

FALL 2020

SHINE



What if childhood illnesses didn't exist?

CHALLENGING THE STATUS QUO

With your help, experts here are tackling the greatest health challenges facing kids, from mental health to cancer.

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DARING TO DREAM BIGGER

None of us can deny that this year has been marked by drastic and unpredictable changes. However, childhood illnesses haven't changed and continue to affect countless kids. These illnesses don't disappear in a pandemic.

While COVID-19 has focused our attention on everyone's well-being, the health of our children has always been front and centre for experts at BC Children's Hospital.

These world-leading clinicians and researchers are just as determined to solve the biggest problems that still remain in pediatric health. They're asking themselves, "What if we could eliminate childhood diseases and create a future where kids no longer suffered from them?"

Questions like this are fueling some of the ground-breaking work you'll read about in this issue. You'll learn the latest in what's being done to tackle

childhood illnesses. You'll read about how dreaming bigger led to a new Sunny Hill Health Centre that has surpassed our wildest imaginations. And you'll see the ways the hospital's care teams have risen to the enormous challenges presented by this current environment.

All of these efforts are being made possible with your support, because you too are also daring to dream of a different future for kids who still face childhood illnesses.


While this issue will be my last one before my retirement early next year, I am truly inspired by all that we have accomplished together and I am inspired by the future possibilities your support will help create.

Thank you for your partnership as we continue to build a healthier future for our kids.



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





CHALLENGING THE STATUS QUO

What if childhood illnesses didn't exist?

IT'S REMARKABLE TO THINK ABOUT HOW FAR WE'VE COME IN THE QUEST TO CONQUER CHILDHOOD ILLNESSES. BUT DESPITE ALL THE PROGRESS THAT HAS BEEN MADE AT BC CHILDREN'S HOSPITAL THROUGHOUT THE YEARS, THE TRUTH IS THAT WE'VE BARELY SCRATCHED THE SURFACE.

With their specialized knowledge in children, experts here are working to take on the biggest challenges that still remain in childhood illnesses. Here's a closer look at three areas where we are helping these world-leading experts to do just that.

20% / THE NEXT FRONTIER IN PEDIATRIC CANCERS

Over the past decades, survival rates for childhood cancers have risen sharply. Today, 80 per cent of children who are diagnosed with cancer will go on to live long, full lives. But this isn't enough.

"For 20 per cent of children, we still can't make a difference," explained Dr. Caron Strahlendorf, Division Head of Pediatric Oncology, Hematology and Bone Marrow Transplant at BC Children's Hospital.

To improve outcomes for these children, the oncology team at BC Children's is leading clinical research that will help them anticipate relapses before they occur. They're also focused on novel ways to treat the toughest cancers, from harnessing the body's immune system to fight the disease, to delivering personalized therapies that are tailored to each child's unique genetic makeup.

For kids who do respond to treatments, survival can come at a cost. About 75 per cent of kids will suffer from debilitating complications, such as life-long

learning disabilities or even new cancers, as a result of the treatments. To ensure no child is harmed by the treatment used to heal them, experts are working to assess the likelihood they will adversely react to a treatment, before it's given to them.

RIISING TO THE MENTAL HEALTH CHALLENGE

Seventy per cent of mental health issues in adults begin in childhood. But of the 84,000 children and youth who experience mental health conditions in the province, 70 per cent aren't getting specialized care. Over time, this can lead to tragic outcomes like addiction, suicide and families that are forever broken.

Knowing that the best way to improve mental health care is through early intervention and treatment, experts are creating initiatives that will help kids receive the care they need sooner. One way they're doing this is by partnering with community care providers across the province to provide training and tools that will help them identify when a child needs help. They're also investing in new resources and tools that can support families when they need it most, like the first mental health app of its kind mentioned later in this story.

CLOSER THAN EVER
TO A DIABETES CURE

Most of us know that kids with diabetes can endure endless finger pricks and insulin injections. But the disease is so much more than that. Diabetes often brings a lifetime of challenges, from a never-ending fear of complications like heart disease or kidney damage, to monitoring blood sugar levels around the clock. That's the reality for over 2,500 kids from across BC who live with it.

But there is hope. As world leaders in diabetes research, experts at BC Children's have been working tirelessly to unravel the mysteries of this complex disease. And now, they're closer than ever to a cure. They've recently made a breakthrough in discovering how insulin-producing beta cells are made. Using this information, they're working to create those cells so they can be transplanted back into children with diabetes.

For children and their families across this vast province who still struggle today, access to the right resources can make a world of difference. That's why experts are investing in virtual education and resources delivered directly to them—so that they receive the care they need, no matter where they live.

As Dr. Shazhan Amed, Division Head of Endocrinology explains, it has never been more important to do so: "Type 1 diabetes is a rapidly growing problem. In less than a decade, the number of kids living with the condition is expected to jump by 35 per cent. The future health of kids with diabetes depends on the support their families receive right now."

INTERESTED IN LEARNING MORE ABOUT HOW
YOU CAN SUPPORT THE FIGHT TO CONQUER
CHILDHOOD ILLNESSES? VISIT BCCHF.CA



OUR COLLECTIVE FUTURE

In describing his work to help transform the lives of kids with cancer, one leading researcher at BC Children's once shared this powerful statement: kids are only 25 per cent of our current population, but they are 100 per cent of our future.

This drive to create the brightest future possible is what inspires every single decision that's made at BC Children's—from treatments for children, to the programs designed to comfort and engage them, to the experts who consider how the care they receive will shape the rest of their lives. And it's also why your support is enabling experts here to challenge the status quo by investing in the research, technologies and kid-focused care that are needed to create a better future, for our kids and for all of us.

CANCER
Telling their unique story

When it comes to kids, care needs to encompass their minds and hearts. That's why every child and family facing cancer at BC Children's has the chance to participate in the Beads of Courage program, where they can collect beads to mark every treatment and milestone throughout their journey.

This incredible program within the oncology unit is made possible through E.B. Horsman & Son, which has supported BC Children's for 27 years.

"The beads gave us the chance to document our son's cancer journey. When Liam is older, I'll be able to show him his necklace, tell him what the beads mean, and how far he's come."
— Kristie Presnilla, Liam's mother

Changing a
devastating statistic

This November, guests will virtually come together at the 34th Annual Crystal Ball Gala to help kids and families with hard-to-treat cancers by supporting state-of-the-art genetic research and testing. The heartfelt compassion of guests is playing an integral role in bringing new treatments that can change the lives of the 20 per cent of kids who currently don't survive.

HERE ARE A FEW EXAMPLES
OF THE WORK BEING DONE TO
CONQUER CHILDHOOD ILLNESSES
THROUGH THE INCREDIBLE
GENEROSITY OF DONORS LIKE YOU.

DIABETES
A night of
transformation

For the last two years, generous guests at the annual A Night of Miracles Gala have been helping to transform diabetes care across BC by providing more families with resources that will make it easier for them to manage this condition.

Inspired at last year's gala, one guest, Peter Raju, gave a \$50,000 gift in honour of his granddaughter Amari's first birthday. As local business leaders, and owners of the Peace Arch Duty Free Shop, the Raju family's hope is that their gift would motivate other guests at this year's virtual event to also support this life-changing initiative.

MENTAL HEALTH
An app unlike any other in the world

Through the generous support of Lawrence and Sandi Thiessen, a new tool is being developed that can help children or youth at risk of suicide. As the first ever of its kind, Breeze is a connected pair of safety apps for children and their families that offers tools like relaxation techniques, a secure messaging portal, the ability to track stress levels, emergency contacts and more to help them through the most stressful times of their struggle.

"When children with mental health challenges are discharged from the hospital, the crisis may be over, but they are still at risk," said Dr. Ali Eslami, a psychiatrist at BC Children's who developed Breeze. "This app gives them the coping tools they need."

Support when it's needed most

Parents who have a child with mental health or substance use challenges can often feel overwhelmed. They can receive support and mentorship from other parents who have lived through similar experiences. Parent in Residence is a life-changing program made possible through the long-time support of HSBC and other generous donors.



TOGETHER WHILE APART

NEW ADVANCES IN THE TIME OF COVID-19

As cases of the COVID-19 virus began to surface across BC earlier this year, it wasn't long before the entire province went into lockdown. Schools and businesses had to close, loved ones had to limit their in-person interactions, and the health care system had to drastically pivot—and in short order.

Here at BC Children's, one of the province's 19 primary COVID-19 hospital care sites, experts mobilized to ensure that the hospital was prepared to meet rapidly evolving needs, including readiness to provide acute COVID-19 care, if required—while protecting immunocompromised patients and continuing to deliver the highest level of care to kids and families.

In the face of this pandemic, compassionate supporters from all across BC rose up, responding quickly to help the hospital meet these new challenges. It was a powerful display of philanthropy and leadership—and the generous and immediate outpouring of support made it possible for the hospital to quickly make advances in care and research that were critical in light of the growing pandemic. Here's a look at several of them.

1

VIRTUAL CARE AT A RECORD SPEED

Just weeks after the pandemic hit, BC Children's Hospital Foundation partnered with BC Women's Health Foundation to raise funds for critical virtual health technology to help more kids and families across this vast province receive world-class care, where and when they need it.

Fully funded by donors, the newly acquired, state-of-the-art telecommunications equipment is already enabling patients to receive care from the safety of their homes.

"With this progress we're starting to see in virtual care, I can envision a future where our health care system will be forever changed—in ways benefitting more families from all corners of the province," Dr. Jana Davidson, BC Children's Chief Medical Officer said.

"It can be scary for children and families to come to the hospital and see us in our protective gear. The generous support of donors gave us wonderful pins that show kids who we are so they feel less afraid."

— *Bernadette Sanchez,*
Child Life Specialist

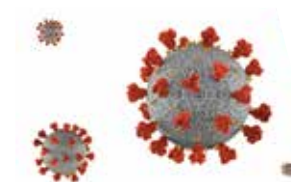
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A BETTER HOSPITAL EXPERIENCE

The effects of the pandemic were quickly felt across the hospital—and continue to impact daily life for the kids, families and health care providers who consider BC Children's a second home.

At a time when children were already feeling isolated, physical distancing measures meant that playrooms had to close—and Child Life Specialists quickly saw a need for games, books, art kits and more to comfort and engage kids having to stay in their hospital rooms. Thoughtful donors immediately offered to help, enabling the hospital to purchase 20 tablets so kids and families could stay connected to loved ones and gift cards for coffee and food to support families.

The generosity of donors also touched health care providers during this intense period, in which they have been working tirelessly to deliver care despite enormous challenges. To lighten their daily load, donor support provided meals, snacks and gift cards, as well as a new dryer to handle larger loads of personal protective equipment, and enable faster drying.



3

DOZENS OF NEW RESEARCH STUDIES

To better understand the impact of this virus on kids, top research minds at BC Children's Hospital quickly launched new studies—46 in total—related to COVID-19.

One study, led by Dr. Quynh Doan, a researcher and pediatric emergency physician, is assessing the impact of COVID-19 on the mental health of children.

Most recently, Canada's first mouth rinse and gargle COVID-19 test for children was developed through collaborative efforts from several leading health organizations, including BC Children's. Investigator and medical microbiologist Dr. David Goldfarb led the development and clinical evaluation of the test, which has now transformed the experience of testing school-aged kids.

LASTING CHANGE

The pandemic has presented extraordinary challenges to the way kids and families at BC Children's and across the province receive care. And yet, through the generosity of the community, we've also witnessed truly exceptional acts of altruism that will transform how care is delivered—today and in years to come. Thank you for making these strides possible.

SEEN & HEARD

It is only through the generous support of individuals and organizations across the province that we are able to help transform the lives of kids and families receiving care at BC Children's Hospital. Here's a closer look at some of the amazing ways supporters like you are making a difference.

HOW EATING LOCAL THIS FALL HELPED CHANGE LIVES

In early March, with the 25th Annual For Children We Care Gala just days away, supporters from the community at-large, including corporate and philanthropic leaders, were looking forward to celebrating a quarter century of tremendous support of BC Children's from the Chinese Canadian community.

On the heels of many seminal achievements, this year's milestone event was intended to raise critical support towards its \$5 million goal to help kids with serious orthopedic issues like scoliosis (curved spines) and traumatic injuries, whose lives would be impacted by how quickly advances in clinical research and surgical care could occur. But then the pandemic hit, and the difficult decision was made to postpone the gala.

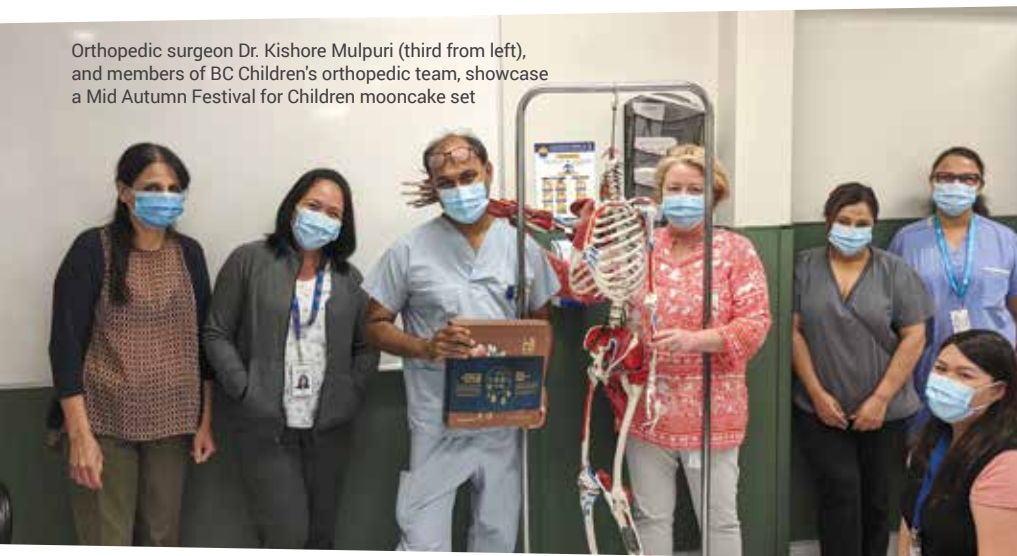
Determined as ever to continue supporting the hospital's world-leading orthopedic team, the deeply committed 2020 gala committee took the next several months to reimagine other ways to raise this vital support. And this fall, that's exactly what they did. In advance of the Mid Autumn Festival on October 1, the second-most important festival in Chinese culture and its equivalent of Thanksgiving, they helped launch a new initiative called the Mid Autumn Festival for Children.



Through the incredibly generous support of sponsors like Drive Motorsports Ltd., King's Auto Lease and King's Auto Spa, and by partnering with local Chinese bakeries and diverse restaurants, the initiative helped the community celebrate this festive season, while also supporting BC Children's expert orthopedics team through the sale of mooncake gift sets and restaurant certificates.

The results were remarkable: over \$84,000 raised to help accelerate advances in orthopedic care and research. In these unprecedented times, the unwavering commitment and compassion of the local community truly helped to make a difference in the lives of kids across the province.

Orthopedic surgeon Dr. Kishore Mulpuri (third from left), and members of BC Children's orthopedic team, showcase a Mid Autumn Festival for Children mooncake set



A LIFETIME OF COMPASSION

Fifty-four years ago, Betty Stevens took her three-month-old son Geoff to the pediatrician for a routine check-up. Geoff was fussy that hot morning—and during the examination, Betty couldn't help but notice that the doctor kept going back to his heart.

"Eventually, he told me that something wasn't right with it," Betty remembered. "I was in shock."

Geoff had a hole in the upper right chamber of his heart. As a serious procedure in the '60s, he received surgery at the age of four. After the surgery, the family moved across Canada to Vancouver. Years of concern over Geoff's growth rate eventually secured an introduction from their pediatrician to Dr. Tse, an endocrinologist at BC Children's, who oversaw Geoff's progress into his teen years.

Her three children now grown up, Betty wanted to volunteer, and as a cancer survivor herself, found

the perfect opportunity: the hospital's oncology unit. During her eight years here, Betty was struck by how mature the kids were: "Six going on 60," she recalled. "Kids would undergo a procedure, then be back playing soon after."

A mother of a teenage girl, for whom Betty had brought a pair of earrings, wrote a note of thanks of how thrilled her daughter had been—the earrings made her feel like a real person, instead of a patient.

Memories like those—as well as her son's own health journey—inspired Betty, a member of the Foundation's Legacy Circle, to make an extraordinary contribution. "I thought to myself, 'Why wait?' I want to do something worthwhile now," Betty shared.

Betty's recent gift is supporting a life-saving bronchoscope for the hospital's cardiology unit, as well as a nation-wide pediatric oncology research initiative that sequences genomes to help find targeted therapies for kids whose tumours don't respond to standard treatments.

Reflecting back on how the major surgery needed for her son is now performed as a minimally invasive procedure, Betty is gratified to know her gifts are taking leading-edge care to even greater heights, today and for the future.

A PLACE OF HEALING



COSTCO'S Jim Andruski, Vice President, General Merchandise Manager and Jacqui Howman, Regional Marketing Manager of Western Canada unveil a replica plaque at their regional head office in Burnaby to celebrate the newly-named Costco and Friends Level 7 Patient Rooms in the Teck Acute Care Centre—an extraordinary place where kids will find comfort when they need it most. Over the past 30 years, Costco's extraordinary support has raised almost \$30 million for the hospital.

Kids and families at the new Sunny Hill Health Centre at BC Children's Hospital will now receive care in a place designed just for them

A NEW BEGINNING

As you've read about in recent issues of this magazine, Sunny Hill Health Centre is a truly special place. Patients here at the only pediatric developmental care and rehabilitation centre of its kind in BC face unique challenges. They may be recovering from life-altering events like traumatic injuries or strokes, or undergoing assessments or care for developmental conditions like cerebral palsy.

But now, a new chapter has begun for these kids. In late August, Sunny Hill Health Centre opened its doors on the grounds of BC Children's Hospital, making this pediatric medical campus one of a few in North America with an acute care centre, mental health facility, research institute, and now, a specialized developmental services and rehabilitation centre all in one place. Experts here will be able to collaborate in ways never before

possible, as they provide seamless, integrated care for each patient at Sunny Hill.

In addition to significant support raised for Sunny Hill as part of the third and final phase of BC Children's and BC Women's Redevelopment Project, BC Children's Hospital Foundation also successfully completed the Sunny Hill Enhancement Initiative. This effort raised more than \$14 million in additional funding from donors, including a significant capstone gift from the Lalji Family.

This tremendous outpouring of donor support made many enhancements possible such as therapy spaces that expand rehabilitation and recreation options; art with a purpose, which creates a healing environment; and state-of-the-art technology and equipment that helps ensure the best possible care.

HEALING SPACES

At the new Sunny Hill, warmth and care is evident in every detail, creating a welcoming environment for kids, families and staff. Some of the remarkable spaces include: an outdoor garden for patients to improve their mobility on varying terrains, a multi-level pool with movable floors and water jets, and a world-class gym with a basketball court, practice kitchen, and state-of-the-art technology.

The spaces below honour the significant support from several of the Sunny Hill Enhancement Initiative's most generous donors:

Blaauw Family Hilltop Patio, a calm outdoor haven for relaxation and active therapy;

Dr. Hilary and Patsy Hui Patient and Family Lounge, a sanctuary for recreation and social connections for inpatient families;

Djavad Mowafaghian Welcome Gallery, where visitors step into a healing environment flooded with natural light and engaging art; and

Peterson Family Gathering Space that features a child play area and enclosed dining space for families spending long days here.

ART WITH A PURPOSE

As part of the initiative, the Children's Healing Experience Project at Sunny Hill has curated a collection of original paintings, murals, interactive installations, sculptures and Indigenous artwork.

Twenty-eight artists, all from Canada, and five iconic community partners—H.R. MacMillan Space Centre, Museum of Anthropology at UBC, Royal BC Museum, Science World and Vancouver Aquarium—contributed their expertise and passion to the project. Sunny Hill patients and families had the final say in the selection of the artwork, making each piece "kid approved."

This art not only helps create a healing environment, but also supports the therapeutic needs of each area. For example, for kids working to improve their mobility in a real-world setting, animal sculptures in the outdoor garden inspire them to reach their goals.



Sunny Hill's world-class gym

ADVANCED EQUIPMENT AND TECHNOLOGY

The new Sunny Hill is also equipped with the latest state-of-the-art technology and innovation designed to help customize therapy and recreational activities for patients, which can help improve their overall health outcomes and experience during their time here.

One example is Western Canada's very first functional electrical stimulation (FES) bike and stepper in the gym, intended to build muscle strength during supported cycle and stepping exercises, through low-energy electrical pulses to help simulate body movements.

For kids on a long road to healing and recovery at Sunny Hill, the new facility has opened up a world of possibilities, and the result is a new facility that has evolved from great to extraordinary.

"I am very excited for the new Sunny Hill and what it can do for children like Libby," said Hong Ma, Libby's mother. "It will provide the best environment and advanced equipment for children to help them reach their full potential."



Artwork throughout the facility helps support the therapeutic needs of each space

Blaauw Family Hilltop Patio



Dr. Hilary and Patsy Hui Patient and Family Lounge



Djavad Mowafaghian Welcome Gallery



Peterson Family Gathering Space



REMEMBERING AVERY

AFTER AVERY PASSED AWAY from a tragic accident, her family was determined to find a way to enrich the lives of children and families in her memory.

“We started really small—with a climbing wall that we built at our kids’ school,” Avery’s mom, Jenny Linton, said. “It felt good to give back and see smiling faces, and it just blossomed from there. In 2014, we created the Avery Linton Legacy Foundation.”

The Foundation is led by Jenny, her husband Mark, her brother Roger, and a crew of dedicated volunteers. They select projects for children’s charities across the country—and rally the community together through fundraising events, golf tournaments, direct donations and 50/50 draws at The Canadian Brewhouse & Grill.

Through one of their latest initiatives, the Avery Linton Legacy Foundation chose to support an assortment of specialized assistive technology for the new Sunny Hill Health Center at BC Children’s. From tablets with communication applications to advanced mobility devices, this generosity will play an enormous role in providing equipment and tools that specifically meets the unique needs of children at Sunny Hill.

Already, they are almost half-way to their goal for Sunny Hill. It truly is a powerful example of how one child’s legacy can change the lives of so many kids and families.



Bonnie Nelson, left, with Daphne Cole, founder of the Auxiliary to BC Children’s Hospital

A BOLD VISION

WHILE ATTENDING the Teck Acute Care Centre’s cement pour event in 2014, Bonnie Nelson, chair of the Auxiliary to BC Children’s Hospital, recalled having the chance to write a message on a rock that would become part of the new hospital’s construction foundation. It was a special way to honour the Auxiliary’s \$1 million gift to help make the new facility a reality.

“That was the start of the Auxiliary’s push to have a Sibling Centre in the hospital, so we all decided to write those words on the rock,” Bonnie said. “Through this act, we wanted our wishes for the Centre to physically be part of the hospital.”

It was a fitting gesture for the group of passionate volunteers who for decades have worked tirelessly to help elevate care for BC’s kids. And this winter, this vision will become a reality with a planned opening of the new space, which has been designed to engage and comfort the siblings of patients in the hospital.

Along with the BC Children’s Hospital Auxiliary, there are also three Auxiliaries on Vancouver Island that generously support BC Children’s: the Ladysmith Healthcare Auxiliary, Chemainus Healthcare Auxiliary and Port Hardy Hospital Auxiliary.

In addition to supporting spaces and equipment in the hospital, these auxiliaries fund programs that help comfort kids and families, like music therapy and therapeutic clowns. They do this through a range of creative ways, from running the hospital’s gift shops and thrift stores, to raising funds through clothing donation bins.

The commitment of these incredible volunteers is helping more kids receive the care they need to reach their potential.

FOUR THINGS TO KNOW ABOUT YOUR WILL

Your Will is an essential document, but how can it help you prepare for your loved ones’ futures and make an impact in the lives of others? **Tax expert Joyce Lee shares top tips.**

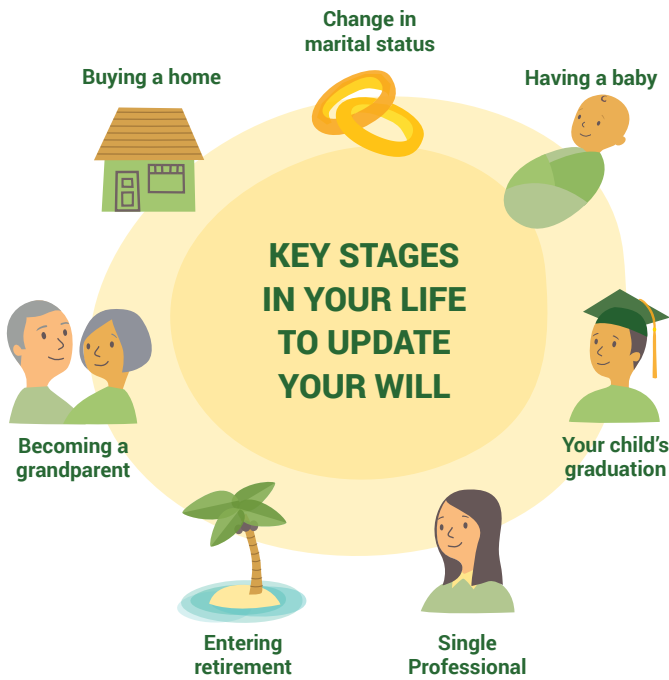


1 MAKE ONE WHEN YOU’RE HEALTHY.

A Will often takes time and a clear mind to settle. Since we can’t predict health or other unexpected issues, it’s best not to leave the planning until a critical event.

2 UPDATE IT REGULARLY.

Revise your Will at different stages of life, as your assets and circumstances change. It’s also helpful to discuss powers of attorney and representation agreements, which cover financial and health situations. Every update to your Will is also an opportunity to consider a gift to a charity to ensure your values continue into the future.



3 HELP YOUR FAMILY.

A Will can avoid additional time, expense and confusion to family members when they have to decide who will take responsibility for the administration of your estate. Without a Will, the administrator needs to do the extra step of getting consensus from family and applying to the Court for approval to act. While your lawyer should file a Wills Notice stating where the Will is stored, remember to let your executor know as well.

4 REMEMBER TO RECORD YOUR WISHES.

Don’t leave everything to one person on the understanding that person will distribute your estate the way you intend. If your wishes aren’t recorded in your Will, there’s no accountability to the rightful beneficiaries—which means there’s a high risk that gifts to individuals and charities won’t be fulfilled. If a donation is not contained in the Will, the charity cannot issue a charitable tax receipt to the estate.

Joyce Lee, Q.C., is a partner at Deloitte Legal Canada LLP and a long-time member of BC Children’s Hospital Foundation’s Chinese-Canadian Planned Gift Committee. To learn more of Joyce Lee’s helpful tips, visit bcchf.ca/legacy-resources/

A close-up photograph of a young child's face, looking directly at the camera. The child has light skin and brown eyes. A clear, thin nasal cannula is positioned under the child's nose. The background is a soft, out-of-focus blue.

What if kids didn't get sick?

Every year, BC Children's Hospital treats over 96,000 kids, many of them battling devastating diseases and chronic conditions. Your donation will fund the groundbreaking research and advanced technologies that are needed to conquer childhood illnesses.

What if you helped?