

# Joyful Giving

SPRING/SUMMER 2022

## New In-Patient Acute Mental Health Unit

*A welcoming space that is critical for recovery*

### ESTATE PLANNING

Make your gifting wishes come true with an estate plan.

### WIN-WIN FOR PATIENTS & SURGEONS

Thanks to our donors, the Surgical Restart Campaign invested \$1.8 million for new surgical equipment at Richmond Hospital.



**Richmond  
Hospital  
Foundation**  
列治文醫院基金會

**Joyful Giving. Joyful Living.**

## Message from the CEO and Board Chair

### Making an Impact

It all starts with you. Thanks to your donations, over the past 12 months we have brought to life much-needed improvements in medical equipment and enabled facility updates at Richmond Hospital. Hundreds of individuals, families and businesses gave generously to improve care for people in our city. We're proud to share that your impact has been truly transformative. With everyone's contributions, you helped us raise a staggering \$1.3 million for the new In-Patient Acute Mental Health Unit, and \$1.8 million for our Surgical Restart Campaign.

Your donations are making an impact for both patients and our healthcare teams. Surgeons are using the latest in surgical equipment and our mental health teams are caring for patients in a brand new, inclusive and welcoming environment.

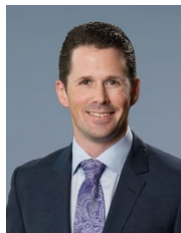
In this newsletter, you'll learn all about these exciting improvements, and how your gifts are helping Richmond to be at the forefront of patient care. We can't emphasize it enough: you've made a positive impact on patient care and the health of our Richmond community. We are truly thankful for your continued philanthropic support.

Yours in health and wellness,



A handwritten signature in black ink that reads "Natalie".

Natalie D. Meixner  
President & CEO



A handwritten signature in blue ink that reads "Chad Pederson".

Chad Pederson  
Chair, Board of Directors





## New In-Patient Acute Mental Health Unit Critical for Recovery



**RICHMOND IS FORTUNATE TO HAVE A WIDE RANGE OF** programs for people of all ages experiencing mental health and substance use issues. Now thanks to \$1.3 million in funds contributed by Richmond Hospital Foundation donors, Richmond is home to a beautiful, new In-Patient Acute Mental Health Unit.

Hundreds of individuals, families and businesses dedicated their support to help change the lives of those affected by mental health by transforming this facility. Designed through a lens of Person and Family Centred Care, the new space reflects an inclusive care model that involves both patients and families in care planning and service delivery right from the start of their journey to wellness.

Opened in November 2021, the In-Patient Acute Mental Health Unit is the only psychiatry in-patient unit in Richmond where you can be treated for a longer period of time in a hospital setting, receive around-the-clock care, establish healthy daily routines and create natural opportunities for enhanced healing and recovery. For Dr. Ashok Krishnamoorthy, Richmond Hospital's Department Head of Psychiatry, this unit is a significant part of someone's mental health recovery. *[continued next page]*

Top: Reception area  
Middle: Lounge area  
Bottom: Multifunctional Activity Room

“When someone is significantly unwell and needs support, the In-Patient Acute Mental Health Unit plays a critical role in their journey,” explains Dr. Krishnamoorthy. “Recovery starts with in-patient care, so it’s important that we provide the best possible care and a positive experience for our patients and their families.”

Located on the second floor of the Milan Ilich Pavilion at Richmond Hospital, the 10,000 square foot In-Patient Acute Mental Health Unit received some important and urgent renovations related to safety and infection control, and was transformed as a place of healing with 18 beds, caring for more than 240 patients each year.

Creating a space that feels welcoming, safe, respectful and like home was at the top of the wish list for patients, their families and care providers, who all had an opportunity to provide input into the design. Engaging those with lived experiences was a vital part of the planning process.

“With lots of natural light and open spaces to interact, the updated facility is a place where we’d want our loved ones to be cared for and help them regain a sense of self during the most difficult times in their lives,” says Karen Barclay, Director, Mental Health & Substance Use Programs, Vancouver Coastal Health - Richmond. The new facility comes complete with a:

- **Therapeutic kitchen** where patients can prepare their own meals and that helps determine if they are ready to return home;
- **Family dining area**, plus a **lounge** for patients and families to visit and share a meal together;
- **Group room** for patients and care providers to video conference with families who live far away and wish to be included as part of care planning;
- **Multifunctional activity room, treatment rooms**, and well as a **new wheelchair accessible bedroom**.



“Thank you to Richmond Hospital Foundation donors for their amazing and extremely generous support,” notes Barclay. “Donor support is the piece that makes the difference between us being able to deliver a basic, safe program and a truly transformative system of care. It makes a huge difference in the quality of our care, and provides that extra touch of warmth and support for families at their most difficult times.”

With one in five people in our community facing mental health challenges, mental health care is a significant need. The improved space supports Richmond Hospital staff and physicians to deliver state-of-the-art Person and Family Centred Care in an inclusive and welcoming manner.

“Donor dollars enabled us to bring to life an uplifting and practical space that is conducive to delivering exceptional care. I wish to thank our donors from the bottom of my heart as this is the type of support that will keep us moving in the right direction,” adds Dr. Krishnamoorthy. ■

Top: Dr. Krishnamoorthy, Head of Psychiatry, Richmond Hospital

## MENTAL HEALTH FACTS

250

We typically serve more than 250 people per year through the in-patient program.

30

The average length of a patient’s stay is approximately 30 days.

18

The new in-patient unit has 18 beds. With the completed renovation, there is increased capacity of accommodations to 20 patients.





# Make Your Gifting Wishes Come True With an Estate Plan

**IF YOU WERE TO PAINT A PICTURE OF YOUR LEGACY**, what would that look like? How do you wish to make your mark on the world?

Whether you're donating to your favourite charity, helping your neighbours or volunteering at your local hospital, any good deed that makes a difference to other people's lives can contribute to your lasting legacy.

Estate planning is an important part of thinking about and building your legacy. While estate planning protects your loved ones by arranging the transfer of personal assets to your heirs, it's also a great way to give back to your community and benefit future generations.

"By working closely with a professional advisor, you can make your gifting wishes come true," explains Russell MacKay, Senior Portfolio Manager & Wealth Advisor, RBC Dominion Securities Inc, and long-time Richmond Hospital Foundation board member. "Estate planning is an important process and conversation that can happen at any point in your life."

Russell shares four steps to guide you through the estate planning process:

1. **Goals & Values** – The first step is to define your personal goals and values. What do you want to accomplish in your lifetime and beyond, and why? For example, your goal could be to help the local hospital because you want to strengthen the health of the community.
2. **Estate Plan** – The next step is to prepare a summary of your assets so you have a complete picture of your net worth. You'll need to know how much you are worth before deciding on how to allocate your assets. *[continued next page]*

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Russell MacKay, Richmond Hospital Foundation Board of Director, and Senior Portfolio Manager & Wealth Advisor RBC Dominion Securities Inc.

“It’s your chance to build and leave a lasting legacy to help the people and charitable causes that are near and dear to you.”

3. **Strategy** – Once you’ve defined your goals, values and net worth, it’s time to figure out how to apply your assets to fulfill your goals. Integrating charitable giving into your estate plan can be one strategy to do more with your estate in a tax-efficient manner.
4. **Will** – The final step is to document how your assets are distributed and who handles your affairs in your will. A will is an important final step in defining your wishes for your family and community.

Estate planning is a thorough process, so give yourself the time you need to think about what’s important to you and how you’d like to make an impact. In addition, involving family members like your spouse and children in your estate planning conversations is an excellent way of helping them understand your wishes and instilling your values on the younger generation.

“Everyone should have an estate plan and a will to protect your assets and ensure that your wishes are fulfilled,” says Russell. “It’s your chance to build and leave a lasting legacy to help the people and charitable causes that are near and dear to you.”

Integrating charitable giving into your estate plan has an added benefit; it is an effective way to minimize your estate’s tax expenses. Charitable giving can consist of varying assets such as:

- cash donations;
- gifts in kind such as non-cash gifts like real estate or publicly-traded securities;
- gifts of life insurance policy; and
- gifts of retirement funds such as RRSPs & RRIFs.

Speak with your financial advisors or accountants about your financial goals and philanthropic wishes, and start planning today. With proper planning you can be part of something bigger than yourself, and can make a greater impact on those around you, during and beyond your lifetime. ■

If you wish to receive more information about how to leave a legacy with Richmond Hospital Foundation, please visit our website or contact Endora Fan at:

[legacy@richmondhospitalfoundation.com](mailto:legacy@richmondhospitalfoundation.com)  
or (604) 244 5473



# Investment in New Surgical Equipment a Win-Win for Patients and Surgeons

## **FASTER RECOVERY TIMES. SHORTER HOSPITAL STAYS.**

Better outcomes. Peace of mind.

With the successful completion of the single largest refresh of surgical equipment in nearly a decade, you – our generous donors – have enabled all of these benefits and more for Richmond Hospital patients and surgeons.

Donors' \$1.8 million investment into Richmond Hospital's Surgical Restart Campaign will help surgeons provide cutting-edge, ground-breaking surgery with the latest in surgical equipment. The ultimate result? The quality of care that we can give our patients.

Richmond Hospital is home to more than 3,400 in-patient surgeries, 4,200 out-patient surgeries, and 10,100 surgical day procedures each year. Our teams rely on many sophisticated tools and technologies to perform surgeries and an equipment refresh was long overdue.

"With the help from our donors, we have been able to get this equipment, and for the kind of work that we do, it's critical for both patient safety and excellent outcomes," explains Dr. Ekua Yorke, General Surgeon at Richmond Hospital. "For example, with the new laparoscopic equipment, patients eat right after surgery, they have smaller incisions, minimal pain, they go home earlier and they are back to their normal health baseline within a couple of weeks."



Top: Dr. Ekua Yorke, General Surgeon, Richmond Hospital

## **SURGICAL FACTS**

We typically perform 18,000 surgeries per year.



**3,500 In-patient  
Surgeries**



**4,200 Out-patient  
Surgeries**



**Over 10,000 Surgical  
Care Day Cases**

Innovation in surgical technology is enabling Richmond Hospital to stay on the forefront of surgical techniques and patient care. Improving efficiency in the operating room is also a positive outcome as noted by Dr. Mark Gatha, Orthopedic Surgeon at Richmond Hospital: "It was not that long ago that you would take an X-ray and wait 10 minutes for someone to bring it back to you so you can make a decision. The amount of time you save now by getting instant imaging is remarkable."

Patients and surgeons are now the benefactors of new surgical equipment including the:

**Fluoroscanner Mini C-Arm:** a mobile medical imaging device that can be used for a host of orthopedic procedures including foot, ankle and wrist surgeries. It offers high resolution images, allowing for better visualization, and emits significantly less radiation for staff and patients.

**Lithotripsy Laser:** This new laser, which avoids the need for an invasive surgical procedure, can more efficiently treat larger kidney stones and complete cases in a shorter time, resulting in a positive impact on the utilization of operating room resources.

**Laparoscopy Minimally Invasive Surgical System:** This portable, multi-speciality, state-of-the-art system can be used for abdominal, colon cancer and other surgeries. It allows surgeons to create smaller incisions and better visualize small blood vessels and structures during their operations. The outcome? Safer and more effective and efficient surgeries with greater success in post-operative recovery.

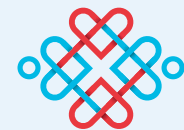
Not to mention, four of eight Operating Rooms are receiving 'technology face-lifts' for wireless connectivity and ultrafine 4K resolution screens.

"We're constantly looking to improve ourselves as surgeons and improve patient outcomes, and technology is a key part of how we do that," explains Dr. Gatha. "Funding this new technology has made a huge difference in how we are able to do cases in the operating room."

Thanks to strong community support, the acquisition of this essential surgical equipment is now a reality. Patients and surgeons will all reap the positive returns of this investment for years to come. ■



Top: Dr. Mark Gatha, Orthopedic Surgeon, Richmond Hospital



**Richmond  
Hospital  
Foundation**  
列治文醫院基金會

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