

# Giving Lives Back



FALL 2017

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## Par for the Course: Edward Urquhart Battles Back

On July 15, 2016, Edward Urquhart lost control of his motorbike at Toronto Motorsports Park, and hit a wall. When he looked down he saw that he was missing both legs below the knee.

Just over a year later, Edward joined 70 other golfers for the West Park Foundation Chairs' Invitational Golf Tournament. "It's good," he says with a smile. "I hit the ball shorter but straighter now!"

His recovery is remarkable, but it didn't come easy. Edward fought hard to regain his independence, inspired in part by the birth of his son Eric in April.

Edward spent two weeks after the accident in a Hamilton hospital before moving to West Park. He was optimistic from

the beginning. "I knew that if I kept a positive attitude, and worked hard, we'd see results."

Still, he needed a motorized wheelchair and help with all his daily activities when he first arrived. For six months, he underwent three hours of rehab each day, strengthening his remaining leg muscles. Fortunately, Edward had been doing cross-fit training five days a week before his accident. "My fitness levels probably saved my life," he says.

It also helped that Edward's prostheses were made and fitted right at West Park. West Park's in-house prosthetics facility made it easier and faster to get a good fit. "Getting my prosthetics made me feel seven feet tall," he says. "It was the best feeling in the world, second only to the birth of my son."

Now he's ready to get back to his family and his life. Says Edward, "I'd just like to enjoy my new son and continue to live an active life and eventually return to a work environment."

## MESSAGE FROM THE CEO



**Joanne Cole**  
Chief Executive Officer  
West Park Foundation

**“Determined, Hopeful, Strong.”** Those are three powerful words that sum up the spirit of West Park patients.

Those three words appear on banners featuring current and former patients that have been posted throughout the hospital. We’ve also mounted large outdoor banners, on Eglinton between Jane and Scarlett, and at Emmett and Buttonwood. There’s a new welcome sign at the hospital, a large banner in the lobby, and elevator “wraps” (not the edible kind!) on the main floor and in Ruddy.

Why are the posters important? Because they remind everyone of the great work that goes on here at West Park, and the people who inspire it.

After all, it is the courage and commitment of patients and families

that inspire our staff and physicians to go above and beyond. To work together to provide exceptional care. To be compassionate, understanding, and supportive. To conduct research aimed at making care even better.

We’re hoping that the example of our patients will inspire donors too. After all, what better reason to give than to help someone get their life back?

In this issue of the newsletter, Edward Urquhart, who lost two legs but never lost his optimism and courage, shares his story. You’ll also learn about innovative research under way at West Park, and about an important development in our new hospital project.

**Enjoy.**

## How I’m Making a Difference at West Park Kathryn Fuller, member of the Board of Directors, West Park Foundation



When Kathryn Fuller was looking for an opportunity to give back to her community, she knew there were plenty of organizations that could use her talents and energy. But in the end, the choice was easy: West Park Healthcare Centre Foundation.

You see, Fuller’s maternal grandfather was Kingsley Fox, who was a member of the Centre’s board of governors for many years. He was

also a founding director of the Foundation. Her paternal grandmother was a resident at West Park’s long-term care facility. Both her parents were active with the Centre and Foundation boards. “There are lots of great causes,” says Kathryn, “but given the family legacy, it made sense to connect with West Park.”

Fuller was born and raised in Toronto, and studied at Queen’s University in Kingston. When she was completing her first degree in English and Political Science, she began to consider career options and decided to try law school. Today she is a partner, practicing securities law with Borden Ladner Gervais LLP. Her practice focuses on the investment management industry, and her clients include mutual fund and ETF managers, dealers and portfolio managers.

“My job is to help them build and grow their businesses,” she says. “I love my clients – they are very creative and genuinely committed to doing the right thing for their investors.”

West Park fills an important but sometimes overlooked niche on the health care spectrum, Fuller says. “This hospital has a big impact on the people it serves,” she says. “It’s the kind of care you don’t think about much until you really need it.”

Fuller sees the Foundation in a time of transformation, exploring innovative ways to raise the funds needed to achieve West Park’s vision. She hopes she can contribute fresh perspectives and new ideas. As a young mother with a four-year-old son, she sees the need to reach a new demographic. “People like me can’t necessarily make big financial contributions now and we don’t have a lot of spare time. But many of us are committed to making a difference.”

**“This hospital has a big impact on the people it serves. It’s the kind of care you don’t think about much until you really need it.”**



# Let's Boogie: Using Dance to Keep People with COPD Active



**Would you rather get your exercise walking to nowhere on a treadmill, or dancing around the room to your favourite music?**

Most of us would choose the dancing, because it's, well, fun. That simple insight is driving a research project at West Park, using dance to help people with chronic obstructive pulmonary disease (COPD) keep moving.

"Dance is fun and social," says Dr. Dina Brooks, Canada Research Chair in Rehabilitation in Individuals with Chronic Obstructive Pulmonary Disease, and a long-time researcher at West Park Healthcare Centre. "It is also an excellent way to address balance issues, which affect many of these individuals."

In the study, two groups of 10 participants, all of whom have completed a course of pulmonary rehabilitation, meet for a one-hour dance session twice a week for eight weeks. With a trained dance instructor leading the sessions, the participants choose their own music from a selection that includes tango, contemporary, salsa and cha-cha, and choose to dance with a class partner or on their own.

Dr. Brooks says results of the study will inform program design for larger trials in the future. "From the smiles and sense of comfort and level of engagement we've seen so far, we hope to confirm that dance intervention can make a meaningful difference in physical fitness, balance, quality of life, anxiety and depression."

## WEST PARK ISSUES RFP FOR NEW HOSPITAL

It's a long and winding road, but an important milestone has just been passed on the bold path to the new hospital.

In July, West Park Healthcare Centre and Infrastructure Ontario released a request for proposals (RFP) to the three teams that have been pre-qualified to design, build, finance and maintain the new hospital.

The three teams are EllisDon Infrastructure Healthcare, Plenary PCL Partnership, and West Park Healthcare Partnership. One of the three will be tasked with building the 730,000-square foot facility, housing 314 beds, additional outpatient space, a new campus entrance and roads, and beautifully landscaped green space.

Once the RFP submissions are received, Infrastructure Ontario and West Park will evaluate them. The successful bidder will be announced in summer 2018, and construction will begin soon after.



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## THE WEST PARK LOTTERY IS BACK

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# FOUNDATION EVENTS

## Got Game? Let's Shoot Hoops!

Ever dreamed of shooting hoops with the pros? Now's your chance!

On March 23 and 24, 2018 team up with NBA alumni, other professional athletes and celebrities at the 2nd Annual Tournament of Stars, a celebrity basketball tournament in support of West Park Healthcare Centre.

The event kicks off Friday night with the Celebrity Draft Party, an exclusive cocktail reception during which qualifying teams will draft their celebrity player. To qualify for the tournament, teams will raise \$20,000 for a 5 on 5 team, with up to 10 players per team.

At the Saturday tournament, being held at the U of T's Goldring Centre for High Performance Sport, the excitement will build from the moment the games begin. The tournament also includes a 3-point competition and an All-Star Game between the top fundraising teams and the Celebrity All-Stars.

Teams will get the opportunity to show their skills on the court, enjoy great food and beverages, a Team Photo take-away and a silent auction, while families and friends enjoy the action from the bleachers and mingle with the celebrities.

The Tournament of Stars will be a family-friendly, fun-filled day of basketball with great food, beer "tents" (ages 19 and over), and lounge areas for teams to socialize and meet and greet with the celebrities with photo and autograph opportunities.

Visit [westparktournamentofstars.ca](http://westparktournamentofstars.ca) for more information and to register. See you courtside!

## UNCORK UNTAP UNWIND

Unlike any other!

**UNCORK UNTAP UNWIND is the not-to-be-missed event of the season.**

Join us on Thursday, November 9 at The Drake Hotel for an UNforgettable night in support of West Park Healthcare Centre.

Enjoy outstanding food from around the world as well as a celebration of Canadian cuisine, including a sushi bar, fire-roasted harissa lamb chops, hoisin pork belly sliders, falafels, shrimp skewers and more.

Dance through the night with music by The Collective, a high-energy, six-piece band playing top 40 hits, soul and R&B, and then relax with late night burgers and poutine. There will also be a hosted bar, both silent and live auctions and the always popular photo booth!

Tickets are \$200 with a number of sponsorship opportunities also available. Visit [westparkuncork.ca](http://westparkuncork.ca) or call 416-243-3663 for tickets and more information.



From left: Former West Park patient Tim Casarin, Jeffrey Gustin, Ian Troop, Chair of the *Get Your Life Back Campaign*, and John Freeman, Chair of the Board of Directors of West Park Foundation.

## Golf Tournament Raises Funds for West Park

The 4th Annual Chairs' Invitational Golf Tournament was a great success, with 70 golfers taking to the links on August 22 at beautiful Glen Abbey Golf Club.

Hosted by West Park Healthcare Centre Chair, Warren Law, and West Park Foundation Chair, John Freeman, the golfers were also treated to a wonderful dinner and silent auction, and heard from double amputee patient Edward Urquhart about how West Park helped him get his life back. The event raised more than \$80,000 in support of West Park.

Thank you to our Presenting Sponsor EllisDon, Gold Sponsor Sherrard Kuzz LLP, and Silver Sponsors Extencare Assist, LiUNA and West Park Healthcare Centre.



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