

Giving Lives Back



West Park Breaks Ground on New Hospital

On October 11 more than 300 members of the West Park community celebrated the official groundbreaking for our beautiful new hospital – a significant milestone in the construction of the facility.

Ontario Premier Doug Ford and Infrastructure Minister Monte McNaughton joined the assembled guests at the celebration, which began with a dramatic procession of patients and supporters led in by a drumline troupe.

“The work that happens at the West Park Healthcare Centre is incredible,” said Premier Ford. “For more than a century they’ve made a huge difference for countless patients and their families. Our government is proud to support West Park and its healthcare staff.”

“This is a very proud moment after a decade of careful planning and extensive consultation, including valuable input from our patients,” said Anne-Marie Malek, West Park’s CEO. “We can now envision welcoming patients in our new, world-class hospital facility and helping them get their lives back.”

At the event West Park also unveiled stunning images of the \$1.2 billion, six-storey hospital, which is scheduled to open in 2023 (see inside for images of the new hospital).

West Park Foundation is proud to partner in the hospital’s bold transformation through the \$80 million *Get Your Life Back Campaign*. To date, more than \$21 million has been raised, representing 42% of the Phase 1 goal of \$50 million.

“The Campaign will ensure that the new hospital is a leading-edge facility, and a match for the courage of our patients and the commitment of our staff,” said Joanne Cole, CEO of West Park Foundation.

For more information and to see a fly-through of the new building, visit the Campus Development page at westpark.org.

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in this issue

Message from the CEO
West Park’s New Hospital
Making Care Better
Through Research
New Foundation Chair
Leaving a Legacy of Gratitude
and Care
Foundation Events

MESSAGE FROM THE CEO



Joanne Cole
Chief Executive Officer
West Park Foundation

Remember when you were a child waiting for a special occasion such as your birthday? The time seemed to move so slowly toward the desired event, days seemingly stretching into weeks. And then suddenly, the moment arrived!

That's a bit how I felt at the groundbreaking for our beautiful new hospital. After years of visioning, planning, meeting milestones, and building support, the future suddenly arrived. You could feel excitement and joy in the air. There was a sense that all our dreams were taking shape.

There is still much work to be done, of course. As the construction moves forward, the Foundation will be hard

at work completing Phase 1, the first \$50 million of the *Get Your Life Back Campaign*. We will be telling West Park's compelling stories to individuals and organizations throughout our community and across Ontario and asking them to donate.

Thank you for supporting West Park on this arduous but important journey. Please take a moment to read about the plans for the new hospital. We are creating a world-class facility, a match for the courage of our patients and the commitment of our staff.

For supporters, this is a once-in-a-lifetime opportunity to build a dream.

Leaving a Legacy of Gratitude and Care

When Kim Verwaayen talks about her experience in the inpatient respiratory rehabilitation program at West Park, she uses one phrase emphatically: "It's so simple but it's so brilliant."

Verwaayen spent seven weeks at West Park in spring 2018. A university professor at Western University in London,



Ontario, she lives with pulmonary fibrosis, which was causing extreme fatigue and coughing fits so violent they left her incapacitated. "I had no quality of life," she says. "I was suffering through work, and that was all I had energy for."

At West Park, she learned how to breathe properly and strengthen the muscles of the diaphragm and shoulders. She also took classes in topics such as energy conservation, medications, nutrition and eating, and worked out daily with a physiotherapist. "It's an integrated approach," she says. "Some of it is brilliant, and some of it is simple, but putting all the pieces together is genius!"

Verwaayen is back at work this fall and although busy, is maintaining the program she started at West Park. "Because my success was so astronomical there, I'm highly motivated to keep up what I've learned."

She is also motivated to help others benefit from the program, by making a bequest to West Park in her will. "I feel West Park saved my life, and I saw so many other people in my cohort experiencing amazing success. I want to do what I can to ensure that others can have the same gift."

THE WILLIAM GAGE LEGACY CIRCLE

Kim Verwaayen is one of many people who have named West Park in their wills, in gratitude for what the hospital has meant to them or their loved ones. She joins the William Gage Legacy Circle, a special giving society that honors those who choose this way to make a donation. It is named for the man who purchased Buttonwood Farm in 1903 and gave it to the National Sanitarium Association. Thanks to Gage's legacy gift, the Toronto Free Hospital for the Consumptive Poor opened in 1904, and eventually grew into West Park Healthcare Centre.

Many generations later, his family carries on his legacy and remains involved with West Park. His grandson, Gage Love, was on the West Park Board of Directors for many years as was his son, David Love. In addition, Betty Love, the wife of Gage Love, won an open competition for the hospital's naming in 1976 and from then on the hospital has been known as West Park.

"West Park was founded on the philanthropy of a forward-thinking and community-spirited visionary. This is also an apt description of everyone who is a member of the William Gage Legacy Circle," says Joanne Cole, CEO of West Park Foundation.

"By choosing to make a gift in their will to West Park, members have chosen to make their legacy one of charity and goodwill so that others will benefit for years to come."

Making Care Better Through Research

With help from the Foundation, Dr. Crystal MacKay is expanding our knowledge of amputee rehabilitation

When Crystal MacKay was young, her grandfather had a stroke. As the family visited him at an inpatient rehabilitation program, she saw how he gradually regained mobility through the skill of rehab professionals. Later, she volunteered with an Arthritis Society pool exercise program. Now MacKay is bringing that same passion for making a difference to West Park as the Centre's new Scientist in Amputee Rehabilitation Research.

After training as a physiotherapist and working in Ontario, Nova Scotia, and Thailand, MacKay returned to school to complete a Master's in epidemiology and PhD in Medical Science. Her research focused on how early-stage osteoarthritis symptoms affect people aged 35 to 65, and how people managed their disease. She also explored management of early osteoarthritis from the healthcare provider perspective.

MacKay says she was attracted to working at West Park by its reputation for high quality rehab services and commitment to research innovation. The new research position is being funded by West Park Foundation through the generosity of a donor who wishes to remain anonymous.

Although the field of amputee rehab is relatively new to MacKay, she brings extensive expertise in research methods



and experience working on issues of mobility, pain, function and quality of life. She is interested in exploring the healthcare needs of people with limb loss, how healthcare is delivered to people, and developing and evaluating novel interventions.

MacKay believes West Park is an ideal place for this work. "There is lots of interest in collaborative research," she says. "We have the potential to understand how to deliver optimal patient-centred care, and then translate that into the care we provide to people served at West Park. Ultimately, the goal is to improve quality of life for people living with limb loss, throughout their lives."

An Energized Board



On September 25, West Park Foundation welcomed a new Chair, Georgina Steinsky, and three new board members.

Steinsky, a former West Park patient and member of the Foundation board since 2015, says the Chair position was "a good match for my skill sets and commitment to West Park." The major task ahead for the Board, she

says, is to meet the goals for the *Get Your Life Back Campaign* in support of the new hospital. The Foundation is well placed, with a strong management team, a very committed group of Directors, and a close collaborative relationship with the hospital board.

"We have the right team in place," she says. "We also have superb stories to tell about what happens at West Park. Every time people hear those stories, they are inspired and energized."

Steinsky is a multi-lingual executive with experience at senior levels of the Canadian federal public service, as well as the corporate and nonprofit sectors. She has served as a Deputy Minister in the Government of Canada, held senior positions at Bell Canada and Manulife Financial, and was CEO of Imagine Canada from 2004 to 2008. She is Executive-in-Residence at the Centre for European, Russian and Eurasian Studies at the Munk School of Global Affairs, University of Toronto.

Steinsky and the existing board members are joined by Stuart Garvie, Steve Muzzo, and Sunil Sharma. Garvie is CEO of GroupM Canada, and was previously President, Media Sales and Marketing at Bell Media. Muzzo is Founder and CEO of OZZ Electric, a major industrial, commercial and residential electrical contractor. Sharma is Co-founder and Chief Business Development Officer with Highmark Global, Highmark Global Technologies, Highmark Interactive and Highmark Health. Highmark Interactive is a medical technology company that uses engaging, mobile-focused games to test neurological function.

World-class Infrastructure for World-class Care

“As a specialized rehabilitation centre, we provide services that help patients facing enormous health challenges get their lives back. The design of the new hospital is focused on creating a great patient and family experience during that journey.”

That’s CEO Anne-Marie Malek talking about a project she’s been steering for more than 10 years: West Park’s new hospital.

Designed with input from patients, families, staff, physicians and volunteers, the hospital will have 20% more beds – enabling us to care for more patients – and incorporate evidence-based features that will make the care experience better for patients and families.

“The design of this building focuses on the patients and families,” says Shelly Ditty, Vice President of Campus Development and Support Services. “It’s about pulling the services to the patients, bringing related expertise together in one area, enhancing collaboration, and integrating research with clinical care. Ultimately it’s about better outcomes for patients.”



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Among the features of the new hospital:

- The inpatient units will face the beautiful Humber Valley, be surrounded by gardens and outdoor rehabilitation spaces, and have views of green space from every window.
- Recognizing that patients stay in rehabilitation hospitals for weeks or even months at a time, 80% of rooms will be private, the remainder semi-private rooms. Patients will be able to rest and recover in privacy and comfort, and will also have access to their own three-piece washroom.
- Each unit will have a dining room, a quiet lounge space and more visiting space, and access to an outdoor terrace on each floor making it more comfortable and home-like for patients and their families.
- It will cluster clinical services together and provide therapeutic gyms with specialized equipment on each floor, maximizing the rehabilitation time available to patients and making it easier for them to get to the care they need.
- The outpatient space will be expanded, and a geriatric day hospital and clinics will be added, so more patients can benefit from West Park’s excellent care, and sleep in their own beds at night.
- The building will be designed to a minimum LEED silver standard.

The new building, which will open in 2023, will support patients and families on their journey, and help staff provide the best possible care so patients can get back to their lives.



FOUNDATION EVENTS

Chairs' Invitational Golf Tournament 2018

The 5th 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, Georgina Steinsky, the golfers were treated to a wonderful dinner and silent auction, and were given an advance look at the architect's renderings of West Park's stunning new hospital.

Dinner guests also heard from respiratory rehabilitation patient Kim Verwaayen about how West Park helped her get her life back (learn more about Kim in this issue).



Congratulations to the winning foursome from Gluckstein Personal Injury Lawyers, with a score of 59: Jordan Assaraf, Bernard Gluckstein, Dr. Philip Palmer and Dr. Glenn Sheiner (pictured above).

The event raised just under \$120,000 in support of West Park! Thank you to Susanna Han, chair of the event organizing committee, for her hard work in making the day so successful. Thank you also to our very generous sponsors:

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LOTTERY TICKETS NOW AVAILABLE ONLINE!

The West Park Lottery is back!

Get your tickets today for the fifth annual lottery in support of West Park and enter for a chance to win a fabulous new 2018 Dodge Journey, plus two early bird prizes of \$1,000 cash.

This year, for the first time, tickets can be bought online at westparklottery.ca or by calling 416-243-3663.

Only 4,000 tickets are available and are \$25 each or five for \$100. The first early bird draw will be held at West Park's signature tasting event, UNCORK UNTAP UNWIND, on Thursday, November 1 at 9:00 p.m. at The Globe and Mail Centre.

The second early bird will be held on Thursday, February 28 in West Park's main lobby at 2:00 p.m.

On Saturday, March 30 at 2:00 p.m. we will draw the winning ticket for our Grand Prize of a Dodge Journey worth \$28,540. The Grand Prize Draw is being held at the Tournament of Stars celebrity basketball event at the Goldring Centre for High Performance Sport, University of Toronto.

All proceeds will support West Park Healthcare Centre. A special thank you to our lottery partner, Peel Chrysler.



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