

Giving Lives Back



WINTER 2018

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With the help of West Park, Rashmi Sanjay got her life back after surgery for a spinal cord tumour

Rashmi admits that it took her a while to “wrap her head around” what was happening to her. Early in 2017, the 40-year-old mother of two was diagnosed with a rare tumour on her spinal cord that threatened to paralyze her from the neck down.

As the reality began to sink in, Rashmi depended on yoga breathing and mindfulness meditation to keep her positive. In September she underwent a six-hour surgery, with no guarantee that she would ever walk again. Seven days later, she arrived at West Park.

“I came in on a stretcher – I couldn’t walk, I had pain in my neck, and I needed help using the washroom and getting dressed,” she recalls. To add to the challenge, her pain medication was causing terrifying hallucinations, and intense pain interfered with her rehabilitation.

But Rashmi had a goal – to get back to her children, Rhea, 9, and Eshan, 7. She started getting up early in the morning, taking her pain meds, and then going for a walk with her

walker. When the meds kicked in, she found her therapists and told them she was ready to work. “The therapists were phenomenal,” she says. “They didn’t tell me what to do – they listened to how I was feeling and worked around that.”

She was buoyed up by the support she received from the entire West Park community. Even the cleaning staff got used to seeing her each morning, and urged her to keep going. “Everyone was so positive and encouraging,” she says. “It really gives you a boost to know that everyone is standing with you.”

Less than four weeks into her stay, Rashmi returned home. “Walking into my own house and seeing the children and their ‘welcome home’ cards was very emotional. I couldn’t have been happier.”

Rashmi continues to use her mindfulness training to help control pain, and is a day patient in the rehab program at Grand River Hospital, near her Kitchener home. Someday she hopes to get back to teaching dance and yoga, and family travel. For now, she is grateful to be doing the activities of daily life.

Being at West Park has given her perspective, she says. “When I saw what other people were living with and how cheerful they were, I thought to myself, ‘How blessed I am, I have nothing to complain about.’”

MESSAGE FROM THE CEO



Joanne Cole
Chief Executive Officer
West Park Foundation

2018 promises to be a banner year for West Park.

After years of careful thought and planning, we will soon be naming the successful consortium (known as the “preferred proponent”) that will design, build, finance and maintain the new hospital. Once that’s done, we will see initial designs and be able to visualize our beautiful new 730,000-square-foot facility.

And of course, the next step will be the thrilling moment when the shovel goes in the ground and construction begins!

For the patients, residents, families, staff, and physicians of West Park, this is the

realization of a long-held dream: to create a facility that will enable us to help more people get their lives back, building on our tradition of excellent care.

For supporters like you, it is a reminder that your contributions make a real difference. Without your vision and generosity, the new hospital would not be possible.

There’s still a long road ahead for West Park. Knowing that you share our vision and believe in our future makes all the difference.

Thank you!

Why I Give by David Kaiser

David Kaiser is a member of the West Park Foundation Board of Directors. He is a founding partner of Kaiser Lachance Communications.



A few years ago, I fell while playing hockey. From the pain, I knew that something was wrong. A visit to the doctor confirmed my fears: I broke my femur lengthways and needed a second hip surgery. While I was recovering in the acute care hospital, something felt off. It was impersonal and cold, and I was treated like just another person passing through. After that

stint in the hospital, I transitioned to rehab. Once I got there, everything changed. There was a team of people who were invested in my progress. They treated me holistically and went above and beyond in their treatment. That support made such a difference in my recovery.

Access to quality physical therapy and rehabilitation is an issue that really hits home for me. My son Max has Waardenburg Syndrome, a rare illness that causes problems with muscle development and leads to spasticity. Obviously, his treatment and care are very important to me. When I learned that West Park was a leader in treating spasticity, I knew that it was an organization I wanted to support.

Beyond the personal connections, I believe that we all have a responsibility to give back to the communities where we live and work. I’ve been blessed with a wonderful family, a job that I love, and a successful career. I’ve been lucky, and it’s important to me to help those who haven’t been as fortunate. Part of that is

donating money, but also my time, which is why I’m so happy to sit on the board of the West Park Healthcare Centre Foundation.

I want more people to understand the amazing things happening at West Park – the expertise in spasticity, amputee rehab, prosthetics and orthotics, long-term ventilation, respiratory rehab, and much more. They’re doing incredible things for the people of this community, whether it’s helping them reclaim their lives after an accident or gain some newfound independence. It’s a hidden gem, but it shouldn’t be.

Canada spends about \$6,600* on healthcare per person each year, with 30 percent of that being paid for by the private sector. With healthcare costs rising exponentially as the population ages, there’s a real urgency to support organizations like West Park. I want to be sure they’re there for me when I need them, and for children like Max. It’s easy to put off donating until next year, or the year after, but these facilities need our help now to continue their important work.

I believe in West Park. The new hospital will change the lives of people in our community. And that’s why I give.

*Canadian Institute for Health Information



West Park Foundation is fully accredited under **Imagine Canada’s Standards Program**. The Standards Program awards accreditation to charities and nonprofits that demonstrate excellence in five areas of operation: board governance, financial accountability, fundraising, staff management, and volunteer involvement.

CIBC Gym Helps Patients Get Their Lives Back

Patty De Guia was pregnant with her third child when she found a lump on the bottom of her foot. Eventually she discovered that it was cancerous, and her leg was removed above the knee.

After years of being dependent on crutches and wheelchairs, Patty came to West Park, was fitted with a prosthetic leg and began a program of rehabilitative care.

Thanks to a generous \$200,000 donation from CIBC to create the CIBC Inpatient Amputee/MSK Gymnasium in the new hospital, patients like Patty will do their rehabilitation in a beautiful new gym filled with specialized equipment to help them achieve the best possible results.

“Every day in Ontario, 15 people lose a limb due to cancer, diabetes, infection, accidents or other causes,” said Ian Troop, chair of the *Get Your Life Back Campaign* at the announcement. “This new gymnasium will help them get out of the hospital faster and back home with their families.”

“The West Park staff are amazing, just like extended family,” says Patty. “When I go there, I know that things are going to change for the better.”



Patty De Guia, Ian Troop, Chair of the *Get Your Life Back Campaign*, Joanne Cole, CEO of West Park Foundation, Jonathan Dent, Senior VP GTA West, CIBC, Anne-Marie Malek, CEO of West Park Healthcare Centre, and Andrew Vassos, District VP, CIBC.

ONLY 4,000 TICKETS AVAILABLE!

THE WEST PARK LOTTERY IS BACK

West Park FOUNDATION *get your life back*

Drive Away a Winner with a **JEEP PATRIOT!**

2ND EARLY BIRD DRAW - FEB 15, 2018 — Prize: \$1,000 cash
GRAND PRIZE DRAW - MAR 24, 2018 — Prize: Jeep Patriot

\$25 A TICKET
OR
5 FOR \$100



Lottery License
M798163

For tickets call **416.243.3663**
For more info, visit westparklottery.ca

TREATING SPASTICITY IN SUDBURY

Imagine that you have suffered a stroke and, because of lasting damage to regions of your brain, can no longer open one hand. You can't wash the hand or trim your nails, and the skin may become infected and sore.

Spasticity, a condition that causes the muscles to clench involuntarily, affects 40 to 60 percent of stroke patients. Spasticity also affects many people living with cerebral palsy, multiple sclerosis, traumatic brain injury, spinal cord injury, ALS, and other neurological conditions.

West Park is a leader in the treatment of spasticity. Doctors Chris Boulias and Farooq Ismail run a busy clinic where patients are injected with a neurotoxin similar to Botox that causes the muscles to relax.

But for people in northern Ontario, making the trek to West Park can be difficult or impossible. That's why the doctors have been visiting Health Sciences North in Sudbury once every three months for the past three years. What began as a half-day clinic is now two full days, with more than 100 patients.

“For those who are dependent, we help decrease caregiver burden,” says Dr. Ismail. “We help whoever is providing care to do it more efficiently. For those who have a certain amount of independence, it's about making them more independent.”

FOUNDATION EVENTS

UNCORK 2017 A Great Time for a Great Cause!

It was an UNforgettable night as more than 350 people partied at The Drake Hotel on November 9 in support of West Park.

The 2nd annual UNCORK UNTAP UNWIND was a tremendous success, with guests feasting on international culinary creations and dancing the night away to outstanding music by The Collective.

Speakers included Dr. Steven Dilkas of West Park's Amputee Rehabilitation Service and Sam Paulos, who rehabbed at West Park after losing his left leg above the knee in 2011.

Thank you to our many generous sponsors: Champion (Presenting): West Face Capital; Builders: Enercare and TD Bank Group; Benefactors: ELTE, The Grinshpan Family and Medical Pharmacies; Partners: Extendicare Assist, Fasken Martineau and West Park Healthcare Centre.

A link to photos from the event can be found at westparkuncork.ca. Save the Date for this year's event: November 8 at The Drake Hotel!



Warren Law, Chair of the West Park Healthcare Centre Board of Directors, Event Chair Riva Grinshpan and John Freeman, Chair of the West Park Foundation Board of Directors



Shoot Hoops with the Stars Show the world you've got game!

Think you can play with the pros? Then register a team for our 2nd annual Tournament of Stars, being held on March 23 and 24 in support of West Park.

The event will team NBA alumni including Jerome 'Junk Yark Dog' Williams, Charles Oakley and Mo Peterson with hoop-loving West Park supporters for an exciting, fun-filled tournament.

The event gets underway the evening of the 23rd with the Celebrity Draft Party at Maison Mercer Nightclub, during which teams will have the chance to draft their celebrity teammate and plan their game strategy. The more money a team raises, the higher they will place in the draft.

Tip-off is at U of T's Goldring Centre for High Performance Sport on Saturday, March 24. In addition to the round-robin tournament, the day includes a 3-point competition and a Celebrity All-Star Game between the celebrities and the top fundraisers.

Team West Park will once again hit the courts, with former amputee patient Jamoi Anderson leading a team of physicians and staff.

The Tournament of Stars will be a family-friendly day of fun and excitement, with great food, a team photo takeaway, silent auction and lounge areas for teams to socialize.

Want to join in the fun from the sidelines? Tickets can be purchased for both days. Visit westparktournamentofstars.ca to register a team, purchase tickets or support an existing team.

Keep Patrick Running!

Remember Patrick Doyle, the machinist who was crushed by a 10-tonne piece of equipment and woke up to find his right leg had been amputated? The man who completed the 2016 New York Marathon on his running prosthesis? Well, he's at it again! Patrick will be participating in the 19th Annual Achilles St. Patrick's Day Run on March 18. It's his third appearance in the run, surrounded by family, friends and West Park staff and patients. Patrick wants to raise \$2,000 in sponsorships, to donate to Amputee Rehabilitation Services at West Park. If you'd like to help out, go to www.patricksrn.ca and follow the links.



get
your
life
back

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