

GIVING LIVES BACK

WINTER 2020



West Park
FOUNDATION
get
your
life
back

A visit from The Second City

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A MESSAGE FROM THE CEO



Joanne Cole
Chief Executive Officer
West Park Foundation

At West Park, a new year – and a new decade – has brought us a new way to enter the hospital! One of the final “early works” construction projects before excavation for the new hospital was to move the main building entrance, a necessary step as the facility will be built right in front of the old entrance. With the “big dig” about to begin, our new entry way has ushered in a very exciting year ahead.

As I reflect on the year just past, I’m struck at how much the support of our community helped advance the Foundation’s initiatives in 2019.

Our signature events continued to grow and evolve, and our new 50/50 lottery, launched in the fall,

was a great success, with a cash jackpot of more than \$15,000 – for both the winner and the Foundation! We were especially pleased that our first 50/50 winner was one of our residents. You can read about patient Kelly Kadechuk in this issue, and how she is thriving at West Park.

Our cover picture this issue is patient Nic Leocadio with members of The Second City comedy troupe. In the fall, we were pleased to host an entertainment evening for patients and their families, featuring hilarious sketch comedy and improv performances.

None of our initiatives would be successful without the support of our donors and volunteers. Thank you to everyone who donated to the **Get Your Life Back Campaign** over the past year, or who attended an event, bought a lottery ticket or showed their dedication to West Park in the many other ways that you do. They all make a difference to our patients, and all are appreciated.

NEW YEAR, NEW ENTRANCE



West Park patients **Harrison Michael** and **Lynda McGillivray** volunteered to help direct and orient visitors by the new entrance.

If you have visited West Park in recent months, you would have noticed the bustling activity on campus. For several months, construction of our new hospital has been in the crucial “enabling works” stage, preparing the campus for the “big dig” happening this month.

Part of the early construction stage included relocating the main entrance of the hospital, since the new build will block the previous entry. The new entrance area,

which was formerly the location of the hospital’s piano lounge, opened in December with staff and volunteers on site to direct and orient visitors.

Excitement continues to build as we get closer to 2023, the planned date of completion of our new hospital. The excavation of the grounds will allow us to see the new West Park take shape.

“This is the part I look forward to when building a hospital — the actual construction of the new facility,” says Shelley Ditty, Vice-President of Campus Development and Support Services. “This is when years of planning and design work becomes reality.

“Everyone who visits or works at West Park will have a front row seat to the construction site. We can just look out from our windows!”

Be sure to visit wpconstructioncam.org to check out our Construction Cam and catch all the excitement as we build our new hospital.

WEST PARK PATIENT WINS LOTTERY CASH PRIZE

When Kelly Kadechuk found out that she won West Park Lottery's 50/50 draw, she was very excited about what the cash prize would mean for her. The resident of West Park's Enhanced Living Unit (ELU) had some medical and travel expenses coming up that she wasn't sure would be covered by her insurance, she says. The prize money, which was over \$15,000, would be a huge help.

Kelly has been at West Park for nearly six years. The 32-year-old had spent 10 months in an intensive care unit in Hamilton after an undetermined illness left her paralyzed from the neck down and reliant on a mechanical ventilator to breathe.

West Park is home to Ontario's Centre of Excellence for Long-Term Ventilation, and was one of the only facilities where Kelly could not only live as a vented patient but work on her rehabilitation as well.

"This place not only helped me rehab with my ventilator, but also learn who I am now, and what I want to do," she says. "It was hard at first being so far away from my family and friends. But eventually I settled in and challenged myself to get involved."

Kelly is now the co-chair of the hospital's Patient Family Advisory Committee, and has lent her voice to focus groups and committees for the new hospital development. She even started an "Ideas Exchange" club, which she hopes will give fellow patients the opportunity to research and debate thought-provoking topics. West Park now feels like home.



Jackie Cooper, VP Development at West Park Foundation presents **Kelly Kadechuk** and her mother **Patricia** with a cheque for her Lottery winnings.

"The staff is wonderful, especially over here at the ELU. We're kind of like a big family because we are a small unit. It's just a really supportive, great place to be," Kelly says. "Everyone is so great with my family too. My mom always tells me she's really comfortable leaving, or if she can't be here to visit all the time."

Kelly makes sure to attend West Park events when she can. She enjoyed the Foundation's The Second City night and even bought her winning lottery ticket at the hospital's Adaptive Sports Demo Day.

"West Park is a very special place," she says. "I went from being a registered veterinarian technician and working every day to having to figure everything out again. But this place has taught me that even though I might not think I can do something, I can challenge myself to make it happen."

GET YOUR WEST PARK LOTTERY 50/50 TICKETS

Win/win with our 50/50!

Support West Park's critical mission with two chances to win great prizes, including a Jackpot Cash Prize in our 50/50 draw, with a guaranteed minimum of \$10,000 – the winner of the fall Lottery won over \$15,000!

Tickets are on sale for \$25 each or five for \$100 and include a chance to win a fabulous early bird prize: a three-night stay at the gorgeous Renaissance Hotel in downtown Montreal, valued at \$1300. The winning ticket for the early bird prize will be drawn on February 27, 2020 and the grand prize 50/50 cash jackpot winner will be announced on March 28, 2020 at Tournament of Stars.

Tickets can be purchased by calling **416.243.3663**.

Proceeds from the Lottery will be evenly split between the 50/50 Draw winner and West Park Foundation. Visit westparklottery.ca to read the Lottery rules and regulations.



Lottery licence #M810211

'PRESCRIBING' A DOSE OF LAUGHTER

On October 29th, West Park Foundation hosted a special presentation of The Best of The Second City. The evening featured hilarious sketch comedy and improv performances, providing laughter and enjoyment for patients and their families. The event wouldn't have been possible without the help of our volunteers and the Recreation Therapy team!

The Second City
TORONTO



REFLECTIONS ON 20 YEARS AT WEST PARK

When Janet Mulgrave got off the elevator on her first day of work at West Park, she was met with the warmest welcome.

“Teresa Yeung, a physiotherapist, confirmed who I was and then opened her arms and asked if she could give me a hug,” Mulgrave says, laughing. “A lot of my days have been like that at West Park.”

The Musculoskeletal, Amputee and TB Service Manager is retiring in February after nearly 20 years at West Park. Working in rehabilitation has been a rewarding experience she says, especially seeing the hospital’s Get Your Life Back motto in action.

“The patients are so happy with the care they receive here. But it’s also a positive experience for the staff to see the progress that they make,” she says. “It’s very inspiring to know that you had a hand in changing a person’s life – and many patients come back just to visit.”

Mulgrave looks forward to coming back to West Park once the new hospital is completed. She’s especially excited about the new Prosthetics and Orthotics Centre and what it will mean for patients.

“I can’t wait to see what they do with the innovative new technologies and the 3D printers,” she says. “I’m also very excited to see the outdoor gardens and therapy spaces. I always loved telling people that I work on 27-acres of green space.”

Mulgrave also believes West Park’s expansion of outpatient services and the creation of the geriatric day hospital will benefit the growing patient population.

“People are getting older, they are developing more chronic diseases, and we’ve got the medicine to keep them alive,” she says. “The new West Park will be in a great position to service that patient population.”

Giving back is something that Mulgrave learned to appreciate early in life. She has given much of her time and money to causes close to her heart, including volunteering at Foundation events, selling West Park Lottery tickets and participating in the staff giving campaign to build the new hospital.

“My parents gave a lot, so it was quite easy for me to get into philanthropy and volunteering,” she says. “I give back because I know it’s important to give, but I’m also grateful to have worked at West Park. The Bible says ‘it’s more blessed to give than receive.’ And the more you give, the more you receive.”

Now that she’s retiring, she doesn’t plan on slowing down. She hopes to volunteer at free clinics in Jamaica and Haiti, and continue to help out at Foundation events.

“I also plan to follow the Toronto Blue Jays around,” she says. “I want to go from one stadium to the next with my boys of summer.”



Janet Mulgrave (right) and **Catherine McConnell** volunteer at last year’s UNCORK UNTAP UNWIND.

EXPLORING THE BROAD IMPACTS OF LIMB LOSS



Dr. Crystal MacKay has hit the ground running since joining West Park's research team over a year ago.

One of her first undertakings as Amputee Scientist was joining a research project that was already underway—a collaboration between West Park, Sunnybrook's St. John's Rehab and Parkwood Institute in London, Ont. Dr. MacKay presented the abstract at the Ontario Association of Amputee Care in Toronto last May and at the American Congress of Rehabilitation Medicine in Chicago in November.

"I am writing a couple of papers related to this work," she says. "There are a few different components to this study, including understanding the health outcomes and quality of life of people with lower limb amputations that are dysvascular — so related to either diabetes or other vascular conditions."

The researchers have collected data through surveys and interviews with patients, and will look at health administrative data around healthcare use. Dr. MacKay is leading the qualitative research exploring the experiences of people with dysvascular limb loss.

"We really wanted to hear the patient's perspective of what it's like to live day-to-day with their condition," she says. "What we found was a broad impact that was varied across participants. The impact could be physical, but also psychological and social, affecting a person's body image, their identity or role in their everyday life."

"For some people, the impact was limited, but others talked about quite significant psycho-social impacts."

Dr. MacKay thinks these findings highlight the importance of having psycho-social supports to help people adapt to life following limb loss.

"Of course there is a physical impact and it impacts mobility" she says. "But there is a broader psycho-social impact that we also need to make sure that we are helping patients address."

Another area of research that Dr. MacKay is beginning to delve into is how to support the amputee population to remain physically active after leaving a rehab setting.

"We know that this population is at a risk for other medical conditions, where being more active may prevent poor cardiovascular outcomes and other issues," she says.

"We hope to move towards interventions that could benefit patients here at West Park and elsewhere."

KEEPING IT GREEN

West Park was named 2018 Green Hospital of the Year (non-acute) by the Canadian Coalition for Green Health Care. Our achievements included a 21.1% year-over-year decrease in waste generation and a 4% year-over-year decrease in water usage. Congrats to West Park's Environmental Committee and the rest of the staff for working so hard to keep our hospital green!

OUR POPULAR TASTING EVENT WAS A GREAT SUCCESS

UNCORK UNTAP UNWIND returned to The Globe and Mail Centre for an unforgettable night on November 7, 2019. Guests enjoyed great food and drink, and danced the night away, surrounded by panoramic views of the city and lake.

UNCORK UNTAP UNWIND

We featured 12 beverage vendors, serving local craft beers, wonderful wines and specialty spirits. Guests feasted on culinary creations from the Food Dudes, heard from former West Park amputee rehabilitation patient, Joycey Romeo, and got to bid in a thrilling live auction.

The night was a great success, raising \$190,000 in gross revenue towards West Park's critical mission, bringing our four-year total for the event to \$835,000.

Thank you to our many guests, donors, volunteers and sponsors (shown below).



From left: Foundation Board members **Kathryn Fuller**, **Georgina Steinsky** (Chair) and **Janet Griffin**, with Janet's daughter **Jessica MacDonald**.



From left: **Rocco** and **Joycey Romeo**, and Event Committee members **Barbara** and **Paul Collings**. Paul is a member of the Foundation Board.



From left: Former West Park patient **Therese Estacion** and guest **Jessica Udit**.

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SUPPORT A TEAM AT TOURNAMENT OF STARS



On March 28, players will be hitting the courts in support of West Park!

Tournament of Stars presented by EllisDon teams up NBA alumni – including many former Toronto Raptors, such as Jerome “Junkyard” Williams, Tracy Murray and Charlie Villaneuva – with teams of fundraising basketball enthusiasts.

Each team raises a minimum of \$20,000, and the more money teams raise, the better their chance of drafting their favourite celebrity player. Proceeds from the event support the life-changing work done every day at West Park.

The day will be filled with fun and excitement as teams compete for the ultimate bragging rights. For the fourth year, team West Park will be led by captain and former West Park patient, Jamoi Anderson.

Show your support for participating teams by making a donation at westparktournamentofstars.ca.

See you in the stands!



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