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celebrating
75
YEARS

**LANGLEY
MEMORIAL
HOSPITAL**

Today

Throughout the last several millennia, the area now known as Langley Township has been inhabited by various Stó:lo nations, including the ǵʷɑ:ǵ̱əł̓ (Kwantlen), ǵ̱íćə́y̓ (Katzie), Máthxwí (Matsqui) and Se'mya'me' (Semiahmoo) First Nations.

A MESSAGE FROM

The Board

Some 75 years ago, the small but strong Langley Township community had the grit and the foresight to demand, and invest in a hospital of their very own.

We admire the courage and resilience it took to create Langley Memorial, and we still see those same traits in this generation of leaders and donors.

In July 2022, we completed a \$2.1 million campaign to open Foundry Langley, a counselling, health care and social support centre where youth can find the skills and confidence they'll need to empower them in their life decisions.

This was a remarkable achievement, but perhaps more remarkable is that it was just one of the projects donors chose to invest in this past year.

In 2022/23, you – our cherished donors – expanded efficiency, safety and care at Langley Memorial, with gifts that allowed us to purchase invaluable scopes that help detect early signs of cancer.

Our Giving Hearts community raised the funds needed to refresh our Spiritual Space, to give patients, caregivers and visitors a place of quiet and peace in stressful times.

The Foundation also launched a new fund to expand the number of beds in the hospital's Cardiac Care unit from six to 10. With more beds and advanced equipment, our highly-trained cardiac specialists will be able to treat more patients more efficiently within the unit and help ease congestion in the Emergency Department.

The Foundation's staff, Board of Directors, donors, and the hospital's medical and allied staff have forged an unbreakable unity and work ethic that drives us to reach every health care goal.

On behalf of the LMH Foundation's Board, thank you for a momentous year of giving.

Michael Leggatt, *Chair, Board of Directors*
Langley Memorial Hospital Foundation

1873

The Township of Langley is incorporated



1942

Plans for Langley's first ever hospital start to take shape with a Langley "vote yes" campaign

1947

First Langley Women's Auxiliary was created to fundraise for LMH

1948

Langley Memorial Hospital opens with 35 beds, at an expense of \$120,000

2022/2023

Board of Directors

Learn more about our board at
LMHFoundation.com/board



Michael Leggatt,
 CHAIR, RBC Phillips Hager
 North Investment Counsel



Nolan Clark,
 VICE-CHAIR & TREASURER,
 Rise CPA



Tyler MacLean,
 SECRETARY,
 Gulf & Fraser



Liz Bailey-Connor,
 First West Credit Union



Peter Fassbender,
 Fassbender Consulting Ltd.



Tracy Fortino,
 First West Credit Union



Ryan O'Shea,
 Miracon Development



Blair Qualey,
 New Car Dealers Association
 of BC



Jamie Ruscheinski,
 The Properties Twins



1965

A new, larger Langley Memorial Hospital (now called "South Tower") opens with 104-bed capacity and three operating theatres

1968

The original "cottage hospital" reopens as Cedar Hill Centre, housing 40 long-term care residents and 10 rehabilitation beds. An expansion in 1975 brings the capacity to 200 beds



Dr. Navneet Sidhu,
Langley Memorial Hospital



Doug Simpson,
CBM Lawyers



Barb Stewart,
Langley Memorial Hospital
Auxiliary



Harinder Harry,
MNP



Milan Mann,
BM Group of Companies



Sanjay Kaul,
Sofyx Systems Pvt. Ltd.



Jeannine Tully,
TELUS

Welcoming our new
Directors in 2023
Harinder Harry,
Milan Mann,
Sanjay Kaul, and
Jeannine Tully



Heather Scott,
Executive Director, LMHF
Non-voting; ex-officio

**Thank you to
Board Directors
who completed their
terms in 2023.**



Dr. Leo Wong,
St. Luke Family Practice



Balraj Mann,
Polycrete Restorations Ltd.



1971

A four-bed intensive
care unit opens

1975

Hospital expansion adds radiology,
a new emergency department and doubles
the size of the laboratory

1985

Langley Memorial Hospital Foundation
is created to raise funds for equipment,
staff education and capital projects

A MESSAGE FROM THE

Executive Director

This year we've been celebrating a big milestone at Langley Memorial Hospital: 75 years since the opening of a little hospital that the community built out of pride for the township and compassion for those sick or injured community members who were forced to trudge through the mud and rain to New Westminster to find care.

I'm in awe of the ways in which the people of Langley survived — and thrived. The young Langley Memorial, dubbed the cottage hospital or "hospital on the hill," had just one surgeon and he worked part time, dividing his week between other Fraser Valley health care sites. There was one ambulance, operated by a man named Grant Hunter who could only operate it on a casual basis. Physicians administered their own anesthesia.

While medical professionals got busy in the hospital, a fledgling donor community organized itself and set goals for a brighter future. The Ladies' Auxiliary, which formed a year before the hospital's opening, was quickly joined by Langley's farmers — early donors-in-kind who were known to back their trucks close to the hospital kitchen and unload courtesy produce and fresh chicken for patients' meals.

The ambition of these early community donors was awe-inspiring, but I believe this can-do spirit has only grown since.

We've accomplished a great amount. There's much more to do, and yet we've only just begun.

Perhaps we should mark this milestone as more than simply "75 Years" but "75 Years and Counting."

We're excited about the future at Langley Memorial. I'm looking forward to moving ahead with plans for improving seniors care — ensuring that our most frail older adults can live a quality life, either at home or in long-term care.

And we'll be seeking partnership from all levels of community and government to plan for a replacement of our south tower — a project that will transform acute care at Langley Memorial for generations to come.

My heartfelt thanks goes out to you, our donors, for all that you've achieved over 2022 and 2023. I can't wait to see what the future brings.

Heather Scott, MPA, CFRE

Executive Director, Langley Memorial Hospital Foundation



1988

North Tower opens with a new emergency department, five operating theatres, 25 more acute care beds and an expanded surgical day care unit and intensive care unit



1997

North Tower expansion with a new maternity unit and a 31-treatment space emergency department

2022/2023

Financial Overview

TOTAL
2022/23
REVENUE

\$5,988,472

YOUR GIFTS
AT WORK

- 41% Medical Units
- 27% Maternity Care
- 14% Respiratory Care
- 5% Whatever It Takes Fund
- 3% Critical Care
- 3% Surgical Care
- 3% Community-Run Health Initiatives
- 2% Health Care Staff Support
- 1% Emergency Department
- 1% Seniors Care

PLUS! \$1,179,000 put to work to build Foundry Langley and complete our campaign commitment

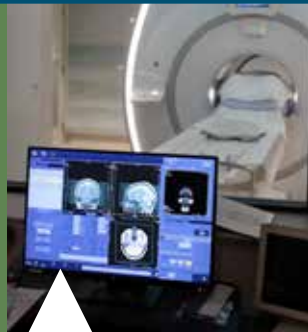
FOUNDATION
ACTIVITIES

- 9% Emergency Response Campaign
- 19% Foundry Campaign
- 23% Major Gifts & Legacy
- 24% Parking & Investments
- 12% Annual Initiatives
- 12% Signature Events
- 1% Independent Community Events



2014

Maternity clinic and unit expansion complete, thanks in part to a \$14 million fundraising campaign



2020

MRI Suite opens

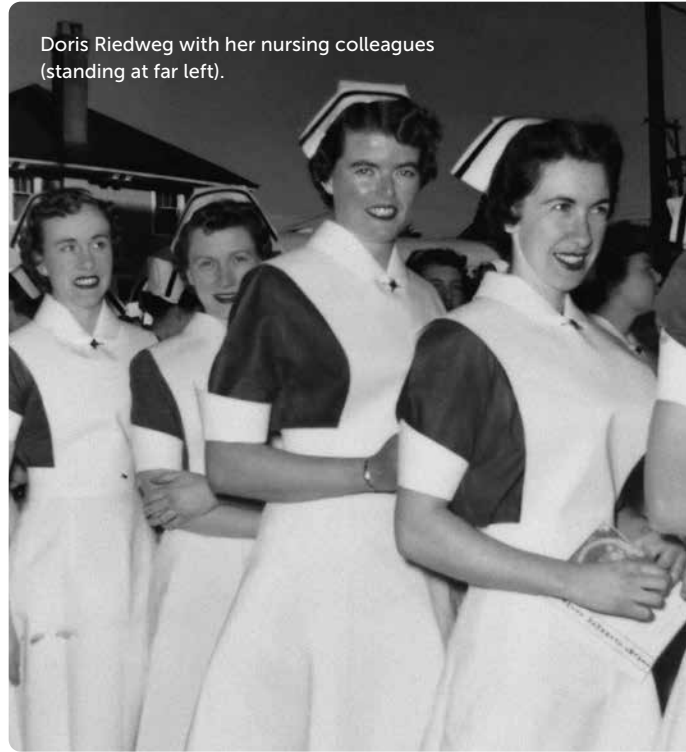


2021

Martini Family Emergency Centre opens thanks in part to a \$17 million fundraising campaign



Doris Riedweg today



Doris Riedweg with her nursing colleagues (standing at far left).

From Cottage Hospital to Cutting Edge:

Reflecting on the Past and Shaping the Future of Langley Memorial Hospital

celebrating
75
YEARS
LANGLEY
MEMORIAL
HOSPITAL

We're not a little country hospital anymore.

That much was clear to Doris Riedweg as far back as 1965 when she walked the corridors of Langley Memorial Hospital's south tower, steps away from the original 1948 building affectionately nick-named "the cottage hospital."

Nine years into her nursing career, Doris was impressed with how the hospital had grown.

"We felt like we were in heaven," recalls Doris, the author of *The Hospital on the Hill—A History of Langley Memorial Hospital 1948-1998* with members of the Langley Memorial Hospital Heritage Committee.

At the same time, the feeling was bittersweet. While she was loving her role as OR head nurse, she missed the warmth, constant contact and camaraderie among her peers at a small community hospital.

But quickly, the quaint feeling of the original cottage hospital faded for her, as modernization began to change lives significantly for the better. Four brand-new floors, more patient beds and

better equipment gave Doris and her colleagues room to move and treat patients more effectively.

"It was so much easier to work. The rooms were larger, and every room had a bathroom."

It's been 75 years since the doors of Langley Memorial first opened to serve 8,000 Langley residents who desperately needed beds, equipment and medical expertise in their own hometown.

"We've always been this community hospital that's nestled between a couple of larger sites," says LMH site medical director and Ear, Nose and Throat (ENT) specialist Dr. Mitra Maharaj, referring to Vancouver and Surrey health care hubs. "And yet we are growing by leaps and bounds as the years go by, and we don't fit that description of a little country hospital anymore."

Moving Forward

Doris recalls the 1960s as the golden age of anesthesia, though it wasn't until the 1970s that Langley Memorial adopted new and safer standards of care – thanks to global advances in surgery and pain control, and the hiring of LMH's first anesthesiologists.



Dr. Mitra Maharaj, LMH site medical director

Dr. Maharaj, for his part, predicts the 21st century will be the golden age of connecting with more patients and faster, thanks to access to technology at home paired with health care workers who consult remotely.

Since 2004, when he joined the medical team at LMH, he's seen an upgraded maternity and pediatrics department, and more services for older adults and frail residents with complex needs.

The new Martini Family Emergency Centre and new MRI Suite were "a quantum leap forward in terms of the environment of care, not only just in the physical space, but the equipment, the organization, the modernization and computer access and convenience," he says.

Dr. Maharaj believes the pandemic inspired innovation, some of which appeared in the form of virtual care through video health consultations or by phone for those who aren't critically ill. The time saved through virtual care allows medical staff to focus on acute care and frail patients.

Medical leaders like Dr. Maharaj are intrigued by the "Hospital at Home" concept used successfully in other parts of the world. Under this model, if a patient is diagnosed with pneumonia for instance, they are sent home with the technology that can test blood pressure and oxygen saturation, and this data can be seen remotely by medical staff.

"And that's something that virtual care has given us. We can see more patients virtually in a given period of time than we can in person in a lot of circumstances. It definitely saves everyone, particularly our patients, a lot of travel and waiting time."

The Future is in Collaboration

Doris remembers in the 1950s and 1960s, general physicians at Langley Memorial performed operations and administered anesthetics, and specialists had yet to appear.

"I remember scrubbing up for one doctor, Dr. Rose, for a hip replacement. These days people would be shocked: 'A hip replacement by a GP?'"

Over the last two decades, Langley Memorial has benefited from the growth of specialties and subspecialties, says Dr. Maharaj, one of LMH's first ENT specialists. With the growth of these subspecialties comes a rapid rise in innovation, expertise, and information, he says.

"And how do you organize and access a huge body of information for the benefit of our patients?" he asks. The answer might be found in bringing medical professionals together to talk to one another – even if it's remotely.

For instance, when LMH's internal medicine specialists and ICU physicians do their rounds, they're likely to be seen on an iPad video call, discussing a patient's health status with another expert based within Fraser Health who can provide another perspective. It's a perfect example of how technology can integrate with virtual access to care for better outcomes for patients, he says.

Today, many of the LMH Foundation's fundraising campaigns focus on enhancing the programs and purchasing the technologies to help physicians treat patients more efficiently. And over the last year, Langley's donor community has taken a proactive approach to meeting some of Langley's most pressing needs.

Donors have helped to build Foundry Langley, give the hospital's seniors more community-based program support for care, and enhance the Whatever It Takes Fund, which helps newly-discharged patients get the supplies or services they need to stay healthy at home.

"What we want is for the services to wrap around the patients," Dr. Maharaj says.

"Patients need access to the integrated components of health care, to best support their health wherever they are: in the community, in a community hospital, or in a larger hospital, rather than having the patient reach out to access those different services in different locations that are scattered all over the place."

One Year On, Foundry Langley Expands to Support Youths' Needs

Less than one year after the completion of the \$2.1 million campaign to build Foundry Langley, hundreds of youth aged 12 to 24 see it as a welcome respite — a place that empowers them with confidential early intervention services in mental health, substance use, nutrition and life skills, peer support, social services and much more.

In October of 2022, Foundry Langley welcomed 89 separate, or unique, young visitors. Those numbers grew every month as more services were added. By March 2023, Foundry Langley was receiving over 200 visits a month from young people. Most were aged 15 to 19, attracted to the centre for access to drop-in counselling services, social groups and social support services.

Over the next year, Foundry is set to expand even further as it builds capacity in its walk-in counselling program and gives youth access to medical care. Family physicians started providing care out of the Foundry Langley centre in June of 2023, and they are actively seeking to hire a nurse practitioner.

Growing in Step with Youth

Within months of opening day, young people's positive responses to Foundry Langley reflected just how much they needed the services, says Kristin Coyne, Manager of Clinical Services with Encompass Support Services Society.

The centre has now turned its attention to building its capacity for drop-in counselling options for youth, the most accessed service at Foundry Langley. To meet the demand, Foundry Langley will be training more Master's-level counselling students to provide support to young visitors.

In anticipation of more growth, the team can rely on the Foundry fund, created by the LMH Foundation donor community, Kristin says.

"We're so grateful for the fund. Those innovation dollars allow us to shift our focus to meet a need much more quickly than we can in other sorts of traditional funding streams."

Designing a Haven:

Donor Generosity Funds Spiritual Space Makeover

"I have one word to describe the Spiritual Space," says Mary Chernoff, a veteran designer behind the renovation project at Langley Memorial.

"It's ... hush."

As the designer on the team tasked with remodeling the Langley Memorial Spiritual Space on the hospital's first floor, Mary Chernoff injects her creativity in the room's decor, colour and detail while respecting Fraser Health's standards for hygiene, style and design.

Built decades ago, the Spiritual Space at Langley Memorial Hospital no longer meets the function it was designed for. So last year, the Giving Hearts Gala committee turned its focus toward the call to renew the now dated, dark room to appeal to patients, their loved ones and caregivers looking for a quiet escape from the clinical hospital setting.

At the fourth annual Giving Hearts Gala on February 11, more than 350 donors and sponsors raised \$240,000 in support of the renovation.

Since 2019, Giving Hearts Gala guests have raised \$905,000 for advances that make an impact on the lives of Langley residents every day. This donor community has forged a reputation for philanthropy to provide comforts for some of the hospital's most vulnerable patients, says Heather Scott, Executive Director of the Langley Memorial Hospital Foundation.



Langley Memorial Hospital Foundation is honoured to recognize donors who made the Spiritual Space renovations possible.

“At the Foundation, we knew that a Spiritual Space would inspire the generosity of the Giving Hearts Gala community, which is dedicated to hospital care that serves emotional and psychological needs—care from the inside out.”

Their gifts, once added to those from other community donors, completed the funding needed to cover all the renovations for the Spiritual Space. This generosity helped to transform it from a dim space into a serene environment designed for privacy and healing, prayer, meditation, or quiet thought.

“Whether you’ve had surgery, or your wife just had a baby, or your mom broke her hip – there’s worry, there’s caring and the need to just quiet down for a while, or the need to say a prayer,” says Mary Chernoff.

“I think that’s pretty universal.”

The room is now decorated in a low-stimulus colour palette with inspirational nature images, and a celestial lighting element on the ceiling.

“I wanted it to be soothing and calming, a place where people can both reflect and perhaps grieve, but also celebrate, in a safe harbour that’s off the beaten path of most other hospital corridors.”

As a focal point, the space will feature an illuminated panel with a photograph from local First Nations land, with a mountain vista, “to inspire us to think about strength, durability and longevity.”

The room is furnished in robust, long-lasting material that adapts to hygiene standards. That means no carpets but plenty of easy-to-clean wood-like vinyl flooring, and upholstery material that has been developed to mimic and feel like fabric, the designer says.

“Over the years we’ve really improved the types of finishes for health care design in general. It’s helped us a lot in achieving infection control, while it still looks beautiful.”

\$10,000+

Bath Family Foundation
Gary Gill
Living Waters Church
Roofing Contractors Association of BC
Saint Mary’s Health Foundation
Allan Skidmore Family Foundation
Vancouver Ready Mix

\$5,000+

Phil and Barb Jackman
Rana Management Services
The United Churches of Langley

\$1,000+

Jug Bilg
Dr. Harry Brar and Dr. Navneet Sidhu
Doug and Milva Bordt
Christian Life Assembly
Rebecca Darnell / Darnell Law Group
Peter and Charlene Fassbender
Gawley & Son Contracting Ltd.
Dr. Amandeep Grewal and Dr. Sundeep Dhaliwal
Robert Gutjahr
Peter Heppner
Dr. Gurpreet S. Palak
Kush Panatch
Pebble Beach Investments Ltd
In memory of Jack and Sunny Phillips
Karen Powar
Blair Qualey
Ajit S. Sangha
Balbinder S. Sangha and Nimrat K. Sangha



What will your Legacy be?

A simple bequest in your Will, or a gift of life insurance, RRSPs, RRIFs, securities or real estate can be a commitment you make today that will have great impact on health care in Langley for generations to come.

We're here to help
LMHFoundation.com/Legacy

CONTACT US
Toni Andreola
672 879 2394



Empathy in Action:

Mann Family Gift Gives Comfort to Pain Therapy Patients

For Jasbir Mann, a family gift to help equip Langley Memorial's pain care therapy program goes beyond generosity – it evokes empathy for others, and brings forward memories of her own experiences with chronic pain.

On February 11, 2023, the Mann family announced a \$100,000 donation to help enhance pain therapy treatment at Langley Memorial Hospital with tools that could boost specialists' efficiency and save time during procedures, which could help ease a long patient waitlist.

The announcement topped off an evening of philanthropy at the Giving Hearts Gala on February 11, the annual event co-founded by Jasbir's spouse Balraj Mann, a director on the LMH Foundation's board, along with event co-founder Manjit Gill.

The family dedicated the gift to the memory of Satnam Kaur Mann, Balraj's mother, who passed away last year, but the area of care was inspired by a very personal experience for Jasbir.

In 2009, when Jasbir Mann worked as a care aide, her patient lost his balance and fell on her, bringing her down to the floor.

The pain in her back and legs was unbearable, she recalls. She was treated for ruptured discs in Vancouver hospitals and made frequent trips to the Emergency to treat her pain.



Dr. Sri Kollipara and LMH nurse Maya Phagura, with the new state-of-the-art procedure table, now used in LMH's pain therapy clinic.

At that time Jasbir was only in her 40s, caring for her young children.

As time passed, she knew the pain in her back, legs and feet wouldn't improve as she aged, so she decided on surgery.

But a nerve was cut during the procedure, leaving Jasbir bedridden for three months.

Over time, she underwent a series of sympathetic nerve blocks, "just to calm down the pain because I was screaming," she recalls. But even these didn't totally ease her suffering, after the effect of the blocks plateaued.

Today, she still suffers chronic pain in her feet and numbness in her ankles.

"I have that constant pain still but I learn to live with it. Now, I'm just trying to be careful."

One in five Canadians suffer from chronic pain, and much like Jasbir's experience, chronic, ongoing pain can impair nearly every aspect of their lives, from employment and finances, to social and family dynamics and emotional well-being.

That empathy for fellow patients with chronic pain offers an emotional element to her family's gift to the pain therapy program.

The Mann family's generosity helped the hospital purchase a procedure table and radio frequency lesioning probes used in guided procedures using a C-Arm, a large wrap-around X-ray system that helps specialists with the accurate placement of needles and radio frequency lesioning system in the spine. This system is critical for procedures in and around the spine and helps the physician manage the patient's source of pain with more precision.

"The Mann family's generous donation allows me to double the number of patients I see because the new state-of-the-art equipment will enhance their safety and help to alleviate their suffering," says Dr. Sri Kollipara, one of four anesthesiologists at the clinic.

Patients with chronic pain are referred by their doctors, but for some time there's been a long waiting list for a procedure because equipment wears quickly after frequent use.

Transforming Care

The 40-year-old procedure table was far beyond repair and nearly incompatible with a C-Arm.

The new procedure table is fully compatible with X-rays and big enough to allow patients to position themselves in comfort while the physician views high-quality images of the spine in wide angles.

Though the replacement table may seem like a simple upgrade, it has transformed the efficiency of care in the pain clinic, he says.

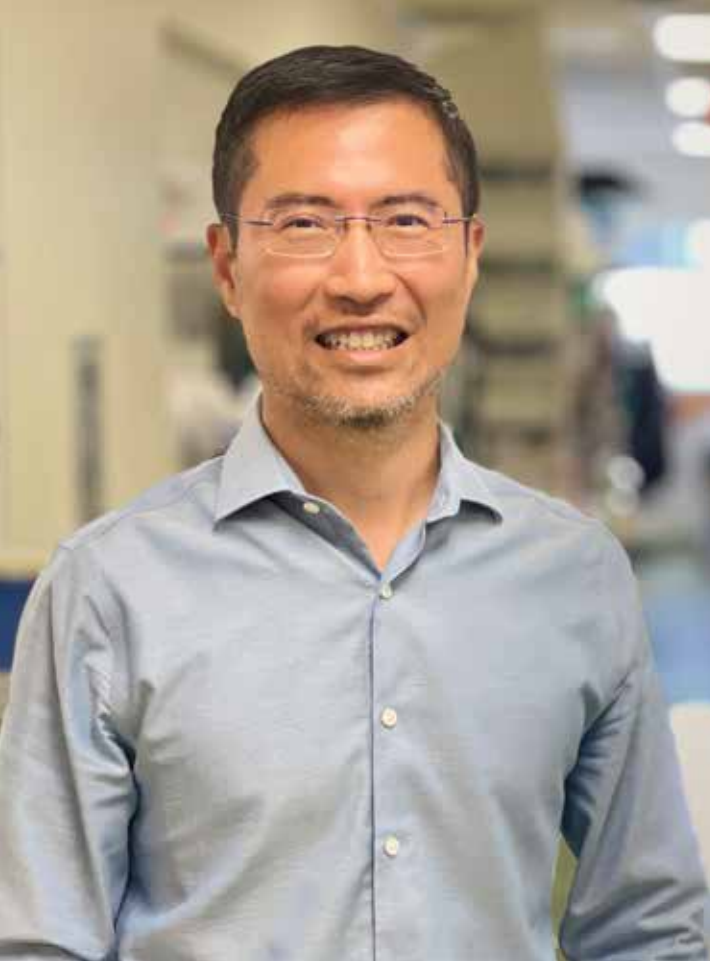
Dr. Kollipara adds that on a daily basis he and his colleagues have noticed that the new equipment saves time and space, and gradually helps ease the long waitlist of patients waiting for treatment.

"Those who perform these procedures know the difference the table has made," he says.

"One needs to feel accountable, responsible and perform procedures, to really deliver the care to bring some difference in the chronic pain patient's life, and this table is a blessing to our pain clinic where we were struggling to deliver appropriate care."

Given the family history, Balraj Mann says he's relieved that the donation could make such a significant impact to Langley's hospital clinicians and patients alike.

"I saw it was needed, it was within reach, and since I wanted to do something for my mother. I knew it would be money well spent."



The Best Care Possible:

New Prehabilitation Program
Trials What's Best for Surgical Patients
at Langley Memorial Hospital

The weeks and days before a surgery can be nerve-racking for patients, and often challenging for surgical staff who struggle to manage waitlists and prepare every patient before and after their procedures.

Often, overworked surgical care staff struggle with the time or resources they need to stay in contact with patients during the all-important stages before and after each patient's surgery — when close monitoring could help prevent postoperative complications such as hospital readmission or infections.

Now, a year-long pilot program has resulted in impressive findings that could inform easy changes to serve delivery that would transform the quality of care for patients undergoing surgical procedures at Langley Memorial Hospital.

Sponsored by Doctors of BC, the Surgical Patient Optimization Collaborative (SPOC) has harnessed the talents of a team from Langley Memorial, one of eight participating hospitals in the Fraser Health Authority and among 14 across the province.

Over the last year (from May 2022) each hospital team monitored a group of patients for conditions that could complicate their health care before surgery.

Under the guidance of LMH Orthopedic Surgeon Dr. Mark Chiu, and overseen by SPOC Nurse Navigator Dawn Charlebois and a multidisciplinary team, the group screened 615 patients scheduled for joint replacement surgery at Langley Memorial Hospital, measuring for potential complications.

Before the procedures, they screened and monitored patients who were susceptible to risks related to anemia, glycemic control, Vitamin D deficiencies, obesity, sleep apnea, smoking cessation and substance use.

Ninety-five per cent of those screened did indeed require optimization in pre-op care or monitoring, and 368 patients from that screened group ended up participating in the program.

In the weeks and days before the patients' procedures, they received guidance and referrals to specialized clinics, programs and other resources.



Dr. Mark Chiu, with SPOC nurse navigator Dawn Charlebois and LMH Project Manager Sooky-Moore Ruiz (foreground).

A Process of Re-Designing Care

“This has been helpful to the hospital because it’s given nurses, managers and Operating Room booking a new way of doing things. It’s a process of re-design, in order to optimize patient health and outcomes and get them feeling as best as they can, before and after a surgery,” says Dawn.

The data could be exactly what Langley Memorial needs to start the conversation surrounding new ways of optimizing pre-surgical care. In a community with a booming population, a busy hospital and long health care waitlists, a program like SPOC could support recovery and greatly improve patient and provider lives at a time when patients are at their most vulnerable.

“The time between the decision for surgery and when the patient receives surgery is an opportunity to focus on optimization. As care providers, we can use the pre-operative waiting period as an opportunity to better prepare patients — both physically and mentally — for surgery as well as empower ourselves and our patients to improve surgical outcomes,” says Dawn.

Optimizing Care Cuts Costs, Complications

Without close monitoring, a patient may be more vulnerable to an infection after surgery, which could lead to readmission, or multiple visits to LMH’s IV therapy clinic.

“The aim of the program is to decrease length of stay, morbidity, and cancellations, and increase the experience of surgical care, essentially decreasing costs to the health care system,” says Sooky Moore-Ruiz, LMH Project Manager, who works closely with Dawn.

Fortunately, bridge funding has been approved for the SPOC program to gather even more data to support the concept of optimized pre-surgical care in a way that could work at Langley Memorial and other hospitals, she adds.

Dawn, who shared her experiences at the outcomes conference in May, says she’s proud to have worked with Langley patients on a project that has such potential to improve care.

“It has been really rewarding to be a part of something so big and so impactful,” she says.

“To have the opportunity to engage with SPOC patients has been a highlight of my nursing career.”

For instance, Dawn worked with the physicians of patients with Vitamin D deficiency or sleep apnea to get them treatment or refer them to clinics, while smokers were referred to smoking cessation plans like QuitNow.

Thirty days after their procedure, members of the National Surgical Quality Improvement Program (NSQIP), a Fraser Health regional group, followed every patient to measure their surgical experience and any postoperative health complications.

The results have been outstanding: 95 per cent of participating patients agreed their surgical experience improved, thanks to the optimization program, and 68 per cent noted that their overall health improved as a result of the pre-op care.

Importantly, no patients in the program reported post-op complications to date.

As the Impact Hits Home, Langley Donors and Volunteers Unite for Advances in Cancer Care



Michele Rose, Patient Care Coordinator, holding one of our donor-purchased surgical scopes.

Over the last year, those in the battle against cancer have met a familiar ally in Langley: community members who recognize we've all been touched by the disease in one way or another.

It's created a shared resolve to improve the lives of patients through fundraising for the technological advances that help detect the disease early and help survivors move forward. In 2021, more than 30,000 British Columbians were diagnosed with cancer.

Drive For the Cure Organizers Honour Loved Ones While Fundraising for Cancer Care **It began** with three friends and a shared goal.

Twenty-five years ago, Doug Hawley, Rob Jeeves and Kirk Fisher made a simple plan to hold a golf tournament at Langley's Redwoods Golf Course, where Hawley works as managing director.

That early idea has since expanded into a wildly popular annual event, Drive for the Cure, and has raised millions for foundations and charities across the Fraser Valley and Greater Vancouver to benefit cancer prevention and treatment.

Over the last four years, hundreds of donors, golfers and volunteers have worked – and played – to help fulfil Drive for the Cure's pledge of \$100,000 for essential tools for Langley Memorial Hospital's endoscopy unit.

These funds helped the hospital to purchase much-needed scopes – equipment that helps specialists detect cancers of the stomach and colorectal region.

With more scopes, the hospital is able to perform even more procedures, providing quicker access to diagnostic and intervention treatment, improving each patient's chance of beating their cancer.

Drive for the Cure organizers present proceeds of the tournament to LMH staff.



When they first launched the Drive for the Cure golf tournament, Fisher had just lost his mother to cancer. Since that first tragic loss, both Hawley and Jeeves have lost their own mothers to cancer. Early this year, Fisher lost his father, local business icon Larry Fisher, to cancer as well.

The elder Fisher's construction firm, Lark Group Construction, has been the tournament's title sponsor for 25 years so the loss of Larry Fisher on the eve of the tournament's 25th anniversary carries a bittersweet tone.

"Over the last 25 years, there's been so many other people [we've lost from cancer], and so much along the way that keeps motivating everyone to keep doing it, to keep going to the next level," says Doug Hawley.

When their guests and tournament participants understand exactly how their gifts will be used, they feel encouraged, says Hawley.

"It makes a difference to everyone that 100 per cent of the funds go toward equipment."

Ultimately, Drive for the Cure's fundraising for Langley Memorial Hospital is driven by a shared concern for those facing cancer diagnoses, and by a generous community, says Doug Hawley.

"Nearly every one of us, or someone we care about, will need to visit Langley Memorial Hospital, and it's really important that our health care workers are well-equipped with the tools that match their expertise," he says.

"A Clear, Superior View" Donors Made the Difference in Diagnosis at LMH

In 2022, donors helped to fund tools for a new cutting-edge cancer diagnosis technique called blue light cystoscopy, which has allowed specialists make significant advances in the early detection and treatment of the disease.

Every year, hundreds of patients undergo cystoscopy procedures at LMH to detect signs of bladder cancer. Until 2022, surgeons only had access to white light cystoscopy, a common method used to examine the lining of the bladder and urethra. Though it's effective to an extent, the white-light method doesn't always allow surgeons to see suspicious flat-shaped tumours.

Blue light cystoscopy finds lesions that are missed under regular white light cystoscopy. Under blue light, cancer cells glow fluorescent pink which makes it easier for a urologist to see the edges of a tumour and remove it from the bladder.

Demand is high. In 2022, Langley Memorial Hospital performed more than 3,000 surgical day care urology procedures, which require surgeons to utilize scopes.

"They provide a clear, superior view and are essential to timely diagnosis and treatment," says Dr. Jason Archambault, Langley Memorial's Chief of Surgery.



Dr. Jason Archambault, Langley Memorial's Chief of Surgery



The Future in Plain Sight: New 'GI Genius' Technology Could Help Save Lives at LMH

The signs of disease in the gastrointestinal tract may look tiny, but the technology that can detect them is powerful.

In the spring of 2023, Langley Memorial's surgical team had the opportunity to work on a trial basis with a new medical device that gives them the precision they need to detect the early warning signs of cancer and disease.

The GI Genius simply plugs into the clinic's existing endoscopy equipment to help identify polyps, or growths in the lining of the bowel and gastrointestinal tract.

Using an endoscope — a flexible tube with a light and camera attached at its tip — a specialist is able to see full-colour images of the patient's digestive tract on a screen.

It scans the video feed in real time, automatically drawing small boxes around polyps barely discernible to the human eye.

"The machine will beep at us and put a little green box around the area of concern to draw our attention to it," says Dr. Sarah Lord, one of the surgical team members who have worked with the GI Genius.

"Its sensitivity for detecting polyps is extremely high, and it helps identify small or subtle polyps that might be missed otherwise."

The tool is powered by an AI algorithm trained on vast amounts of data, including images and videos of both cancerous and non-cancerous lesions. Under the operation of surgeons, it continuously learns and adapts to identify subtle irregularities that could signal early-stage cancer.

"In the future, the AI will be able to receive updates to help expand its capacity to not only detect polyps but to inform physicians of the types of polyps, and that will be an incredible leap," continues Dr. Lord.

Though Langley Memorial's surgical team can boast a high success rate for detecting polyps in colonoscopies, says Dr. Lord, so far, the surgical trial has already shown the GI Genius could improve this rate even further.

"All of us general surgeons are really excited about this technology," she adds.

"If all goes well, we hope to be one of the first sites in the Lower Mainland to adopt this new technology. Our group feels that any improvement in endoscopy quality we can offer to our patients is money well spent."

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Connecting through Compassion: Surgeons, Donors Renew Hope in the Fight Against Cancer

Early detection and treatment, screening and scans are essential in the battle against life-threatening diseases.



Building upon this foundation, LMH’s surgical team has welcomed its newest member, plastic surgeon Dr. Sofie Schlagintweit, who has the expertise to join the team during a mastectomy to help perform a combined mastectomy and reconstructive surgery.

With the benefit of this added specialty, the team will be able to help more Langley women deal with the physical and psychological aftermath of cancer treatment.

For Dr. Schlagintweit, one of the biggest satisfactions as a plastic surgeon working with patients who’ve endured cancer treatment comes from the changes she sees in patients – particularly those who’ve gone through breast reconstruction, and are about to embark on a cancer-free life.

“They’ve gone through something terrible, and now they’re done. And they usually have an outlook, like ‘I’m going to make the best of the situation that I have.’”

Gone Country Raises Funds for Cancer Care

Advances, expertise, and the strength of people dealing with cancer inspired the fundraising work of Langley brothers and business owners Chris and Jamie Ruscheinski.

After the loss of their mother to breast cancer when they were teenagers, they initiated a series of fundraising efforts for cancer care.

Recently, the brothers entered into a unique partnership with Langley Memorial Hospital Foundation to raise funds for cancer screening, treatment and care here in Langley, through Gone Country, a popular outdoor country music festival.

Sponsorship dollars and proceeds from the July 23 Gone Country auction and 50/50 raffle will help the hospital purchase vital equipment and build programs to improve outcomes for patients who need cancer screening and treatment.

Jamie Ruscheinski, who sits on the Foundation board, says they’ve built a bond with donors, volunteers and the public that’s heartwarming, but bittersweet.

“Throughout the years, we’ve come to a heartfelt realization: our incredible team of Gone Country volunteers is composed of individuals who have personal connections to someone fighting, or someone who has fought cancer,” Jamie says.

“It’s these connections that inspire us to return year after year.”



Dr. Daniel Negash,
LMH Internal Medicine
Specialist

Expanding Cardiac Care to Keep Pace with Langley Growth

On a fateful flight in summer 2022, Darcy Gill needed some good luck, and he got it — twice.

On a flight from Toronto to Vancouver, the 71-year-old Langley businessman felt light-headed and dizzy. This unnerved him; 23 years earlier, he'd had open-heart surgery, and he knew dismissing his symptoms would be risky.

In his first stroke of luck, health care workers on board were able to monitor his vital signs until the plane landed. Soon afterward, he was admitted to Langley Memorial's Cardiac Unit within the Intensive Care Unit (ICU), where he was hooked up to telemetry (cardiac) monitors for four days before the insertion of a pacemaker.

The fact that a bed equipped with the tools to monitor his cardiac health was even available at that time was yet another stroke of good fortune.

Over the next year, Langley Memorial's cardiology team and the Foundation will highlight the needs of the Cardiac Unit — in particular, the urgent need to fund an expansion of the unit to 10 beds equipped with telemetry monitors, from the six available today.

Telemetry allows doctors to watch for abnormal patterns in heartbeat, arrhythmia or atrial fibrillation, which occur when the heart beats too fast and irregularly. The abnormal activity can be captured via equipment at the bedside, broadcast on a monitor at the nurses' station spontaneously.

Manjit and Darcy Gill



Now more than ever, it's imperative that cardiac care at Langley Memorial expands in response to the demand among a population of older adults in a growing community, says Dr. Daniel Negash, an Internal Medicine Specialist at Langley Memorial and Regional Medical Director, Access and Flow Community Hospitals, with Fraser Health.

"If we don't have more monitored beds, we'll have lots of cardiac patients in the Emergency Department waiting to be transferred to a cardiac monitoring bed in the unit. With more beds, we will be able to pull those patients from Emergency. The longer our patients stay in Emergency, the worse the outcome, even after they are admitted."

Keeping Pace with the Population

What might have happened if Darcy Gill, or a patient like him, hadn't had access to a cardiac monitoring bed?

Dr. Negash says the outcome would have been much worse for him, and for patients waiting in an Emergency Department that is often congested.

Approximately 62 per cent of patients admitted to Langley Memorial Hospital's ICU in 2021 were admitted after suffering from cardiac pain or emergencies.

Over the past five years, Langley Memorial has seen a growing demand for telemetry monitoring. In 2016-17, 666 patients required telemetry monitoring, but by 2020-21, that number had grown to 793.

Hospital data analysis forecasts the numbers to climb even higher, corresponding to Langley's predicted population growth in the next five years.

"Visits to the Emergency Department [at Langley Memorial] have exponentially gone up over the last five to eight years. Even after the new Emergency Department opened, we saw quite a heavy patient flow," says Dr. Negash.

"We were predicting that with a new ED, we would be flooded with new patients, and here we are: cardiac patients are competing with other patients, and the Emergency Department is already congested."

Building on Strengths

Every day, Langley Memorial's cardiac nurses, technicians, physicians and surgeons treat patients with acute heart conditions that require constant monitoring and cardiovascular therapy.

Dr. Negash says he's happy with the echocardiogram testing in the cardiac unit, and he's proud of the expertise of the medical staff and nurses in particular, who've undergone the specialized training they need to oversee telemetry monitoring.

"We have really well-trained nurses, who are experts in telemetry monitoring. We depend on them, and we trust their judgment," he says.

Manjit Gill, a Langley community activist, fundraiser and donor, witnessed how busy the hospital was as she accompanied her husband Darcy during his stay at Langley Memorial.

She's the co-founder of the Giving Hearts Gala, an annual fundraising event that has been central in bringing state-of-the-art equipment to LMH.

Since Darcy's hospital stay, she's been in the forefront of the campaign to expand the number of cardiac monitoring beds.

She says the hospital's need for telemetry-equipped beds would build upon the unit's strengths, and make a huge difference in the experience of patients who visit LMH's Emergency Department in cardiac distress, as Darcy was.

"The care at Langley Memorial was excellent, but teams were juggling to keep patients in the right unit for the care they needed," she says.

"We all know how fast Langley is growing, and it's important that the cardiac unit and entire hospital grow in pace with change."



Una-Ann Moyer
with her uncle John



A Promise Kept:

A Caregiver Finds Support in
Langley Specialized Seniors' Team

In 2016, not long before her cousin passed away, Una-Ann Moyer sensed her cousin's deep worry about her aging parents.

"I told her, 'don't worry about your mom and dad, I'll take care of them,'" she recalls.

A promise made, and kept: Una-Ann, a Langley resident, Tahltan/Tlingit artist and retired educator, loved her cousin as she would a sister.

In March 2020, at the onset of the COVID-19 pandemic, Una-Ann moved in with her uncle John Mankowski and frail aunt Cora as a full-time caregiver to fulfil the role their two adult children—who passed away in 2003 and in 2016—would have gladly taken on.

After her aunt passed away in July 2020 at the age of 89, a journey of full time caregiving for her uncle began. This included all the household cooking, cleaning and shopping, driving to appointments, changing bandages, undergarments and bedding, bathing, and tracking and administering medications. Then, closer to the end of his life in March 2023 at the

age of 89, Una-Ann found herself learning to navigate the personality and mood changes that come with dementia.

She admits she was surprised at how overwhelming it can be to care for a frail older adult.

"As a family member you don't know what to expect," she says.

Fortunately, Una-Ann was not alone on her care journey. For assistance, she reached out to the Langley Specialized Seniors Team (LSST), a cohesive group made up of two Langley Memorial gerontologists, an occupational therapist, nurses and a social worker who build supportive relationships with seniors and their caregivers.

The LSST works to promote a social model of care for older adults in the community, with a Home First approach—a commitment to improving the function, quality of life and resilience of older adults so they can remain in their own homes, and out of the hospital, for as long as possible.

Una-Ann says her relationship with LSST members made all the difference in her job as a caregiver, and for her own state of mind.

For starters, the decision to keep her uncle in his home, even as his health deteriorated, gave him some solace in his later years.

"If he'd gone to the hospital he'd be stressed out. He would have resented it. I just couldn't do that to him."



Langley Seniors Specialist Team supports older adults in the community and their caregivers.

Honouring the Man Behind the Memories

John Mankowski grew up in Poland, lost his father in the war, and boarded a ship to Canada at the age of 15. His mother later followed him to Canada.

He worked as a seaman aboard the ferries along the BC coast and married into Una-Ann's family when he wed Cora Vance, a Chilliwack-based nurse. Together, they established Langley Water Wells, a business that helped build the community. To this day, a plaque at the Township commemorates his hard work.

A good husband and father, he was devastated when he lost his son to cancer in 2003, and his daughter in 2016.

"He was a very interesting man," Una-Ann says. "He was proud, and stubborn, and he had a lot of loss. He lost his son, he lost his daughter and then he lost his wife. He didn't trust many people but he trusted me."

Today, along with her sisters, Una Ann is caring for her own mother, who is living with Alzheimer's disease.

"I often think to myself, 'there's going to be a day when my mom is not even going to know who I am, so I am going to cherish this time for as long as I can'."

Caring for the Caregiver

As part of their commitment to maintaining seniors' long-term health, the seniors' team members build strong relationships with family caregivers to shore up their confidence and coping skills.

As her uncle's dementia progressed, creating challenging behaviour changes, Una-Ann would have to keep her patience in check. Her own relationship with team nurse Celeste Sizeland helped to ground her, she says: no matter what happened, she felt like she had back-up.

"I always had Celeste to talk to. I'd call her and ask, 'what should I do?' Having all the nurses and the entire team here really made a difference."

Team members helped her with resources, like bringing visiting nurses, lending him mobility devices and demonstrating the right way to clean him and move him from the bed.

"Towards the end, he wasn't my uncle," she says, referring to the behaviour changes that take over a person with dementia. "At those times, it was so nice to be able to tell them what was going on."

As Uncle John's health challenges worsened and he needed palliative care, he found it in Langley nurse practitioner Tsenka Kushner.

Una-Ann looks back at her time with her uncle with gratitude and relief that he could spend his final days in his own home, thanks to the seniors support team.

"There are a lot of families who need support like ours did, and it's good to know they're out there."

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