



Langley
Community Health &
Hospital Foundation

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Giving Matters

SUMMER 2025 NEWSLETTER



Retirees on a Mission to Combat Food Insecurity in Langley

Married for 53 years, Marlene and Bill Turner see their Wednesday morning routine as a strategic part of their retirement plan.



While other weekdays are dedicated to exercise, errands and socializing, Wednesday mornings have become the cornerstone of their community service. For a decade, the Turners have volunteered with Langley Meals on Wheels (LMOW), a local organization that makes and delivers nutritious meals to those in the community who need it most.

The faces of food insecurity are diverse and deeply personal. Some of the most vulnerable populations include seniors on limited income, the working poor, renters with unstable jobs and many others who struggle with health and mobility issues. Food insecurity is also likely to lead to isolation, depression and other mental health disorders, according to the BC Centre for Disease Control.

“Most of the people we deliver to are mobile, but some have early dementia, and others just prefer having a meal delivered instead of cooking. Many still shop for groceries, but this gives them an extra meal and a chance for a visit with someone,” says Marlene.

The impact of the couple’s visits extends beyond nutrition. “They definitely look forward to seeing us,” Bill says. “We feel fortunate to be able to do this. It gives us a sense of satisfaction knowing we’re helping others.”

LMOW also provides frozen meals and gift cards to food-insecure families identified by school counselors and operates volunteer-run cafes and garden programs.

“Donations Could Make A Difference”

Now, Langley Community Health & Hospital Foundation is giving local donors the opportunity to help make huge changes in the lives of Meals on Wheels clients: by raising \$625,000, the Foundation will help sustain this essential service for the next five years.

Clients are assessed on a case-by-case basis to gauge their ability to pay. About 50 per cent of clients pay \$7.50 per meal (as part of the Subsidized Meal program) while an additional 10 per cent receive subsidized meals at a reduced rate of \$5.50. For the most vulnerable clients who have no means to pay, meals may be free of charge.



However, the actual cost of preparation and delivery ranges from \$13 to \$15 per meal, depending on each client’s dietary needs. This need drives the Foundation’s partnership with LMOW.

“It would be great if we could bring the price back down to help those with limited disposable income. That’s where donations could make a difference,” Marlene says.

When you give to Langley Community Health & Hospital Foundation, your generous support helps end food insecurity in Langley.

LCHHFoundation.com/end-food-insecurity

TB Vets Matches Gifts for Lifesaving Equipment

With more than 1,700 babies born at Langley Memorial Hospital (LMH) every year, maternity specialists are always hopeful for healthy births, but well prepared for emergencies.

To ensure every newborn has the best possible start, the hospital relies on vital radiant warmers called Panda Warmers. The life-saving devices allow maternity nurses and obstetricians to control temperature, monitor heart rate, and provide oxygen and resuscitation to help stabilize more vulnerable babies.

Currently, four of LMH’s 10 Panda Warmers are over 11 years old—well beyond their prime. With daily use, these machines often need expensive repairs that can sideline them for weeks. As the number of births increases at a rate of about 10 per cent a year, the demand for reliable Panda Warmers is more urgent than ever.

Thanks to a generous commitment from TB Vets, donor giving toward Langley Community Health & Hospital Foundation this summer will be a catalyst for change and excellence in care.

With every dollar donated to the Foundation, TB Vets will donate an equal amount, up to \$40,000, to support the purchase of a new Panda Warmer. That means every dollar from Langley’s loyal donor community has double the impact—helping save lives and support the tiniest patients from their very first breath.

Support Langley’s newborns and see your gift make twice the impact at LCHHFoundation.com/match





Fundraising's a Drag (Race) Langley Loafers Driven to Give

After more than six decades, the Langley Loafers Hot Rod Club continues to make inroads into the public's affection, thanks to its members' appreciation for vintage style, hot rods and their dedication to advances in patient care at Langley Memorial Hospital.

On August 1, the club marks the 60th "BC Old Time Drags," a drag race and the Loafers' signature fundraising event held at the Mission Raceway, with partial proceeds going to the hospital's urgent needs through Langley Community Health & Hospital Foundation (LCHHF). Last December, the club donated \$20,000 toward imaging equipment for the hospital's urology unit.

The group is no stranger to giving to patient care; previously its members raised funds to support the purchase of a new defibrillator for the hospital.

Steve McEwan, president of the Langley Loafers for the past three years and a member for a decade, says the club's interest in supporting urology services overseen by LMH Dr. Jason Archambault last year was a natural move for the group.

"We have members in their 60s, 70s and 80s, so when one of the guys brought it up at a meeting, we heard, 'Oh, I've seen Dr. Archambault,' one after another. It's not something guys talk about normally. It was an eye opener."

With about 30 members (including two who joined as founding members in 1957), the Loafers attract gawkers and admirers of all vintage vehicles. The term "hot rod" defines vintage cars that have been modified to such a degree that they can be driven safely on the road. Some internal parts may be modern, even as the exterior aesthetics of the vehicles remain intact.

Steve says he's still seeing custom-car culture growing and evolving locally as the Loafers work to attract new members. "The car community in Langley is huge. Langley has more space for bigger lots so there's more space for workshops."

Breaking Stigmas, Curing Pain

LMH Surgeon Pioneers Procedure for Curing Pilonidal Cysts

For Randy Poulin, living with a pilonidal cyst was like carrying a secret burden. Like many patients with this condition, he felt a discomfort that would come and go, and simple activities became challenging.

"It was kind of random," recalls Randy, now a Bowen Island businessman who manages his family's distillery and development projects. "I would have periods of discomfort, sitting down or playing sports, and then it would go away."

That changed five years ago when Randy, then 30 and with a newborn daughter, suffered a severe infection from the cyst in the buttocks region. It had grown to the size of a golf ball, he says.

"I could barely walk because it was causing so much discomfort," he says.

His search for treatment led him to Langley Memorial Hospital (LMH) surgeon Dr. Scott Cowie, part of a group of medical professionals who have become known for their expertise in treating the condition.

LMH was one of the first hospitals in North America to introduce "video-enabled ablation," a minimally invasive surgical technique that uses video guidance to remove or destroy infected tissue. The addition of this new state-of-the-art surgery enhances LMH's capacity to provide advanced treatment.

Thanks to donor generosity toward the purchase of new scopes, surgeons like Dr. Cowie can see with precision "exactly where we're going and make sure we obliterate the disease," he says.



Thanks to donor generosity towards the purchase of new scopes, surgeons like Dr. Cowie can see with precision and obliterate the disease.



Dr. Scott Cowie

The new scopes for the video-led procedure give Dr. Cowie a clear view of soft tissue, allowing him to make the procedure as minimally invasive as possible.

"What surprises me about pilonidal disease is its prevalence," adds Dr. Cowie. "It affects people mostly in their young adulthood, during their formative years when they're just becoming economically and socially active."

Though it's prevalent in the youth demographic, the condition carries a stigma. "I try to stress to patients that it has nothing to do with hygiene," Dr. Cowie says. "It's more of an anatomic variation in how the gluteal cleft forms."

The pioneering technique allowed Randy to only need one day off for rest. "I was able to go back to work pretty much right away," he recalls.





Our community came together in a big way this spring!

Cobs Doughnation Day
April 5 | Raised \$1,800
for Langley health care

Tims Smile Cookie Week
April 28 - May 4
Raised \$15,070 for
Foundry Langley

McHappy Day
May 8 | Raised \$8,840
for Foundry Langley

Jamestown
June 7 | Raised \$625,000
for Langley cancer care

Want to run your own
community event?
For more information, visit
**[LCHHFoundation.com/
community-events](https://LCHHFoundation.com/community-events)**



WHAT'S ON

Get Involved Today!



DRIVE Gala

Gear up for this fast paced, Formula One-themed gala, Oct. 4, 2025 at Mercedes-Benz. Join the waitlist for tickets at **LCHHFoundation.com/drive**



Sports Injury Month

Join us Aug. 16, 2025 for our Sports Injury Month fundraising event at Thunderbird Show Park! Dinner – mascot races – equestrian show jumping – and more! Learn more at **LCHHFoundation.com/sports-injury-month**

From Silence to Strength

Families and Youth in Crisis Find Support at Foundry Langley

Last year, Caroline found a list on her daughter's phone. 'Take pills and sleep forever,' it began.

The panic she felt at that time still haunts her today.

Caroline's stoic, resilient, 16-year-old daughter, an elite athlete taking advanced classes, had been anxious for some time. After splitting from a boyfriend, other stresses had piled up until she reached a breaking point.

But she'd been quiet and kept to herself. "I felt stranded, panicked," recalls Caroline, whose name has been changed for privacy. "Who do I call? What should I do?"

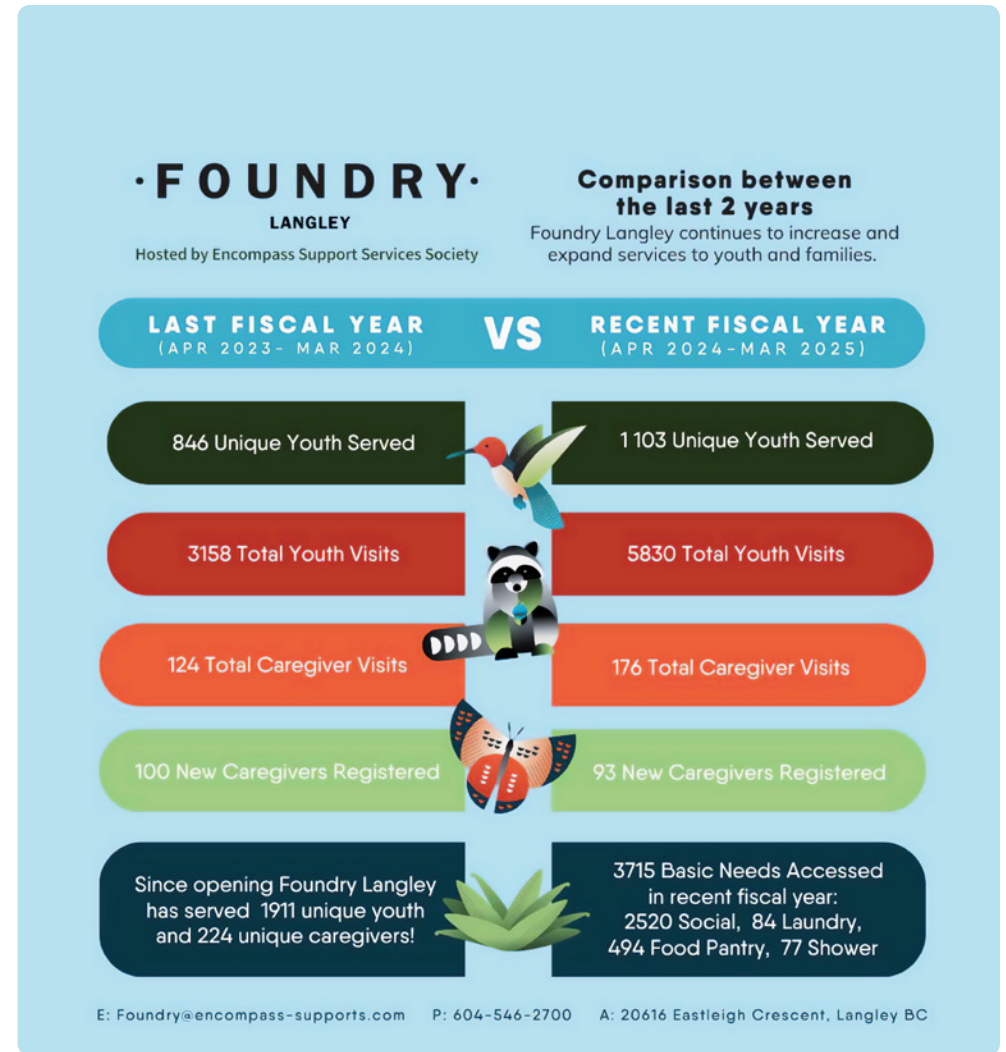
Through parent networks, Caroline learned about Foundry Langley, the health and wellness centre that addresses the urgent needs of young people aged 12 to 24 and their families. From their first visit, she felt welcome, she said.

A New Confidence

While a counselor took her daughter for a private discussion, Caroline stepped back, watching as the professionals focused on her daughter's needs.

"I saw a new confidence emerge in her," Caroline recalls. "Foundry counselors showed her she had choices. With the freedom to make her own decisions about her mental health, she learned she was empowered."

Foundry Langley's Family Peer Support Worker, Heather Stale, says Caroline's experience isn't uncommon. She recognizes the feelings of frustration



and helplessness in parents after they've navigated systems that left them feeling unheard or blamed.

"These caregivers often find themselves exhausted and at their wits' end with what they are experiencing and not sure where to go for support."

To address these challenges, the centre's support programs, run by Encompass Support Services Society, provide family peer support, individual counseling, monthly caregiver socials, support groups for parents of 2SLGBTQIA+ youth and facilitation of difficult family conversations.

Between April 2024 and March of this year, Foundry Langley welcomed 176 caregivers, including parents, marking a nearly 30 per cent increase over the same time in 2023-24.

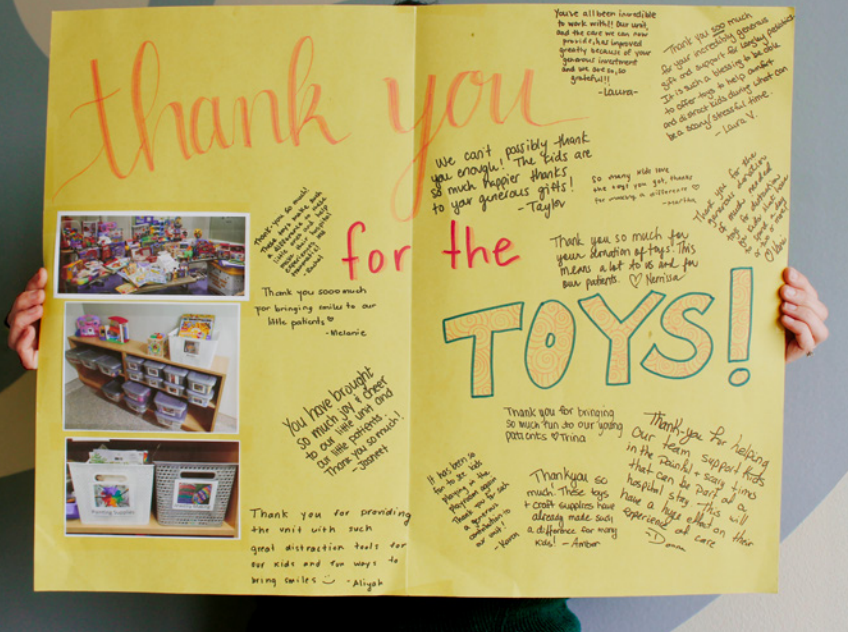
Safe, Non-Judgmental Support

Today, Caroline's daughter is more engaged in life than she's ever been, Caroline reports. She's making plans for university, actively playing soccer and anticipating her future with confidence.

Clients have often told Heather Stale they feel a sense of relief after being able to connect with someone else who has similar lived experience and can relate to what they are going through.

"As parents, we're always trying to find a balance and want our children to thrive," says Caroline. "Making that first visit to Foundry Langley was just the beginning for my daughter, who's growing into a stronger, more vibrant young woman."





Donations from Langley organizations add fun, normalcy to pediatric care

While an unexpected stay in the hospital might be unpleasant for a young person, it doesn't have to interrupt the everyday joys and distractions of childhood.

Thanks to a pair of donor groups in Langley, every child admitted to Langley Memorial Hospital will have access to new toys to help pass the time and distract themselves during treatment.

The United Churches of Langley's (UCOL) Social Justice and Outreach Endowment Fund, along with Clover Towing, a transport business based in Langley and Surrey, have donated to support the purchase of a selection of new toys to distract and engage kids during their hospital stay.

Gillian McLeod, a mother of four special needs children and the Social Justice and Outreach Program Facilitator at UCOL says there's a keen interest in giving to Langley Memorial from among the congregation. She shares their enthusiasm, she says.

"I was excited to find things like needs for cardiology care, pediatrics and the Whatever It Takes Fund," she says, referring to the fund that helps newly-discharged patients settle at home to recover in comfort.

"Helping hospitals works within the mandate of our committee to support people in need. And giving to pediatrics meets our emotional and justice-oriented needs of many of us [in the congregation]."

There are numerous benefits for children who get a chance to play with toys during a hospital stay, says Karen Vanderveen, Pediatric Patient Care Coordinator at Langley Memorial Hospital.

"Toys provide a sense of normalcy and safety and help provide distraction when kids are anxious about treatment or procedures," she says.

"Not only that, when kids play they increase their mobilization, they talk more which improves their breath support, and they also process their hospital experience. You could go as far to say that toys are an essential part of kids' treatment during their hospitalization.

"When we see kids wanting to play during their illness trajectory, this is a positive sign that they are on the road to recovery."



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—Karen Vanderveen