

ROYAL COLUMBIAN HOSPITAL
FOUNDATION MAGAZINE

Your Health Matters

WINTER
2025 EDITION

IN THIS ISSUE

+ VISION 2030: TOMORROW'S HEALTHCARE, TODAY

How you're helping us take steps towards a future where Royal Columbian continues to lead *the way in healthcare excellence.*

+ WHEN EVERY SECOND COUNTS, YOU'RE THERE

When trauma teams need vital equipment to save lives, your support is backing them up.

+ A GLOBAL LEADER IN VASCULAR ACCESS RESEARCH

Thank you for helping us pioneer critical care research across Canada and the world.

+ BUILDING A FUTURE OF FASTER RECOVERIES, TOGETHER

Your generosity works hand-in-hand with our dedicated staff to make patient care better every day.



ROYAL COLUMBIAN
Hospital Foundation



VISION 2030: TOMORROW'S HEALTHCARE, TODAY

A Message From Royal Columbian Hospital Foundation Leadership

There's something remarkable happening at Royal Columbian Hospital, and this edition of *Your Health Matters* captures it beautifully: we're seeing glimpses of tomorrow's healthcare, today.

When trauma patients arrive fighting for their lives, our teams reach for advanced tools like the Belmont Rapid Infuser, knowing they have the very best equipment at their fingertips. That's no accident—it's because of supporters like you who understand that in critical moments, having the right technology can mean everything.

But great care isn't just about equipment. It's about the brilliant minds who push boundaries and ask "what if?" Take our ICU team, who are leading a groundbreaking study that could transform how we care for our most vulnerable patients across Canada. This is the kind of research and innovation that sets Royal Columbian apart—work that begins here but benefits patients everywhere.

Your impact shows up in countless other ways too. When Dr. Zameer Hirji tells us about patients who once faced lengthy ICU stays now returning home within days, that's the power of combining cutting-edge technology with exceptional healthcare professionals.

Cameron Belsher

Chair, Royal Columbian Hospital Foundation

Or look at how our staff appreciation initiatives, from warm cups of coffee to professional development opportunities, help create an environment where our dedicated teams can thrive.

Perhaps most exciting is what's on the horizon. The new Jim Pattison Acute Care Tower—the biggest step in our redevelopment—is set to open later this year. This remarkable step forward shows how we're building state-of-the-art healthcare not just for our community, but for all of British Columbia. After all, one in three British Columbians relies on Royal Columbian for specialized care, and we want to be there for them, no matter what.

Each story in this magazine represents another step toward our Vision 2030—a future where Royal Columbian continues to lead the way in healthcare excellence. But what makes this vision truly special is that it's being shaped by people like you who believe in supporting innovative, compassionate care for our community.

Thank you for being part of this extraordinary journey. Together, we're not just investing in a hospital—we're creating a healthier future for generations to come. ■

Jeff Norris

President & CEO, Royal Columbian Hospital Foundation

Your Health Matters

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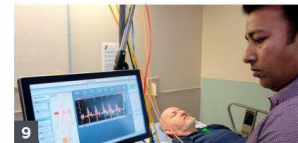
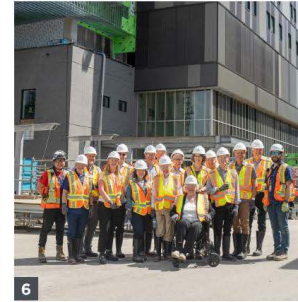
We welcome your comments on our *Your Health Matters* magazine.

Please email info@rchfoundation.com or write to us c/o Royal Columbian Hospital Foundation, 330 East Columbia St, New Westminster, B.C. V3L 3W7

Established in 1978, Royal Columbian Hospital Foundation raises millions of dollars annually to purchase medical equipment, fund innovative programs, and support training and research. To donate, please visit rchfoundation.com or call 604-520-4438.

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"We're not just building a bigger hospital, we're creating a legacy of uncompromising care that will serve our community for generations to come."

WHEN EVERY SECOND COUNTS, YOU'RE THERE

| Your generosity equips trauma teams with vital equipment to save lives

Every week at Royal Columbian Hospital, lives hang in the balance as trauma patients arrive needing immediate care. In these critical moments, life-saving equipment like the Belmont Rapid Infuser becomes the difference between life and death.

We couldn't be more grateful for the generosity of CN Railway and their funding of this equipment.

"Royal Columbian Hospital is a care facility in a community where CN

employees and pensioners live and work, so gifting the Belmont Rapid Infuser made a lot of sense," said Tyler Banick, Manager of Stakeholder Relations at CN Railway. *"Our teams, just like many residents of the community, are on the road daily and subject themselves to the unknowns. In case of an emergency, this device could be what saves their lives."*

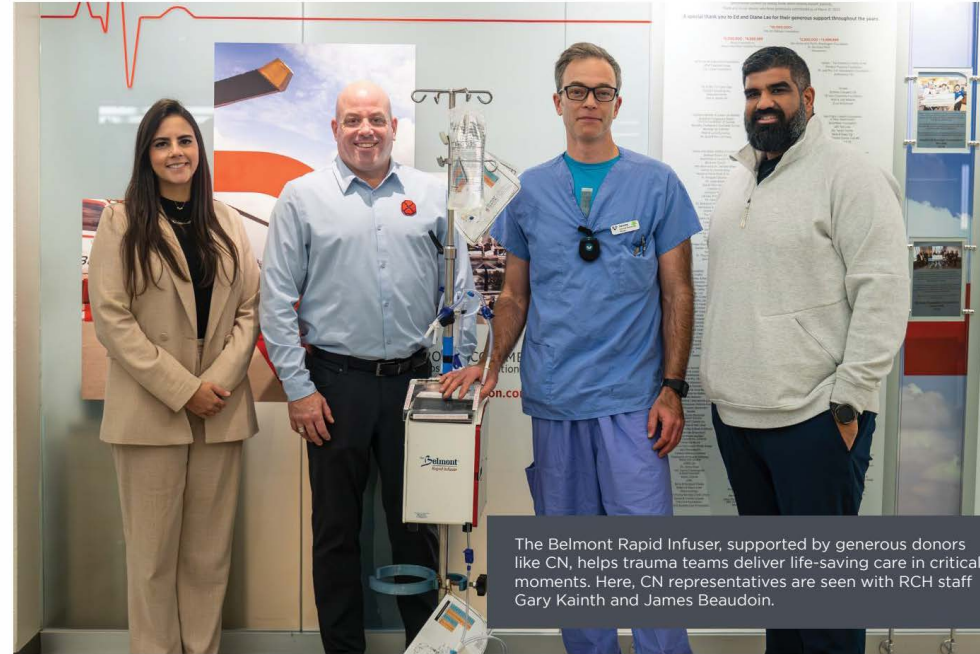
The Belmont Rapid Infuser, which quickly delivers warmed blood and fluids to critically injured patients,

has already helped save countless lives in Royal Columbian's trauma unit.

As Banick says, *"Hearing firsthand from the front of line staff who train and use the Belmont Rapid Infuser, we could immediately tell how impactful it is to them and their patients. Without the life-saving machine at the hospital, there would be many families that would not have their loved one with them, without the support of the Belmont Rapid Infuser."*



Thank you for helping equip Royal Columbian's dedicated trauma team with the tools they need to save lives when every second counts.



The Belmont Rapid Infuser, supported by generous donors like CN, helps trauma teams deliver life-saving care in critical moments. Here, CN representatives are seen with RCH staff Gary Kaith and James Beaudoin.

CN Railway's generosity, along with your dedicated support, ensures that when patients arrive fighting for survival, our medical teams have the tools they need to act fast and get them back to their loved ones as soon as possible.

"Time matters," reflects James Beaudoin, RN in RCH's Trauma Unit. *"So, when our team needs to come together and make a difference in a person's life, we reach for equipment that is reliable, efficient, and can perform quickly. The Belmont has played a direct role in providing quality care and helped many patients along the way."*

But as our community grows, so does the need for this essential equipment. Royal Columbian's

trauma unit now requires a second Rapid Infuser for their second trauma room. With your ongoing help, the team can ensure they're ready to provide immediate care even when multiple critical patients arrive at the same time.

"Our population is growing and our communities expanding," explains Beaudoin. *"To ensure we as providers can continue to meet the increasingly acute needs of our sickest patients, it's imperative that our equipment is reliable and dependable."*

The continued support of you, our caring donor community, helps equip Royal Columbian's dedicated trauma team with the tools they need to save lives when every second counts. ■

"Our population is growing and our communities expanding. To ensure we as providers can continue to meet the increasingly acute needs of our sickest patients, it's imperative that our equipment is reliable and dependable," says James Beaudoin, Trauma Unit RN.

REDEVELOPMENT HIGHLIGHT

A FUTURE OF UNCOMPROMISING CARE TAKES SHAPE

Together, we're building British Columbia's most advanced critical care hospital.



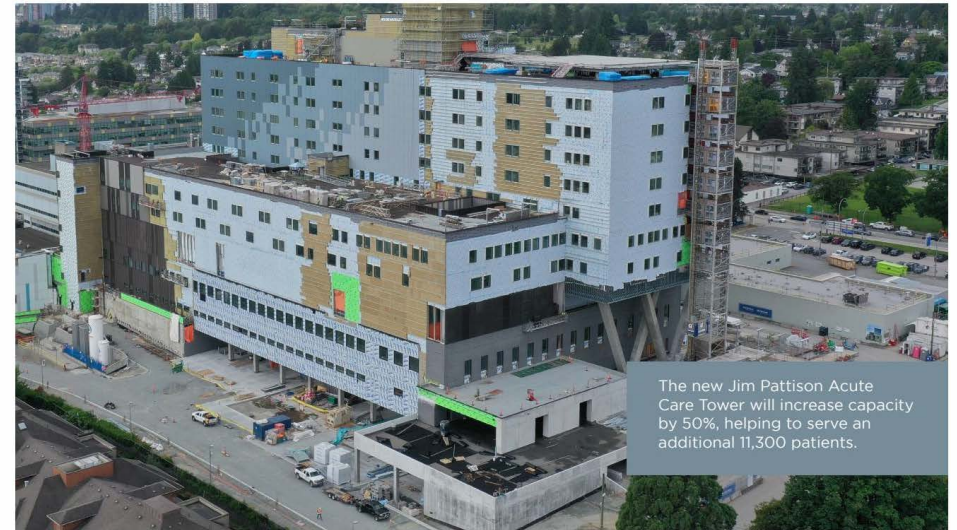
Jim Pattison tours the ongoing construction of the Jim Pattison Acute Care Tower before it's completion.

From humble beginnings in 1862 with just 30 beds and one doctor, Royal Columbian Hospital has grown into an indispensable leader in critical care.

With this Redevelopment, we're writing the next chapter of this remarkable story together—one that will touch the lives of a third of all British Columbians.

Standing at the threshold of BC's largest-ever healthcare investment, we're witnessing history in the making. This \$1.49 billion redevelopment unites thousands of community members in a shared vision: revolutionizing critical care for our fast-growing, increasingly diverse community.

At the heart of this vision stands the new Jim Pattison Acute Care Tower. When it opens later this year, this cornerstone of compassionate care will expand our capacity by 50%, growing from 446 to 675 beds. Every detail reflects our community's commitment to excellence – from private rooms with standardized layouts to a larger Emergency Department with



The new Jim Pattison Acute Care Tower will increase capacity by 50%, helping to serve an additional 11,300 patients.

its own medical imaging unit.

The innovative surgical and interventional 'superfloor' embodies the spirit of collaboration that defines our hospital community. This pioneering space will bring together operating rooms and treatment areas, creating an environment where healthcare teams can work seamlessly to provide faster, more coordinated care. Natural lighting and green spaces throughout the building will create an atmosphere of healing and comfort.

This transformation reaches far beyond our hospital walls, generating thousands of new jobs and contributing nearly \$500 million to our province's economy.

More importantly, it ensures that when British Columbians face their most critical moments, they'll find world-class care in a state-of-the-art facility that our community built together.

As the cranes rise above our campus and each beam falls into place, we're not just building a bigger hospital, we're creating a legacy of uncompromising care that will serve our community for generations to come.

This is what happens when thousands of caring people come together to shape the future of healthcare in British Columbia. ■



Local entrepreneur and philanthropist, Jack Gin, touring the JPACT and getting a sneak preview of the GENETIC department.



ADVANCING VASCULAR ACCESS RESEARCH

| Thank you for helping us conduct critical care research across Canada.

When you support Royal Columbian Hospital Foundation, you help create an environment where innovative medical research can thrive.

Recently, our ICU research team has pioneered a study that could improve central line care across Canada. This initiative focuses on protecting our most vulnerable patients when they need specialized IVs called central lines to receive life-saving medications and fluids.

The team is testing a novel solution that could prevent

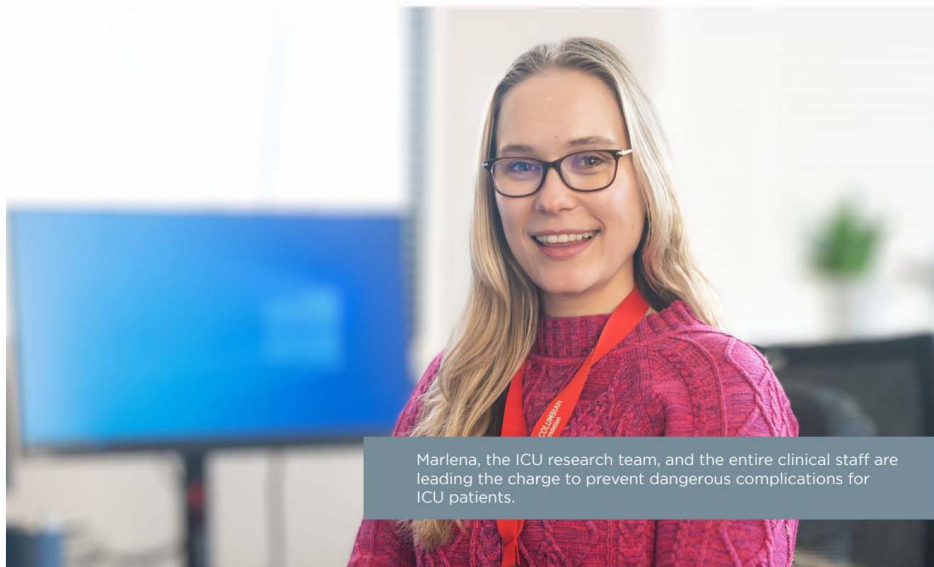
dangerous complications like infections and blood clots that may occur with central lines. This is especially crucial for ICU patients who are already critically ill and vulnerable. The study examines whether using a special protective fluid to disinfect lines and keep them patent is an effective way to make critical care safer for patients.

"Up until now, this technology has never been investigated to this extent," explains Marlena Ornowska, who is helping lead this research project. *"Royal Columbian is coordinating one of the largest studies of its kind, with*

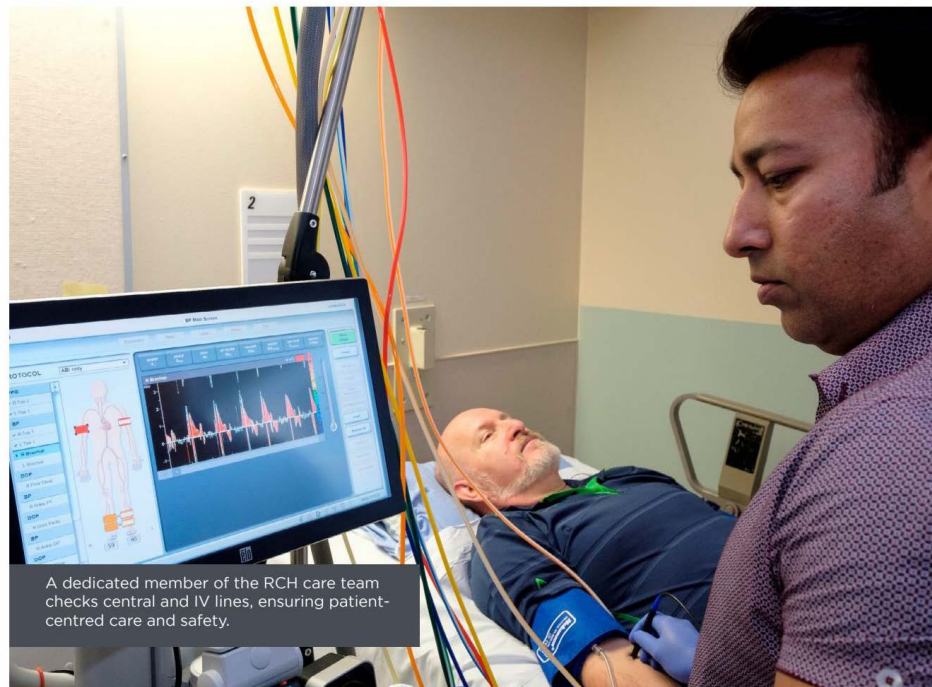
over 1,400 patients enrolled across six critical care units in BC and Manitoba."

What makes this research even more remarkable is that it originated right here at Royal Columbian—with dedicated donors like you supporting us along the way.

"This places Royal Columbian in a position to greatly advance the field of vascular access research," shares Marlena. *as one of the global leaders in vascular access research,"* shares Marlena. Plus, *"the dedication of our ICU research*



Marlena, the ICU research team, and the entire clinical staff are leading the charge to prevent dangerous complications for ICU patients.



A dedicated member of the RCH care team checks central and IV lines, ensuring patient-centred care and safety.

coordinators, nurses, physicians, unit managers, educators, and entire clinical staff has been remarkable. Their unwavering support and teamwork made this study possible."

Thank you, kind supporters of Royal Columbian, for being part of that team too. Because you believe in the value of this work, Marlena and her team can use the study's findings to transform patient care across B.C. and beyond! ■

"The dedication of our ICU research coordinators, nurses, physicians, unit managers, educators, and entire clinical staff has been remarkable. Their unwavering support and teamwork made this study possible," says Marlena.



Dr. Hirji with RCHF donors, the Cavallo family.

ROYAL COLUMBIAN
Hospital Foundation

BUILDING A FUTURE OF FASTER RECOVERIES, TOGETHER

Your generosity works hand-in-hand with our dedicated staff to save lives every day.

The journey of saving a life at Royal Columbian Hospital begins with generosity.

When a patient arrives with a dangerous blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis), they are immediately connected to a chain of life-saving care that your support has been a crucial part of building.

From the images obtained on CT scanners that Radiologists use to identify the clot, to the specialized devices that remove it, to the recovery equipment that helps patients heal—your generosity touches every step of their journey.

With this comprehensive approach to care, Royal Columbian Hospital is the only centre in the Fraser

Health region with 24/7 access to Interventional Radiologists who have advanced clot removal devices.

Your investment in us and our advanced imaging equipment has enabled a dedicated team of interventional radiologists, nurses, and technologists to provide expert care 24/7, creating a safety net for our community that has already

helped save over a hundred lives.

“Pulmonary embolism can be life-threatening as it increases the strain on the heart as well as restricts the ability of the lungs to oxygenate the blood,” explains Dr. Zameer Hirji, an interventional radiologist at RCH.

“Patients that were otherwise dying or having prolonged ICU stays are now being discharged symptom-free in a day or two.”

From diagnostic tools to innovative clot removal devices, they all work together to give Dr. Hirji’s team everything they need to provide rapid, effective treatment when every minute counts.

The latest medical technology has also revolutionized patient outcomes. Where patients once faced lengthy ICU stays or worse, Dr. Hirji’s team can now help them

recover rapidly: *“Patients that were otherwise dying or having prolonged ICU stays are now being discharged symptom-free in a day or two.”*

And it’s all because you stand with us, dedicated to putting patients first and getting them the best, most advanced treatment options they deserve.

Story continues on next page >



From specialized devices to equipment—your generosity touches every step of their journey.

BUILDING A FUTURE OF FASTER RECOVERIES, TOGETHER

CONTINUED FROM PAGE 11

Mike McDonald, Regional Crown Counsel for the Fraser Region, experienced firsthand how your support creates exceptional care. When he arrived at Royal Columbian with a leg blood clot (deep vein thrombosis), every piece of equipment and technology played a crucial role in his recovery—from the initial diagnosis to his final steps toward healing.

“Thanks to the dedicated care staff, I went from not walking at all to

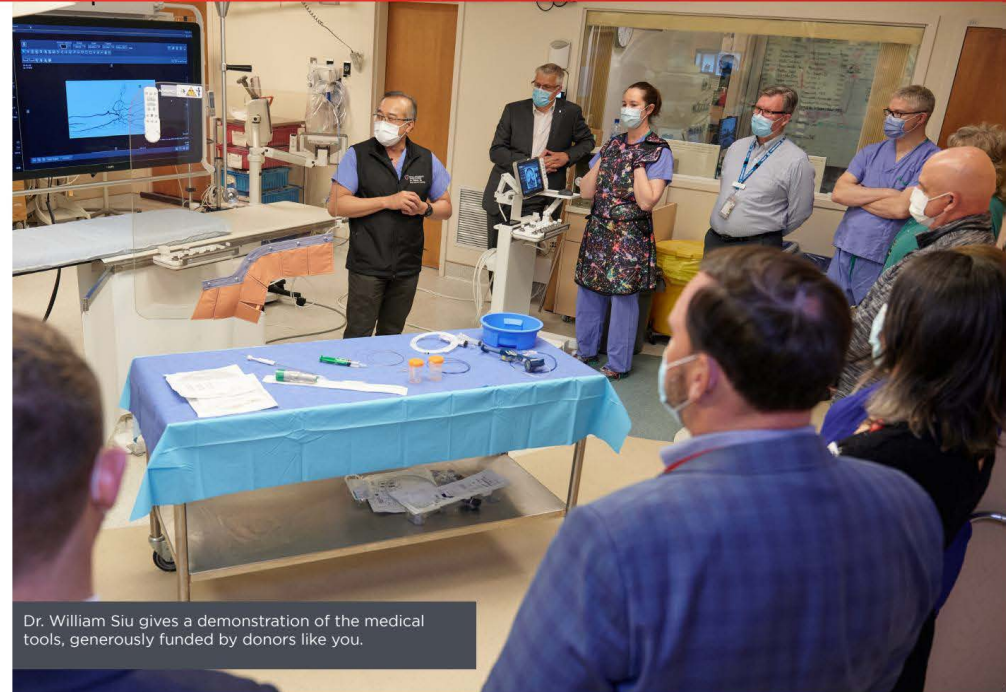
feeling completely normal again. Dr. Hirji even walked with me to ensure my procedure and recovery went smoothly,” says McDonald. *“I have so much admiration for the staff—everyone was fabulous, especially the ED team, who handled a tough situation with incredible care.”*

Another grateful patient, Joe Pinto, benefited from the advanced treatment options your support makes possible: *“The surgery was an immediate success, and it has now been over a year, and with the help*

of blood thinners I can live my life as normal with no symptoms.”

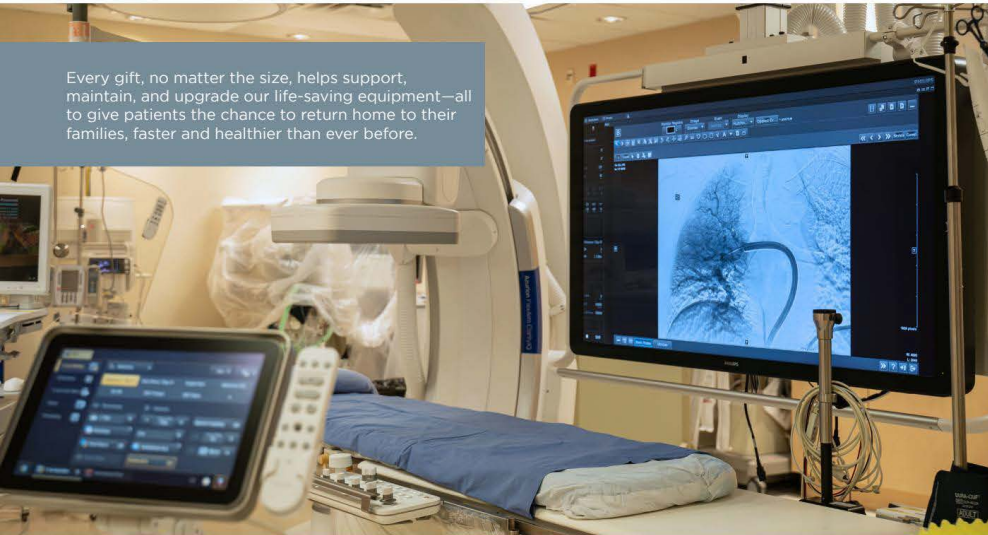
Your investment in Royal Columbian’s capabilities has helped establish our hospital as a national leader in treating these life-threatening conditions.

The equipment you help fund, the programs you support, and the care you make possible have all created a model of excellence that hospitals across Canada now seek



Dr. William Siu gives a demonstration of the medical tools, generously funded by donors like you.

Every gift, no matter the size, helps support, maintain, and upgrade our life-saving equipment—all to give patients the chance to return home to their families, faster and healthier than ever before.



to emulate, extending the impact of your generosity far beyond our community.

By continuing to support Royal Columbian Hospital Foundation, you ensure that we can keep advancing this vital care.

Every gift, no matter the size, helps support, maintain, and upgrade our life-saving equipment. Not only that, but it also helps give more patients like Mike and Joe the chance to return home to their families, faster and healthier than ever before. ■



Former RCH patient, Mike McDonald, credits the Interventional Radiology team for his full recovery.

MOMENTS OF JOY & GRATITUDE FOR STAFF

Thank you, Royal Columbian teams and staff, for everything you do for patients, their loved ones, and all of B.C.!

Every day, Royal Columbian Hospital's healthcare teams work tirelessly to provide exceptional care to our community. Thanks to your support, we're able to show them just how much their dedication means to all of us.

From the warmth of a fresh cup of coffee during an early morning shift to the excitement of winning a special prize, your generosity helps create moments of joy throughout our hospital.

These moments come in many forms, like our quarterly "Cheers to You" celebration, where staff enjoy complimentary food truck meals in a festive atmosphere, or our treat carts that roam the hospital halls with snacks and beverages to brighten busy days.

During the holiday season, departments throughout the hospital receive special snack boxes filled with seasonal treats - a simple reminder that their hard work doesn't go unnoticed. New staff are welcomed with a special breakfast, helping them feel part of our hospital family from day one.

Even more than that, your support extends beyond these daily gestures of thanks and helps create a long-term culture of deep appreciation and consistent professional growth.

"Your generosity helps create moments of joy throughout our hospital."

"Each thank-you sends a powerful message to our healthcare teams: their dedication matters, their work is valued, and their community stands behind them."

Through our grants program, staff implement innovative ideas that enhance patient care and workplace efficiency. From securing new equipment to attending specialized training conferences, these opportunities empower our healthcare teams to grow professionally while providing even better care to their patients.

These initiatives might seem simple, but their impact is profound.

Each snack, meal, or opportunity for professional growth sends a powerful message to our healthcare teams: their dedication matters, their work is valued, and their community stands behind them. ■



Our dedicated healthcare teams are the heart of this hospital: they ensure everyone's experience at RCH is filled with the utmost care and compassion.



Cheers to you, RCH Staff, for all you do!

Your Lasting Legacy in B.C. and Beyond



How to take advantage of the best tax incentives in the world for your charitable donations.

BY RICH WIDDIFIELD, SENIOR FINANCIAL PLANNER
ASSANTE CAPITAL MANAGEMENT LTD.

Almost all of you who receive this magazine are part of an exclusive group: only 17% of Canadians report a charitable donation on their tax return.

And while we wish that number was bigger, those 17% are doing incredible things! They donate over \$10 billion annually and that money does a lot to assist charities in their mission to make our communities better.

In the past year, I have done several presentations for donors of the Royal Columbian Hospital Foundation and other Vancouver charities on how they can take advantage of tax incentives offered to Canadians donating to charity.

After these presentations, we offer a no cost, no obligation, confidential meeting to attendees. These meetings give me insight into what

Vancouverites need to know in the areas of tax planning, estate and will planning, and making a gift to charity.

1. PEOPLE WHO DONATE TO CHARITY ARE NICE

Maybe this should not surprise me since these are people who donate their hard earned money to help others in their community. 100% of the time I meet wonderful people who are grateful for what they have and they would like to give back. Canada has the best tax incentives in the world, and most of the time donors are looking for ways to use those incentives to do more to support charities. Being part of that conversation is the most fun part of my job.

2. PEOPLE ARE CONFUSED BY OUR TAX SYSTEM

Canada's tax system can be



complicated. Since 1995, there have been over 20 pieces of legislation to provide better incentives for those of us that donate to charity. The problem is that most donors are not aware of them, and that is a shame—because who doesn't want to save tax?

I encourage people who support charities to work with a specialist in this area to learn about the tax incentives and apply them when you make your next donation to charity. Use the rules in your favour!

3. PEOPLE DO NOT UNDERSTAND HOW THEIR ESTATE WILL BE TAXED

...and the amount is almost always larger than they think. For most Canadians, by far the largest tax bill of their lives will be on their final tax return when they pass away. Most people do not understand the

implications of tax on their estate. There is no estate tax in Canada (there are probate fees of 1.4% in B.C. on everything that goes through your will) but any tax-deferred assets (such as RRSP/RRIF accounts and unrealized capital gains on real estate and investments) will be taxed all at once on that final return.

This means that the final tax return could be taxed at the highest marginal tax rate (53.5% in B.C.). In many cases this results in hundreds of thousands of dollars of tax on an estate.

Everyone should understand how their estate will be taxed when they die and how that tax rate will change over time (it usually increases). Implementing a few simple estate tax planning strategies can significantly reduce the impact of tax, allowing for more to go to your family and the charities you support.

4. MANY PEOPLE COULD DONATE MORE TO THEIR FAVOURITE CHARITIES

I see two situations in this category. Either people are worried they will run out of money so they donate less than they would like to, or they are earning a lot of income (even in retirement) and paying tax on that income even though they don't spend it all. Donations to charity could lessen that tax.

Having a financial plan that reflects your current circumstances provides clarity for how much tax you will pay

on your income every year, and how much tax your estate will have to pay when you pass away. With that information you can choose to spend more, help your children, or donate to charity. And you can begin to plan how to do all of these things tax efficiently.

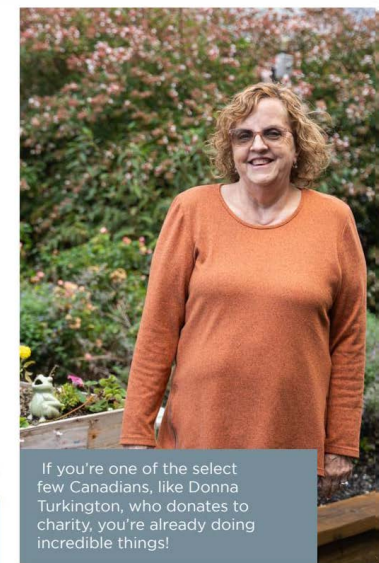
5. MANY DONORS ARE INTERESTED IN LEAVING A GIFT TO CHARITY IN THEIR WILL BUT THEY DON'T KNOW WHO TO ASK ABOUT IT

The number of Canadians who have left a gift to charity in their will has increased from 5% to 8% over the past five years. However, when we speak with donors the number that are interested in learning more about it is actually much higher. More than half of the families we speak to are interested in learning about making a

“Many people in Vancouver don't realize they can leave a significant amount to their children and still allow for an impactful donation to charity.”

charitable gift in their will.

Many people in Vancouver are wealthier than they ever thought they would be but don't realize they



If you're one of the select few Canadians, like Donna Turkington, who donates to charity, you're already doing incredible things!

can leave a significant amount to their children and still allow for an impactful donation to charity. Plus, making a gift to charity in your will can provide significant tax savings when you pass away.

To learn more or attend one of Rich's presentations, please contact:
Catherine Cornish at 604-970-5951 or via email at catherine.cornish@fraserhealth.ca



BRIDGING THE GAP BETWEEN HOSPITAL AND HOME

After-hospital care is now being transformed with innovative AI technology.

Think about the last time someone called to check in on you when you weren't feeling well. That simple act of caring can make all the difference in recovery.

But soon, because of donors like you who believe in the power of innovation, more patients are receiving those vital check-in calls after leaving Royal Columbian Hospital.

Through a groundbreaking pilot project, an AI-enabled health assistant will out to patients after they return home. Like a thoughtful friend, it asks about their well-being, checks if they've filled prescriptions, and ensures they're sleeping and eating well. This innovative approach means hundreds more patients will hear a caring voice checking in on their recovery.

"With AI technology we can significantly increase the number of patients who receive follow-up care, leading to smoother transitions and better overall health outcomes," says Jennifer MacGregor, vice president of Digital Patient and Provider Experience at Fraser Health.

While our dedicated nurses will continue making calls to patients with complex needs, this new technology will extend this crucial support to many who might otherwise miss out. The AI assistant will engage in natural, informed conversations while being transparent about its AI nature. Patients can easily request to speak with a nurse at any time.

"At Royal Columbian Hospital Foundation, we are committed to discovering innovative ways to improve healthcare accessibility," says Jeff Norris, President and CEO at RCHF. *"Supporting this initiative aligns with our broader mission to drive adoption of new technology and enhance the quality of care for the communities the hospital serves."*

So thank you, caring supporters! By standing with the hospital to embrace innovative healthcare solutions, you're ensuring that the journey from hospital to home isn't one that patients have to make alone. ■



Jasmin Martin is thankful to RCH staff who provided best-in-class care before, during, and after her operation.

By standing to embrace innovative healthcare solutions, you're ensuring that the journey from hospital to home isn't one that patients have to make alone.

"With AI technology we can significantly increase the number of patients who receive follow-up care, leading to smoother transitions and better overall health outcomes."

Together, we're creating a future where every patient knows someone is looking out for them, even after they leave our care.



ROYAL COLUMBIAN
Hospital Foundation

1,240

~~intensive care cases~~
more birthday parties

With your support,
we can be here
for every **one.**



Chris
Intensive care / 2016

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