

GIVING LIVES BACK

SPRING 2019



West Park
FOUNDATION

**get
your
life
back**

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RAPTORS REUNITE AT TOURNAMENT OF STARS!



It could easily have been mistaken for a Raptors reunion.

The 3rd Annual Tournament of Stars presented by Raymond James featured some of the best known alumni of the Toronto Raptors, including Jerome 'Junk Yard Dog' Williams, Tracy Murray, Shawn Marion, Morris Peterson, Jamario Moon and more. In fact, 12 of the 16 former NBA stars in the tournament were Raptors!

The event, held on March 29-30, was a great success, raising \$530,000 in support of West Park and bringing the three-year total for the event to \$1.3 million. Sixteen teams fundraised to draft a celebrity teammate for the tournament, with the highest fundraisers getting first pick. Team Birch Hill & National Bank went first after raising an incredible \$35,506, drafting Marion. Team Raymond James and Friends went second, picking Peterson, followed by the West Park team, who picked Moon.

Congratulations to Team DLA Piper who, with their celebrity teammate Charlie Villanueva, won the tournament's championship game against Team Birch Hill & National Bank. The PowerPoint Guards took third place by winning against the SWI & The Croats team in the consolation game. Thank you to all teams for participating in the tournament and for supporting West Park!

Thankyou also to Daniel Simunac for serving as Organizing Chair of the tournament for the second year and, as well, a special thank you to Raymond James and all sponsors for their generous support.

Be sure to check out pictures of the tournament and draft party at westparktournamentofstars.ca and stay tuned for news about next year's event.

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Joanne Cole
Chief Executive Officer
West Park Foundation

A MESSAGE FROM THE CEO

The tranquil park-like setting of West Park has always been part of who we are, and what our patients and families value. Now, though, the look of the campus has changed somewhat. Trailers and bright green equipment dot the property, and construction workers are everywhere. There's a buzz of activity that will only increase in the months ahead.

That's because we're on the cusp of the most exciting project ever undertaken at West Park—the construction of a wonderful new hospital. The preparatory work will climax with the big dig, scheduled to happen this fall. From there, it's onward and upward (literally!).

If you've been on this journey with us for some time, you know how much thought and work has gone into getting to this point. West Park's vision is to be a world-class centre of rehabilitative care: our staff and physicians are knowledgeable, skilled, creative, and compassionate, always striving to find a better way. Now we are preparing to align the quality of our infrastructure with the excellence of our people. It's a long road, but we're moving forward. Your generosity is making all this possible.

To reflect the changes on our campus and the vision for our new hospital, we have redesigned this newsletter, with more content and a stronger visual design. (But no construction workers!) We want to share the excitement and energy of this project, while continuing to tell the human stories that make West Park what it is.

Above all, we want to share stories that interest you the most. Please send your comments and suggestions to foundation@westpark.org.

CAMPAIGN CHAIR RECEIVES SOVEREIGN'S MEDAL

"I'm honoured of course, but also humbled when I think about the many people who do such good work in the community."

That's Ian Troop, speaking about his reaction to receiving the Sovereign's Medal for Volunteers on April 15. The Medal recognizes the exceptional volunteer achievements of Canadians.

Troop has certainly earned the honour. He served on the National Board of Canadian Freestyle Skiing, the National Hockey League Players' Association Advisory Board, the Georgetown Field of Dreams group, and the Halton Poverty Roundtable. He is currently Chair of the West Park **Get Your Life Back Campaign** in support of the new hospital, and Vice-Chair of the Oakville YMCA.

Mr. Troop's citation from Her Excellency the Right Honourable Julie Payette, Governor General of Canada asserts that "Ian Troop dedicates his expertise and passion for inclusive economic growth to board positions with the West Park Healthcare Centre Foundation and Halton Poverty Roundtable. His leadership has supported strategic planning and successful fundraising initiatives."

Troop has a simple explanation for why he gives so much of his time. "I like doing things with meaning and purpose," he says. "If there's a way I can make a difference, I want to be there." He adds, "And I like to be busy!"



He says the West Park campaign is building momentum, especially since the ceremonial groundbreaking. "We've got a fair way to go, but we do have higher awareness in the community, and we are attracting more gifts. All that creates a positive environment for the next phase of fundraising."

Troop knows firsthand how challenging it can be to find committed volunteers. As CEO of the Toronto Pan-Am Games, one of his tasks was to recruit 25,000 volunteers. "I've been out there, and I've talked to the men and women who give their time so freely to the community," he says. "I really respect what they do." He hopes the award will inspire others to step forward in the future. "Our community is only as good as the people who live in it and are willing to engage to make it better."

DINA BROOKS APPOINTED TO NSA CHAIR



When Dr. Dina Brooks was a teenager in war-torn Lebanon, she volunteered at a local hospital, "as something positive to do in the middle of misery."

There she was inspired by the work of the country's only physiotherapist, who made a difference in the lives of war amputees and other patients. When Brooks's family moved to Canada as refugees, she didn't think it was likely she would ever be able to become a physiotherapist. But hard work and determination paid off. Although she entered Grade 13 with no English, she gained admission to the physiotherapy program at the University of Toronto. Thanks to the support of a mentor, she went on to complete a Masters and a PhD.

In 1997, she came to West Park to complete a post-doctoral fellowship with renowned physician Dr. Roger Goldstein. "Roger has been a wonderful mentor," she says. "We have complementary skill sets, and we respect one another." Now, she is stepping into Goldstein's shoes as National Sanitarium Association Chair in Respiratory Rehabilitation Research. The chair was endowed in 2002 through \$1 million gifts from both the NSA and West Park Foundation, and was the first research chair in respiratory medicine in Canada.

Brooks chose to focus her research on lung disease because of the stigma associated with a disease often caused by smoking. "Lung disease is seen as a 'sin disease,' and as a result it doesn't receive as much attention," she says. She grew up in a culture where guests were offered cigarettes on a platter. "Smoking was such an acceptable thing at one time, and it's so addictive. Patients often feel guilty that they've done this thing to themselves."

West Park is one of the world's top clinical programs in pulmonary rehabilitation and has a strong research focus. Brooks and Goldstein have worked hand in hand exploring ways to make pulmonary rehabilitation more effective, including adding upper extremity training and adding music during rehab sessions. In another stream of research, they are addressing ways to encourage graduates of the program to maintain their activities. A recent project measured the impact of a partnership with community centres and recreation departments. Staff in the organizations were trained to work with people with lung disease, patients were linked with centres close to their home, and their fees were paid for one year. Another project, underway in 10 centres around the world, is looking at whether falls prevention training should be part of pulmonary rehab programs.

Brooks is excited about the potential for future research. She'd like to expand West Park's program beyond the focus on COPD to include interstitial lung disease (which causes scarring of the lungs) and other serious conditions. Another future focus is the challenge of treating patients who have lung disease and several other diseases such as osteoporosis and osteoarthritis.

Brooks says holding the NSA Chair will enable her to pursue her vital research without worrying as much about funding. "The Chair comes with money to attract graduate students and post-doctoral fellows. It will keep us doing this important work and help us train other people, so that we continue to have a global impact."

WEST PARK'S TRANSFORMATION UNDERWAY!

It didn't take long after last fall's groundbreaking ceremony for change to begin.

The construction trailers appeared before the holidays, and now the sight of temporary hoarding and the sound of construction vehicles have become commonplace on the West Park campus.

Throughout the winter and spring, the EllisDon team has been preparing the grounds for the 'big dig' for the new hospital later this year. This includes rerouting the underground utilities to the Main, Ruddy, Gage and Long-term Care Centre buildings.

In addition, a temporary access road has been constructed to facilitate the movement of construction vehicles on and off campus. The demolition of the current Maintenance Buildings will create more staff parking to offset lost parking spots as construction progresses. A new temporary maintenance shed will be erected to store equipment.

Next up will be construction of a temporary front entrance into the Main Building along with a new driveway, visitors parking and pedestrian access to the hospital.

Want to keep up-to-date on construction at West Park? Visit westpark.org/campusdevelopment.



Why I Give

Ian Pianosi, Pianosi Development

I grew up in Etobicoke and Woodbridge and have always worked in the family business. My father started developing real estate in the 1950s, and I've been involved for the last 30 years. I've always enjoyed the business. Toronto has done well as a city in that time, and the growth has helped our company.

In December 2012, I had a severe head injury. I was treated at Sunnybrook Hospital for two weeks, and then did rehab for six weeks. I had to learn to read and write again—I saw things in reverse, and still do sometimes. I didn't even know what a cell phone was for a while. At rehab they taught me how to use my cell phone again and told me that it was going to be my lifeline. I had everything on my phone and used it to trigger my memory. I even needed reminders to eat! I was lucky—my wife, kids, parents and siblings all stepped in and helped.

Around the time of my head injury, I brought in Bruno Amadi (a member of the Campaign Cabinet at West Park) then with KPMG to help with some issues in the business. Bruno told me about West Park and suggested that I sit in on some talks. I realized that the work of West Park was directly related to what I had gone through. At the same time, a cousin of mine went to West Park for rehab after a car accident. When I saw what was happening at West Park, I thought, "Wow, this is amazing!"

You don't really understand all the problems that come after a head injury until you actually go through it. Sunnybrook helped medically, but it's the rehabilitation process that is critical. West Park is in such a serene, natural area, a very calming place to be. I'm happy to be able to support the **Get Your Life Back Campaign** in a small way.



LOTTERY WINNER DRIVES AWAY IN A NEW DODGE JOURNEY

Congratulations to Philip Palmer, Grand Prize winner in the West Park Lottery! Palmer drove away a winner last month after picking up the keys to his new Dodge Journey from Jackie Cooper, VP Development at West Park Foundation. The winning ticket in the 5th annual lottery was drawn by TSN Sportscaster Rod Black during the Tournament of Stars on March 30. Thank you to our lottery partner, Peel Chrysler, and to all ticket holders for supporting West Park.



PATIENTS, STAFF RUN FOR WEST PARK

A team of more than 20 West Park patients and staff celebrated St. Patrick's Day in style as they participated in the annual Achilles races held on March 17. The West Park in Motion team raised more than \$4,000 in support of West Park. Congratulations to all who participated and thank you to everyone who supported the team!



WEST PARK FOUNDATION *Golf Classic*

WEST PARK FOUNDATION GOLF CLASSIC

Join us on Monday, August 26 for an exceptional opportunity to experience St. George's Golf & Country Club while supporting West Park.

Purchase a foursome and host your guests on this masterfully designed course, surrounded by natural beauty and ranked No. 41 of the World's 100 Greatest Golf Courses in 2015 and No. 1 in Canada by Golf Digest magazine. Nestled in Toronto's west-end and minutes away from West Park, St. George's offers a world-class golf experience and will play host to the RBC Canadian Open in 2020 and 2024.

The West Park Foundation Golf Classic includes all course amenities, delicious food and beverage throughout the day and a three-course dinner and auction to cap-off the evening.

Contact Margaret Mikolas at 416-243-3663 or margaret.mikolas@westpark.org to book your foursome today. Sponsorship opportunities are also available.



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