

Giving Lives Back

WINTER 2017

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Message from the CEO

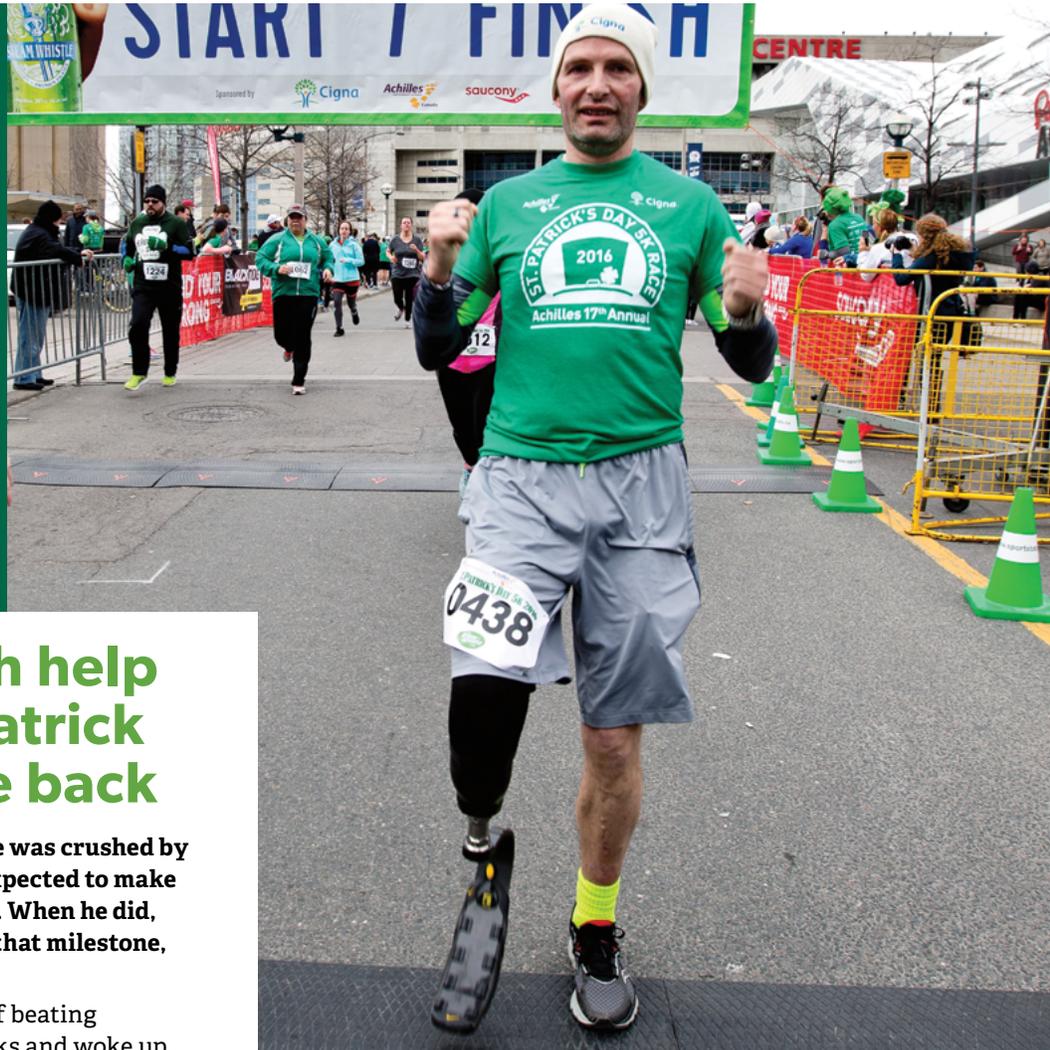
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Unstoppable: With help from West Park, Patrick Doyle takes his life back

In September 2013, machinist Patrick Doyle was crushed by a 10-tonne piece of equipment. He wasn't expected to make it through the first night after the accident. When he did, doctors gave him 10 days. When he passed that milestone, they stopped making predictions.

That was probably wise: Doyle has a habit of beating predictions. He was in a coma for three weeks and woke up to find his right leg had been amputated. He was in hospital for eight months. Yet in November 2016, he completed the New York City Marathon.

Doyle says he got his life back because of West Park. "I understood at the beginning that I'd had an accident and that was it," he says. "But when I got to West Park, they told me I could do a lot more than just survive." Doyle received help with cognitive issues caused by the brain injury he sustained, and learned to live with his prosthesis. When he mentioned he'd like to run again, a therapist arranged for him to get a running leg.

Doyle ran in the 5K run organized by Achilles Canada, a non-profit group for athletes with disabilities, on St. Patrick's Day 2016. He ran with a group of 19 people from West Park, and beat them all across the finish line.

Next up: the New York City Marathon, a gruelling 26.2 miles. "So many people said 'he can't, he shouldn't, he won't,'" says Doyle. "But as my sister told one person, 'If he says he's going to do it, he's going to do it.'" And of course he did.

Doyle would like to work again, but for now he's helping a friend renovate his house. "If I hadn't got to West Park, I don't know where I'd be today," he says. "Probably sitting in the house doing nothing. Because of West Park, I'm getting back to where I want to be."

In March Doyle will lead a team of West Park patients, physicians and staff in his second Achilles St. Patrick's Day Run. Their goal is to raise \$2,000 for West Park Foundation's *Get Your Life Back Campaign*. Show your support for Patrick and the West Park team by going to patricksrn.ca to make a donation.

MESSAGE FROM THE CEO



Joanne Cole
Chief Executive Officer
West Park Foundation

New Hospital a Step Closer

Last fall West Park completed the third stage of our hospital development project, outlining every requirement for the new building down to the smallest details. West Park's thoughtful and inclusive approach to planning will ensure our new hospital provides the best any new facility can offer. Below, Shelley Ditty, West Park's Vice-President of Planning & Development, provides an update on the campus transformation, and you can read about the expanded Day Hospital that will be available in the

new facility as the result of a generous gift from RBC.

We also profile three members of the West Park community: featured on the cover is patient Patrick Doyle, who inspires all of us with his determination; researcher Dr. Dina Brooks, who is working to improve the lives of patients with chronic lung disease; and volunteer Katherine Jones, whose dedicated efforts are helping to make our first Tournament of Stars a great success!

I hope you enjoy this third issue of our newsletter.

MOVING FORWARD: A conversation with Shelley Ditty, Vice-President, Planning & Development

Q: In October, West Park completed Stage Three of the hospital development project. What does that mean?

A: Stage Three is about output specifications – it's a very detailed document (12,000-plus pages!) that describes everything we envision in the design of our building.

Q: What are some highlights of the output specifications?

A: Given who we are and who we serve, we did a lot of work with patients and staff around accessibility, often exceeding building code. We also spent a lot of time looking at how we could introduce green initiatives to make our building as sustainable as possible.

Q: What happens next?

A: In early February we announced the three "prequalified" consortiums who will receive the Request for Proposals (RFP) in the spring. The proponents will review the requirements, develop initial designs, and present them to us for feedback. Ultimately, we will evaluate the design and cost proposals, choose a preferred proponent and then negotiate as necessary. We expect construction to begin in spring 2018.

RBC Helps Patients Go Home at the End of the Day

Imagine getting the specialized hospital care you need and then going home to eat dinner with your family and sleep in your own bed.

Thanks to a \$500,000 gift from the RBC Foundation to create the RBC Day Hospital, more patients will benefit from this kind of care at the new West Park hospital facility.

West Park currently welcomes nearly 5,000 patients a year to its respiratory day hospital. The program's staff work with patients to determine individual treatment goals to improve their independence. Treatment includes supervised exercise, relaxation and breathing techniques, education, and strategies for day-to-day living. Demand for this service is expected to grow by 50 per cent over the next 20 years.

The facility will also be home to a new geriatric service. Over a six-week period, patients will receive comprehensive functional and medical assessments, physiotherapy and occupational therapy to help with specific issues such as falls prevention, cognitive decline, mood changes and multiple medication use. The

inter-professional program will serve seniors with a moderate degree of frailty to manage better at home and provide education regarding coping strategies and the first steps towards advance care planning.

"We know that most people would like to age at home and our goal is to help them achieve this goal while maintaining a good quality of life, and prevent admissions to hospital or long-term care," says Dr. Mihaela Nicula.

West Park's culture of rehabilitation and its highly trained staff make it the ideal place for the program. "It aligns with our values, and our focus on supporting people to live independently," she says.



From left: Richard Pereira, Regional Vice President, Toronto West, RBC; Ian Troop, Chair of the Get Your Life Back Campaign; Joanne Cole, CEO of West Park Foundation; and Anne-Marie Malek, CEO of West Park Healthcare Centre

HOW I'M MAKING A DIFFERENCE:

Katherine Jones, Event Chair, Tournament of Stars



"I'm an immigrant myself, so I'm very appreciative that Canada offers the three pillars of a good society – the rule of law, good public education, and public healthcare that is excellent and free.

"In appreciation of what this community had enabled me to enjoy, I decided to volunteer at West Park. I knew I could offer skills in two things – project management and raising revenue. Encouraging a dedicated group to create Tournament of Stars seemed like a good place to bring these skills to bear.

"The idea of this event is that you give people a good time and an activity they enjoy, they raise

money for it, and then they become your supporters as they learn more about you. West Park needs to look for new communities and new ways of fundraising. One of our challenges of being a rehab hospital, versus acute care, is that the patient population – people who are directly affected – is relatively small. So we have to find other ways of letting people know what we do.

"One of the big stars of the event is Jamoi Anderson. Jamoi was an accomplished young athlete who contracted a viral infection that eventually took his leg. He rehabbed at West Park, and now he's going to lead the West Park team playing on his prosthetic leg. It's a demonstration of the power of West Park to help people get their lives back.

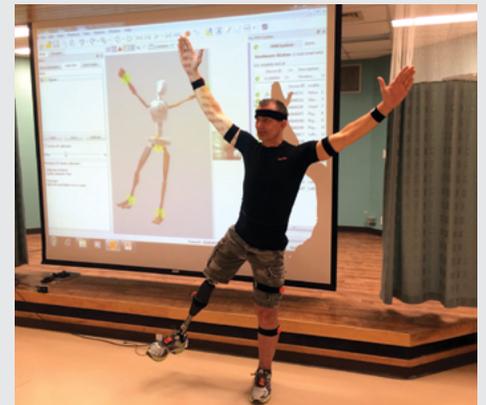
"One of the secrets of a happy life is gratitude. Gratitude can take many forms. If we have the ability to donate time, resources and connections to help an organization that is truly a gem within the healthcare system, we should do it, and we should encourage others to do it. I hope to inspire younger people to take a philanthropic bent in life – to realize that they can have fun, help other people, and be a good person."

Research and Innovation Showcase 2017

Join us on March 30 to learn about the groundbreaking research being undertaken at West Park Healthcare Centre and its impact on the lives of our patients.

The Research and Innovation Showcase 2017 will feature rapid-fire presentations and interactive displays on the innovative work being done at West Park in the areas of amputee, respiratory and spasticity research.

The showcase is being held from 12:00 to 4:00 p.m. in the Enbridge Auditorium in West Park's main building. Contact us at foundation.rsvp@westpark.org if you would like to attend.



Training Balance: Knowledge Creation at West Park

You might not think it, but people with lung disease are at high risk of falling. Dr. Dina Brooks is exploring how to train balance, and whether better balance through training could reduce falls.

Brooks is a physiotherapist who completed a PhD in basic science. She has been doing research with people with lung disease since 1990, with a special interest in rehabilitation.

It's not clear why people with lung disease are at risk of falling, Brooks says, but it may have to do with the medications they take, low oxygen levels, or being less active. "The only way to really improve your balance," she says, "is to disturb it." That may involve something as simple as standing with feet very close together, or standing and reaching forward or sideways. Standing on one leg is another way to disturb and eventually

improve balance. Being gently pushed, standing on a wobble board, walking on foam, and catching a ball thrown on an angle can all help.

Brooks has completed a project to show that training balance in these ways improves balance in people with lung disease. The next step is to show that improved balance through training leads to fewer falls. This part of the project is a long-term worldwide study, involving patients in Australia, Europe and Canada. If the study is successful, Brooks hopes that screening for balance, and training if required, will become part of the practice guidelines for people with lung disease.

Brooks will present her research on training balance at West Park's **Research and Innovation Showcase** on March 30 (see story above).

FOUNDATION EVENTS

Team West Park Competes in Tournament of Stars

Team West Park is gearing up for the Tournament of Stars, the Foundation's newest event now being held on March 31 – April 1.

The team, led by former patient Jamoi Anderson, is well on the way to their goal of raising \$25,000, but the higher they go the better they will place in the celebrity draft. Proceeds from the event support the life-changing work done every day at West Park.

The Tournament of Stars is teaming NBA alumni – including Ron Harper and Jerome Williams – and other celebrities with hoop-loving West Park supporters for some hard court action and lots of fun! The event kicks off with a Celebrity Draft Party on Friday evening, and then on Saturday the teams will take to the courts for a 3 on 3 and 5 on 5 tournament as well as a Celebrity All-Star game.

Show your support for Team West Park or any of the other participating teams by visiting westparktournamentofstars.ca



West Park team captain Jamoi Anderson

UNCORK UNTAP UNWIND 2016

West Park Foundation's inaugural UNCORK UNTAP UNWIND tasting event was a resounding success, with more than 350 people feasting on fabulous food by Chef Mark McEwan and sampling some exciting craft beer, wine and whiskey.

The event, held November 17 at Airship 37 in the Distillery District, raised more than \$100,000 in support of West Park. Hosted by Chopped Canada Host and former Bachelor Canada, Brad Smith, the evening also featured silent and live auctions, music by the Sole Power Jazz Band and dancing that went late into the night.

Thank you to our generous "Bordeaux" sponsors Enercare Home Services and West Face Capital, "Napa" sponsors Medical Pharmacies and the Grinshpan Family, and "Burgundy" sponsors Fasken Martineau, TD Bank Group, and HOK Architects & exp Services Inc.

A link to pictures from the event can be found at westparkuncork.ca

The next UNCORK UNTAP UNWIND is set for Thursday, November 9, 2017 at The Drake. Save the date!



WEST FACE



UNCORK UNTAP UNWIND committee member Judi Cohen, host Brad Smith and Event Chair Riva Grinshpan



West Park on Rick Mercer!

Did you catch the Rick Mercer Report on January 17? If not, be sure to check it out online at youtube.com/user/MercerReport. The show featured a segment on Rick's visit to West Park, showcasing our Prosthetics and Orthotics department and Amputee Rehabilitation Service.

Photo by:
Michal Grajewski – Rick Mercer Report



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