

SPRING 2019

SHINE

BC 
Children's
Hospital
Foundation



Sunny Hill is moving to the BC Children's Hospital campus.

Get a sneak peek of the plans to enhance the new space.

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SUNNY DAYS AHEAD

If you're a regular reader of *Shine*, you've probably read in past issues about the amazing work that happens at Sunny Hill Health Centre for Children, the only child development and rehabilitation centre of its kind in BC. You may even be aware of the upcoming relocation to a state-of-the-art space on the BC Children's Hospital campus in Summer 2020. But what you likely haven't yet seen is *what* this facility could look like for the kids and families who rely on it.

In this issue, we are thrilled to share a sneak peek of plans to enhance the physical spaces within the brand new Sunny Hill—a facility that, because of people like you, will have the latest technologies, innovative equipment, healing environments for therapy, and purposeful art.

Since the \$14-million enhancement initiative kicked off last year, we have made tremendous strides toward reaching our goal. But we aren't done yet.

With your continued generosity, I am confident we will turn this dream into a reality.

This issue also shines a light on an area of child health that hasn't always received the attention it deserves: mental health. You'll read about the important steps taken so far to help transform care for kids and youth across the province with mental health challenges. We're also excited to highlight research projects that are pushing the limits of pediatric care, and the donors who help make this possible.

Thank you for everything you do.

Teri Nicholas

Teri Nicholas, MSW, RSW
President & CEO
BC Children's Hospital Foundation



A NEW ERA FOR SUNNY HILL

A welcoming reception and family lounge will be a home-like gathering space for outpatient families, with a designated dining area, spaces for relaxation and play, and child-minding services.

As the only children's rehabilitation facility of its kind in the province, Sunny Hill Health Centre for Children welcomes thousands of kids and families through its doors each year from every corner of BC.

Now, a \$14-million enhancement initiative for Sunny Hill is underway to help create a world-class facility that will meet the unique needs of its patients and families. It will include enhanced therapy spaces, purposeful artwork, advanced technology and state-of-the-art equipment—all designed to help kids at Sunny Hill reach their fullest potential.

The new home for Sunny Hill is becoming more of a reality each week as construction activities move ahead. Here are a few renderings that show how the enhanced spaces might look once construction is finished.

"I'm excited for Sunny Hill to relocate to BC Children's Hospital. [Families will] be able to have all their appointments on one campus instead of driving across town to the current Sunny Hill location."

— Lauren, mom of Rachel, who received care at Sunny Hill



The multi-level therapy pool will be an oasis of calm and healing for kids who will enjoy its larger size, and will feature water jets that provide resistance therapy and other rehabilitation options, as well as floor-to-ceiling windows. (above)





The outdoor training zone and the patio are new spaces that would not exist without philanthropic funding. It's a clear example of how donor support is enhancing the new Sunny Hill to meet the specialized needs of patients and their families.

With Sunny Hill's move to the Oak Street campus, BC Children's will become one of the few pediatric hospitals in North America with an acute care centre, research institute, mental health facility and rehabilitation centre on one single campus. Kids and families will soon have integrated care in one location, while the brightest medical minds will be able to collaborate in ways never before possible.



Just outside the family lounge will be an outdoor training zone with different terrains and surfaces for kids working on mobility skills. (above)



A state-of-the-art gym with movable glass partitions and advanced lighting and technology will allow more kids to be treated at the same time in an exciting environment. (left)

A PLACE WHERE HOPE GROWS

SUNNY HILL IS A PLACE WHERE CHILDREN AND THEIR FAMILIES GO FOR:

- assessments, diagnoses and rehabilitation for a wide range of conditions affecting development, such as cerebral palsy or autism
- care for unforeseen situations requiring rehabilitation, such as a car accident or a stroke
- the next step in the health care journey once their acute medical issues are cared for at BC Children's Hospital

Kids at Sunny Hill are often not "sick" in the traditional sense of the word, but rather they are learning or re-learning skills, such as communicating, walking and eating, that will help them build the confidence they need to live and thrive within their new "normal."



2019 FOUNDATION EVENTS IN SUPPORT OF THE SUNNY HILL ENHANCEMENT INITIATIVE

Feb 1–28

Sunny Hill Peterson match
campaign raised more
than \$150k

Feb 16

24th Annual For Children
We Care Gala raised \$4.1-million

May 1–Jun 1

Chinese-Canadian Miracle
Weekend Hui Family match
campaign bcchf.ca/ccmw

May 12

Mother's Day Tea at
Fairmont Pacific Rim
shinemothersdaytea.ca

May 31– Jun 1

31st Annual Chinese-
Canadian Miracle
Weekend
bcchf.ca/ccmw



INSPIRED TO JOIN THE FRONT LINES

Ali Pejman, a long-time supporter of BC Children's Hospital Foundation, has never been known to sit on the sidelines when there's work to be done to help others. So when he learned about ground-breaking epilepsy genomics research being co-led by Dr. Mary Connolly, director of the epilepsy program, and Dr. Michelle Demos, neurogeneticist at BC Children's, he jumped at the chance to get involved.

"Having seen first-hand Dr. Connolly's passion for improving epilepsy diagnosis and care, I wanted to champion this research, and give her a chance to help her achieve what she already started by adding some more fuel in the tank," said Ali.

For Ali and his family, their support of the hospital over the years is inspired by not only their desire to help kids in BC get the best care possible, but also by what they have personally seen and experienced.

"I saw for myself how hard and passionately the people at BC Children's Hospital work for the community," he says. "We really have the opportunity to add significant value to the work they're doing."

The commitment and desire of Ali and his family to improve the lives of others also motivates others to do the same. For example, he and his community of supporters recently donated \$800,000 in support of Dr. Connolly's epilepsy genomics research—well over the initial \$450,000 fundraising goal.

The potential of this research to transform the diagnosis and management of children with unexplained, early onset epilepsy is huge. If health care providers are able to diagnose the genetic causes of unexplained epilepsy in children earlier in their lives, they can take action to reduce the impact of frequent seizures on young bodies and minds, and provide personalized treatments that will be more effective in managing their condition.

Through the generous support of donors, researchers at BC Children's Hospital are making remarkable strides in their quest to elevate children's health care. Here's a look at a few exciting advances that your support has helped make possible.

BREATHING OUR WAY TO BETTER OUTCOMES

Kids can face many unknowns at a hospital, such as unfamiliar procedures, needles used in blood tests and immunizations, and massive pieces of equipment. But by learning how to cope with their fears, they can improve management of their anxiety and make a positive difference to their hospital experiences and overall well-being.

That's why Dr. Theresa Newlove, head of the psychology department, Dr. Chris Petersen, director of technology development, and a team of researchers at BC Children's Hospital developed the Belly Breath app. This interactive application uses biofeedback—which sends the user information on their body's functions, like heart rate, through a finger sensor—to teach kids how to relax and manage anxiety through focused breathing, while providing purposeful distraction.

Using a personalized cartoon avatar in a hot air balloon, kids learn how to breathe slowly and deeply as they play a fun and interactive game. The game is designed to allow them to gain points and respond to visual cues on the tablet's screen, which can change based on how they are breathing.

"A child's mental well-being during hospital visits has also been shown to be linked to better health outcomes overall."

A trial with 150 patients using the Belly Breath app showed that it reduced anticipated anxiety prior to medical procedures by 30 per cent.

And overall, feedback from children, their parents and health care providers on the app was overwhelmingly positive.

"Studies have shown that children and their families who experience less anxiety prior to surgeries and medical procedures will not only have less pain and distress, but will also experience faster recoveries and more positive attitudes toward future medical procedures," says Dr. Newlove. "A child's mental well-being during hospital visits has also been shown to be linked to better health outcomes overall."

These results also demonstrate the potential of the app to provide kids with some aspect of control over their hospital experiences, reduce the need for physician-prescribed drugs to help calm kids, and ultimately, equip them with ways to cope with stressful situations.

Now that the Belly Breath app has completed a successful pilot program, the hope is that with donor support, the app will eventually become widely available for kids across the hospital.



GROUND-BREAKING APPROACH BEARS RESULTS FOR SPINAL SURGERIES

Spinal surgeries in children can be complex and delicate operations. When they go well, they can help restore the health of kids with severe scoliosis and other painful and debilitating conditions. But when complications occur, they can lead to longer hospital stays, additional surgeries or lifelong disabilities.

Recent research led by BC Children's Hospital researcher and pediatric spine surgeon Dr. Firoz Miyanji has found that a ground-breaking approach to improving spinal surgery outcomes has had tremendous success.

In 2010, under the leadership and direction of Dr. Miyanji, a group of health care providers at the hospital came together to establish the first-ever Pediatric Spinal Surgical Team (PSST) in North America. As part of this pioneering approach, a core group of clinicians, including operating theatre nurses, anaesthetists and neuromonitoring technicians received in-depth training on spinal surgeries and are now being assigned specifically

to these procedures, ensuring that spinal surgery patients are being given the most specialized care possible.

The research on this innovative approach has resulted in a 94 per cent decrease in surgical site infections, a decrease of nearly 42 minutes in the average length of time each patient spent in the operating room, and a decrease of nearly six days in the average hospital stay.

"These findings show that the specialized teams working cohesively in the operating rooms at BC Children's are really making a difference," says Dr. Miyanji. "We're giving kids who need spinal surgeries the best possible chance to heal safely and quickly so they can go back to enjoying their childhoods."

Clinicians at many other Canadian and US medical centres are now engaging their hospitals to develop similar programs based on the success of the PSST at BC Children's. Dr. Miyanji hopes the success of the new approach will lead to more hospitals adopting this initiative.

Recent research has found that the first-ever Pediatric Spinal Surgical Team in North America has resulted in:

94%
fewer surgical
site infections

**~6 DAYS
FEWER**
in the average hospital stay

2.4x LESS
LIKELY
that blood transfusions are
needed during surgery



OUT_{of the} SHADOWS

If a child has a serious asthma attack or breaks a bone, parents know exactly where to go for help. But when it comes to depression, anxiety or an array of other conditions that affect the mental health of children, knowing where to turn can be difficult.

And often, the confusion and stigma surrounding mental health prevents many from seeking help in the first place.

The result? Of the 84,000 children and youth experiencing mental health conditions in the province, a staggering 70 per cent aren't getting the specialized care they need.

Mental health conditions can affect every part of a child's daily life: they may miss school, avoid social activities, or be impacted in countless other ways. And yet, when these conditions are recognized and treated earlier, it can change the trajectory of a child's life. It can mean the difference between suffering in silence—and stepping out of the darkness to achieve one's full potential.

"If we were to say two of every three children with diabetes or cancer wouldn't receive specialized health care services, it would be unacceptable," said Dr. Jana Davidson, psychiatrist in chief at BC Children's Hospital. "We're working incredibly hard to change that for mental health."

BC Children's Hospital, through the support of donors, has already taken big steps forward in the quest to help transform mental health care. This includes enhancing programs within the hospital and supporting initiatives designed to help more kids throughout the province receive specialized care.

"The children and youth of today are our future leaders," added Dr. Davidson. "For those who experience mental health disorders, getting them the right mental health support can change the way they live their lives and ensure they reach that potential."

**Only 30% of
kids get the
specialized
mental health
care they need**

“Over the last two years, the overwhelming generosity of Crystal Ball supporters has raised close to \$7-million to help ensure kids with mental health conditions receive the care they need when they need it.”

—Jennifer Johnston, Chair,
32nd Annual Crystal Ball Committee

WHAT'S BEEN DONE SO FAR

Through the support of generous donors—including guests at the annual Crystal Ball Gala—BC Children's has made great strides in helping to improve mental health care.



PROVINCIAL OUTREACH

While physically located in Vancouver, BC Children's is on a mission to help kids from all across the province.

One way that's being done is through Compass. The initiative has established a direct line between community care providers and an expert mental health team at BC Children's, who can help guide them on each patient's unique needs. For example, a doctor in Prince George, whose young patient is struggling with depression, is able to call and receive guidance on the resources available to best support that child or consult with an expert about that child's care.

This means more kids who are struggling with mental health challenges can receive the right care at the right time in their home community.

MORE RESOURCES

By establishing and enhancing programs, more kids and families struggling with mental health challenges are getting the tools needed to reach their full potential.

This includes an integrated pain program that identifies kids living with chronic and acute pain who may have an increased risk of mental health challenges. It also includes hospital-wide mindfulness initiatives that help kids develop skills to manage stress and anxiety, help families build resiliency, and support health care professionals in providing compassionate care.





LAURA'S STORY

Laura's symptoms started at a young age. As early as kindergarten, she felt isolated and excluded by other kids. As a result, she became increasingly quiet at school—but would act out at home and refuse to do things her parents asked.

"Back then, we thought that Laura was just being a willful child," her mom Alison said.

As the years passed, however, Laura continued on a downward trajectory. By the time she reached sixth grade, she spent most of her time alone in her room and stopped paying attention in class. Desperate for an improvement, her family sought help through a counsellor. Eventually, Laura and her parents decided it would be best for her to transfer to a new school.

The change helped, but their relief was short-lived: one evening in November of 2013, Laura swallowed a hundred pills of Motrin. Feeling nothing, she told her dad—who rushed her to the local emergency department. Laura was immediately treated, then was seen by a series of specialists and put on different medications.

Over the next several months, Laura continued to wrestle with an overwhelming sense of emptiness and intense feelings of sadness. Her family did everything in their power to keep her safe. Alison even slept on the floor outside of her daughter's bedroom door at night, knowing that she would have to walk over her if she tried to leave.

In February of 2014, Laura hit another breaking point. She ran out of the house, threatening to jump off a bridge. Her parents chased after her and brought her to BC Children's Hospital—a decision they said was the best they ever made. Laura was admitted to the Child and Adolescent Psychiatric Emergency unit, and soon after was transferred to the Adolescent Psychiatric unit.

"We sat in a room with a psychiatrist who was so gentle and kind," Alison recalled. "She said to us, 'Laura is in an excruciating amount of pain.' This helped us understand so much."

While there, a psychiatrist met separately with Laura almost every day and regularly with her parents. She started dialectical behavioural therapy to learn healthy coping strategies for her emotions. They created safety plans—outlining how she would deal with times she felt sad or suicidal. And after several weeks of thorough assessments, they were finally able to give Laura a diagnosis.

Laura returned home after six weeks. While gradual and with the help of medication and therapy, she began to improve with every passing day. She became a daycare volunteer, lifeguard and swim instructor, and graduated high school. Last fall, Laura entered university.

"I'm content with my life—who I am and where I'm going," Laura said. "I still have intense emotions sometimes, but I'm able to work through those and push to get to where I want to be. BC Children's got me on the path to recovery."

THE POWER OF LEGACY

Your legacy—it's your chance to create lasting impact with generations to come, and to give them the best possible future.

But choosing where, how and to whom to give is an important decision that requires careful thought. You want to provide your best to your family—but you are also inspired to help kids who need the best health care possible.

With legacy giving, you don't have to choose.

Legacy gifts enable you to give much more beyond your lifetime than what you're able to give right now. And with its tax benefits, legacy gifts go even further.

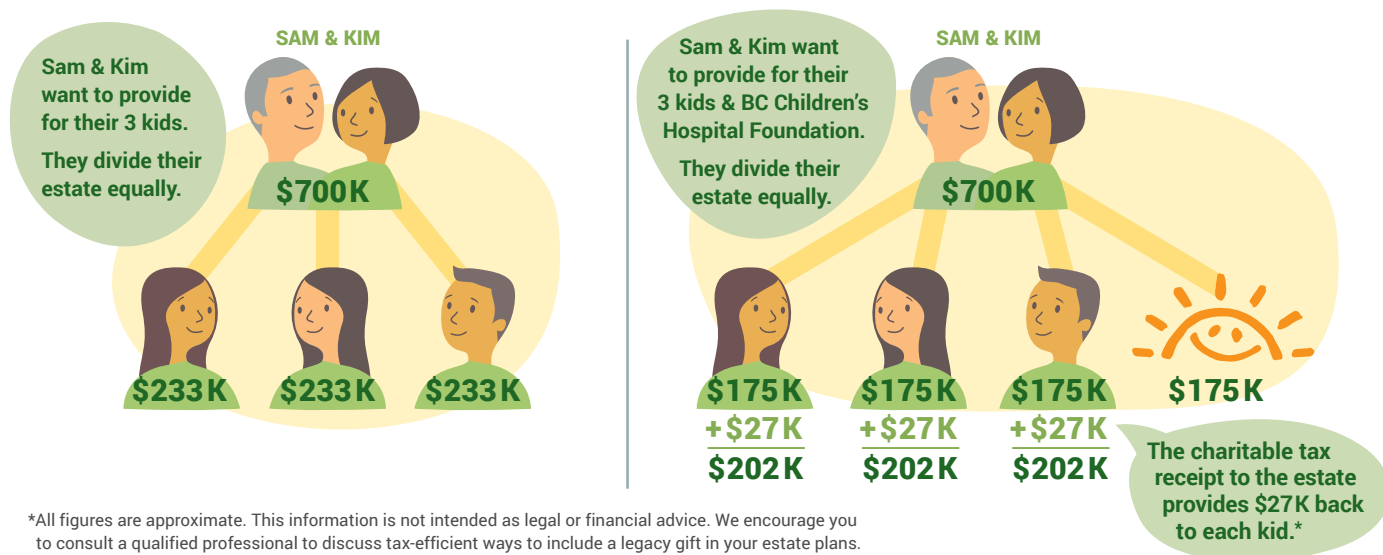
A legacy gift to a charitable organization like BC Children's Hospital Foundation will not only make a positive difference for your family through tax savings, but it will also help the hospital meet its most urgent needs in children's health care.

It helps to advance life-saving discoveries that previously didn't exist in areas like precision medicine and digital technologies. These discoveries take time, and legacy giving can help transform these new possibilities into future breakthroughs that will take child health to the next level.

Create a legacy that benefits your family—and the cause you love

When BC Children's Hospital Foundation is included as a recipient on a legacy gift, the impact of your gift grows, because the taxes associated with your assets are reduced or eliminated through a charitable tax receipt.

Here's an example of how legacy giving could work with a Will:



STRAIGHT FROM THE SOURCE

A Q&A WITH A PROFESSIONAL TAX PLANNER



Jennifer Leung is a professional tax planner and a member of BC Children's Hospital Foundation's Chinese-Canadian Planned Gift Committee. We sat down with her to get her insights on how families can best use legacy giving to increase impact for future generations.

Q Tell us a bit about yourself.

A I am a partner at AYCO, a public accounting firm and we provide a wide range of services, including succession and estate planning. With a demanding job and two little ones at home, my focus right now is finding the balance between work and watching my kids grow.

Q What led you to join the Foundation's Chinese-Canadian Planned Gift Committee?

A As a mother, my family is very fortunate to have two relatively healthy kids; yet we have still visited the hospital on many occasions, including for my daughter's eye surgery when she was three years old. Each time we've come, we have been so impressed with the care received. Being part of this committee is a great way for me to contribute in some way so that kids can continue to receive the best care.

Q How would you describe a legacy gift to someone who may be unfamiliar with the term?

A A legacy gift is a planned future donation to a charity that will allow you to make an impact beyond your lifetime. It can be viewed as your final gift, and it can be made through a Will or other forms of designation.

Q As a CPA, what do you help your clients consider when planning a legacy gift?

A We want to help our clients create a meaningful charitable legacy, while taking care of themselves and their loved ones, and to ensure that it is done in the most tax efficient way.

Q How might you respond to a parent or guardian who desires to give back through a legacy gift to a charity, but also wants to leave as much as possible to their children?

A As a parent myself, I understand that you want to make sure your children and family are taken care of, but that may not necessarily mean leaving all your wealth to them. Supporting an organization that will create a better world may perhaps be the best gift for them.

Q How might you respond to someone who wonders if a legacy gift for tomorrow will impact the funds they need today?

A That is the beauty of a legacy gift—it will not affect your cash flow during your lifetime. The gift can be a specific dollar amount in your Will, a specific asset in your Will, or a residual amount of your Estate.

Q Do you have any other tips on taxes and charitable giving?

A It is important to review your Will and the beneficiaries named in your accounts, such as your RRSP or RRIF, on a regular basis to ensure it still reflects your wishes. Tax laws change all the time, and the value of your assets may have increased significantly over the years, so it is also important to discuss these matters with your lawyer, accountant and financial planner to ensure your gifting goals are met and are carried out in the most tax efficient way.

SEEN & HEARD



This year's Miracle Weekend Chair Jeff Hanman (right) Avery Carpenter, 2019 Champion Child (centre) and Greg Alexis, Miracle Weekend Vice-Chair (left)

MEET THE NEW MIRACLE WEEKEND CHAIR

Jeff Hanman, Vice President, Corporate Affairs at Teck Resources, has supported BC Children's Hospital Foundation for the past several years as the Chair of Miracle Weekend's Mining for Miracles Committee. This year, he is continuing to make a difference for BC's kids as the 2019 Miracle Weekend Chair, leading the corporate and community volunteer committees.

"I am honoured to be part of the community of supporters committed to giving children in British Columbia the best health care possible. That's why I hope you'll join me in tuning in to Miracle Weekend to hear the inspiring and courageous stories of the patients, families, health care providers and partners at BC Children's Hospital."

— Jeff Hanman, 2019 Miracle Weekend Chair

June 1-2

MW Miracle Weekend

Tune in to Global BC for a live broadcast at BC Children's Hospital as patients, their families, health care providers and supporters from every corner of BC share inspiring stories of hope, courage and changed lives.

miracleweekend.com

FISHING WITH PURPOSE

It started off early one morning at a downtown coffee shop. Two commercial fishermen met by accident and decided to sell herring to help children being treated for cancer at BC Children's Hospital.

Since November 2011, that idea has grown into a huge annual fundraiser—Fishermen Helping Kids with Cancer. At the start, the herring fishermen wondered if anyone would show up, but last December's event reeled in more than 2,500 people, who started arriving at 5 am and bought 60 tons of herring for \$115,000.

The herring sale is sponsored by the BC commercial fishing industry which pays all costs, so 100 per cent of the revenue goes to support kids with cancer. From the beginning, the commercial fishing industry donated boats, licenses, fuel, ice and everything else needed to make the herring sale a success.

"The best thing about this event is knowing that the money we raise buys iPads, video game systems, snacks, books and lots of other items that makes a day in the hospital a little easier for kids with cancer," said Phil Eidsvik, one of a dozen organizers for the annual event.

"If you ask the seine skippers and crew why they donate their time to catch herring—even in weather that would normally deter them—they would say, 'It's simple, all of us



have lost a sister, daughter, Dad or someone else we care about to cancer," said Phil. "They might be out in nasty weather, but these kids are in the fight of their lives, so they want to help."

In total the herring sale has brought in more than \$650,000 since its beginning, and has become so successful that there is now a herring sale in Victoria and in Portland, Oregon. All in all, it's a pretty good outcome from an accidental 6 a.m. meeting in a downtown coffee shop.

May 2

JEANS DAY

Buy a button and #JeanUp on May 2! Join over 200,000 participants from across the province as they show their support for BC Children's Hospital by purchasing a Jeans Day pin. Visit jeansday.ca for details.



June 2 Register for a scenic 5km or 2km fun run, and raise funds for childhood cancer and mental health initiatives. raceforthekidsbc.com



COMMUNITY EVENTS

Balding for Dollars Main Event
May 11—throughout BC baldingfordollars.com

Grind10—July 1-15—North Vancouver, BC
bcchf.ca/grind10

Kick for a Cure July 6
Coquitlam, BC kickforacure.ca

Bats for a Cause—July 27, 28
Kelowna, BC bcchf.ca/batsforacause

Dairy Queen® Miracle Treat Day
August 8—throughout BC miracletreatday.ca

Tim Hortons® Smile Cookie™
Sept 17-23—throughout BC
timhortons.com/smilecookie



GENERATIONAL GRATITUDE

Growing up, the Kronier family's four sisters—Lorraine, Linda, Carolyn and Kim—always saw generosity modeled by their mother, Betty Kronier. She was the one who had juice and cookies ready for the kids on their block, who helped create a Halloween costume for a neighbour's child who didn't have one, and who regularly invited guests to join their dinner table at home.

One of Betty's daughters, Kim Streit, spoke about how her mother's generous nature was fueled by an overwhelming sense of gratitude. "That sense of gratitude touched everything she did for others," said Kim.

Even in her passing, the family's matriarch continued to demonstrate how big her heart was—leaving a legacy gift for a number of local charities, including one for BC Children's Hospital Foundation.

The apple hasn't fallen far from the tree. Over the years, the four sisters, together and individually, have continued to support kids' health care through their contributions to BC Children's Hospital Foundation. And they're working to pass along those virtues to the next generation of their family as well.

The sisters enlisted their kids' help in researching different ideas of giving that meant something to them. They entrusted a certain amount of money to them, and then the children went through the exercise of deciding which charitable causes that money could support—which created a lot of conversation around what was important to them.

For the last 29 years, the Kronier family has supported a number of the hospital's priority areas, including the current Sunny Hill Enhancement Initiative and the new Teck Acute Care Centre. But supporting research and treatment in pediatric oncology is a particular area of importance to them—especially since their mother was a breast cancer survivor.

The values passed on inter-generationally within the Kronier family are still evident to this day, as the family continues to support research in life-saving breakthroughs in pediatric oncology. The sisters all agree that "seeing the work that's going on in this area has given us a whole new perspective on what's possible."

Buy a button and #JeanUp on May 2.

