive certain treatments is entirely up to the individual. As Nurse Practitioner Hannah Varto puts it, "We can't change the past, but maybe we can help things get better now."

Whether you choose to report your experience or not, Fraser Health's forensic nurses, and hospitals like Peace Arch, are here to support you with care, privacy, and compassion that centres around your choices.

Use the QR code to watch Fraser Health's explanatory video on FNEs:



Recent statistics from the B.C. government highlight the urgency of this care:

37% of women and 11% of men in B.C. report being sexually assaulted since age 15, the highest rates in Canada.

Only 5% of women that experience sexual assault report to the police.

Sexual assault accounts for 11% of all criminal victimization offences.

These numbers reflect a crisis that is often hidden and underreported. With the support of forensic nurses, survivors can begin to reclaim their agency and access the care they deserve.

A New **FOUNDRY** is Coming to White Rock

Peace Arch Hospital + Community Health Foundation (PAHCHF), in partnership with Sources Community Resources Society (SOURCES), is proud to support youth mental health and wellness in our community. The two organizations are pleased to announce the creation of **Foundry South Surrey-White Rock**, a new youth wellness centre providing those aged 12-24 and their families with easier access to integrated health and wellness supports.

This powerful collaboration between PAHCHF, SOURCES, and Foundry BC is a major milestone towards bringing this critically needed youth-focused type of health care to White Rock and South Surrey. Foundry South Surrey-White Rock will be located on the same block as Peace Arch Hospital.

This location was chosen because it is easily accessible by public transit, and is within walking distance to schools, parks, and local services in White Rock. These features will make the centre a safe and inclusive hub where young people can connect to health, wellness, and social supports right in their own backyard.

“This is more than a physical address – it’s about identity, belonging, and hope for the next generation,” said David MacIntyre, President & CEO of SOURCES. “By securing a central, transit-accessible location and selecting a name alongside the input of youth and families in this community, we are creating something that truly reflects the young individuals it is meant to serve. This location removes barriers and makes it easier for young people to access timely care, counselling, and community resources close to home.”

PAHCHF has committed \$2 million toward the estimated \$6.45 million capital project and is also making space available for lease to bring the centre to life.

Foundry South Surrey-White Rock is part of Foundry BC, a province-wide initiative to make health and wellness services more accessible to youth and families. The South Surrey-White Rock centre will join 17 Foundry locations already operating across British Columbia to offer a welcoming, stigma-free environment for young people to receive mental health and substance use support, physical and sexual healthcare access, peer support, and social service programs—all in one convenient location.



“Young people today are navigating more challenges than ever, and they deserve timely, age-appropriate mental-health and addictions care that meets their unique needs,” said Josie Osborne, Minister of Health. “When it opens, Foundry South Surrey-White Rock will bring together vital health, mental-health, and addictions supports all in one welcoming place. Foundry centres are a cornerstone of our government’s work to build a full continuum of care that supports everyone, especially young people.”

“Foundry South Surrey-White Rock represents the power of community collaboration and youth engagement,” said Julie Zimmerman, Foundry Provincial Director, Services Development & Implementation. “We thank SOURCES and their partners for their unwavering commitment to identifying a space and name that truly reflect the voices and needs of young people and families. This milestone is a testament to what’s possible when communities unite to support youth wellness.”

Renovations have already begun to make the completion of this space a reality with expected completion in late 2027. To date, the provincial government has already committed \$1.5 million to the project.

“Peace Arch Hospital + Community Health Foundation is proud to be a partner in bringing Foundry South Surrey-White Rock to life. Supporting the health and well-being of youth is central to building a healthier community for all. By investing in this centre, we are not only providing a safe, welcoming space for young people to access the care they need, but also ensuring that families have local, integrated supports close to home. This project represents collaboration, compassion, and a shared commitment to the next generation.”

Stephanie Beck

CEO, Peace Arch Hospital + Community Health Foundation



foundrybc.ca



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