

# GIVING LIVES BACK

FALL 2021



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**West Park** FOUNDATION  
get your life back

# A MESSAGE FROM THE CEO



**Joanne Cole**  
Chief Executive Officer  
West Park Foundation

There is a lot to celebrate at West Park this fall. As you will read in this issue of Giving Lives Back, in August we reached an extraordinary milestone in the construction of our new hospital, completing the external structure when the final beam was hoist into place. Our new building is halfway there, and so is our campaign to support it!

We are proud that the **Get Your Life Back Campaign** has surpassed the 50 per cent mark of its \$50 million Phase 1 Goal, and are very grateful to you, our generous donors, for getting us to this point. With your help, our new hospital will be a world-class facility, one that matches the quality of our programs, the courage of our patients and the commitment of our staff.

All of us in the Foundation hope you will join us on November 17 as we celebrate the halfway point of both our new hospital and our campaign. We wouldn't have gotten this far without your support!

Also in this issue, you can read how West Park is helping patients who are suffering from the long-term effects of COVID-19. Our deep expertise in respiratory medicine has given us a leadership role right from the start of the pandemic, and that continues to this day.

We also profile a generous donor and former hospital staffer, Vince Rice, who is pursuing his passions in his retirement. He remains committed to West Park, however, and has made the generous, forward-thinking decision to become a legacy donor.

And finally, our 6th Uncork Untap Unwind – and our second online – is October 22. Chef Lynn Crawford will lead us in preparing another wonderful meal. We have lots going on, and hope to see you at all our events!

## CELEBRATING THE COMPLETION OF OUR NEW HOSPITAL'S STRUCTURE

August was a momentous month at West Park as we reached two significant milestones in the construction of our new hospital: the final concrete slab pour and the placement of the facility's final structural beam.

With the placement of this 50-foot beam in the rooftop of the Outpatient Block, the external structure of our six-storey, pandemic-ready hospital was complete.

On August 11, the West Park community gathered to celebrate this accomplishment at a special Beam Signing Ceremony. Centre and Foundation staff and volunteers, and patients were joined by Ontario Premier Doug Ford, Deputy Premier and Minister of Health Christine Elliott, and Minister of Infrastructure Kinga Surma.

"When these doors open, this new facility will provide residents here in the western GTA with access to the high-quality care they deserve – where and when they need it," said Premier Ford. "Our government is fully committed to fortifying our health care sector, and West Park Healthcare Centre will play a major part in helping us achieve that goal."



The new West Park was specifically designed to enhance infection prevention and control. Eighty per cent of patient rooms will be private, with the remainder semi-private; and each patient will have their own three-piece washroom. Patients will have more personal space that will help prevent the spread of infections.

“West Park’s century-long legacy of caring for people with tuberculosis (TB) made pandemic planning a priority from the start,” said Anne-Marie Malek, President and CEO of the hospital. “This milestone brings us closer to opening a cutting-edge facility that will be at the forefront in responding to future pandemics and continuing in our role in providing care to those suffering from respiratory illnesses.”

Interior work on the new facility continues to ramp up. Construction workers began building the Feature Stairs in the Main Lobby area, which will be a prominent landmark connecting the first and second level concourse, creating an open-concept design that will bring in plenty of natural light from the second floor skylights.

Interested in viewing spaces in the new hospital? The Campus Development team recently shared recorded tours of mock-up spaces in the new hospital, including replicas of six patient rooms. Visit [bit.ly/MockTours](https://bit.ly/MockTours) to watch the virtual tours.

We look forward to the day in two short years when we can welcome patients and our community into our new world-class facility. Until then, you can visit [westparkfoundation.ca/why-give/the-get-your-life-back-campaign/](https://westparkfoundation.ca/why-give/the-get-your-life-back-campaign/) to learn how you can support our new hospital.



Joanne Cole with Foundation Board Chair Georgina Steinsky



Feature Stairs in Main Lobby



Final beam is lifted into place on roof of Outpatient Block



Premier Ford signs beam

On the cover: Premier Doug Ford and Health Minister Christine Elliott with Centre and Foundation leadership and patient Lynda McGillivray at the beam signing ceremony. Bottom photo: Foundation Board member Bernie McGarva signs beam.



Vince Rice

# INSPIRED BY HIS WORK TO LEAVE A LEGACY GIFT

When Vince Rice turned 55, he was finally able to achieve a longtime goal of his: entering early retirement. He had spent the last 13 years of his career as the Director of Public Relations at West Park, where he advocated for the life changing work that happens each day at the rehabilitation and complex continuing care hospital.

“The best thing about working at West Park was interacting with the patients and staff. The hospital has such a strong sense of community that is really unique. I really felt like we were all in this shared quest to improve people’s lives,” says Vince. “It was so inspiring to see the patients overcoming serious health challenges, and to see how staff inspire patients to do better. It’s very reciprocal because the patients inspire the staff as well.”

Since leaving West Park in 2019, Vince has been making the most of his time by pursuing his passions, including travel, music and managing a rock band. But this meant putting plans in place for the later years of his life, and thinking about what he wants to leave behind when the time comes.

“I needed to take action and that meant having a will and thinking about what part of my resources are going to my family, and what is going to supporting my

community,” he says. “You have to ask yourself ‘where can I have impact and what is really important to me in my life.’ For me, it has always been healthcare and music.”

Growing up as one of seven siblings, Vince understood giving as a necessary part of life. And his parents always led by example when it came to charity.

“My parents gave every month to specific charities that they believed in,” Vince says. “Healthcare became important to them as they aged. So when I left West Park, I felt a real obligation to give back.”

Vince decided to leave a gift in his will to West Park, a commitment that makes him a member of the William Gage Legacy Circle. This special giving society honours the generosity of those who choose to leave a charitable bequest to West Park in their will.

“I’m very excited to support the development at West Park, and continue to have an impact on the lives of patients,” he says. “And the beauty of planned giving is that it’s not taking away from how I am living right now.”

*For more information on Planned Giving, visit [westparkfoundation.ca/ways-to-give/make-a-planned-gift/](https://westparkfoundation.ca/ways-to-give/make-a-planned-gift/)*



# YOUR WILL CAN DO MORE

Did you know that your will can be a powerful tool for making a meaningful impact in your community? When you leave a charitable gift in your will, you are making a lasting commitment to support a cause close to your heart.

There are many misconceptions about planned giving, which is why West Park Foundation has joined the Will Power national movement. The campaign seeks to dispel misconceptions about legacy giving by educating Canadians on the true impact of leaving a charitable gift in your will.

“We are delighted to join Will Power in helping donors realize the powerful impact of including a charitable gift in their estate plans,” says Joanne Cole, CEO of West Park Foundation. “These gifts have the power to transform lives and create a legacy that will never be forgotten.”

Leaving a charitable gift in your will doesn't have to come down to a choice between supporting your loved ones and your favourite charities. You can do both. In fact leaving a small percentage of your estate to a charitable cause is a tax efficient way to make the most of your estate plans.

When you leave a charitable gift in your will, you can reduce the taxes owed on your estate, and in some cases even eliminating them, while leaving the same amount of money to heirs. But only five per cent of Canadians have included charities in their estate plans.

This generous act of philanthropy is about more than just tax savings. It's a way to make a tremendous contribution to the causes you care about, to make your mark, and inspire your family and friends.

Will Power estimates that if only 3.5 per cent more ordinary Canadians included a charitable gift in their will in the coming decade, this would result in \$40 billion dollars being directed to charitable causes.

The Will Power website ([willpower.ca](http://willpower.ca)) features many learning and planning resources to empower individuals with the knowledge to make this impactful decision, including a library of insightful articles and a legacy calculator.

If you would like to learn more about how you can leave a gift in your will to West Park, visit us online

([westparkfoundation.ca/ways-to-give/make-a-planned-gift/](http://westparkfoundation.ca/ways-to-give/make-a-planned-gift/)), or please contact in confidence:

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## Smart Will & Estate Planning

### How to Maximize Your Legacy

Thursday, Nov 4, 2021  
4:00 – 5:00 pm



William Gage  
LEGACY CIRCLE

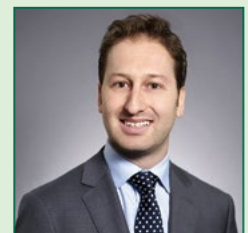
Hosted on Zoom by  
West Park Foundation.

Join Candice Jay, Vice President with Connor, Clark & Lunn Private Capital Ltd. and Matthew Urback, Partner with Shibley Righton LLP for an interactive virtual presentation on smart estate and tax planning, and making the most of your legacy.

RSVP by Nov 1<sup>st</sup> to [foundation.rsvp@westpark.org](mailto:foundation.rsvp@westpark.org) or 416-243-3625. Zoom log-in details will be sent to you by email upon confirmation of your attendance.



Candice Jay



Matthew Urback



Dr. Roger Goldstein

# HELPING PATIENTS EMERGE FROM THE DARKNESS OF COVID

Life after COVID-19 can feel like a long road toward recovery, particularly for the many people who have survived the virus. When the symptoms of the disease linger, or long hospital stays result in muscle deconditioning, patients will need life-enhancing rehabilitation to recover their strength and lung function.

“Post-COVID, there are two or three problems that we see. The first is underlying lung disease. The second and often the most important is muscle weakness and excessive fatigue,” says Dr. Roger Goldstein, who leads West Park’s Respiratory team. “And the third is mental health issues, including anxiety, depression and fear, such as reliving the fact that they’ve almost died.”

For people who have had severe cases, and/or have underlying lung disease, Dr. Goldstein and his colleagues have seen changes to their lungs, specifically, scarring that is known as fibrotic lung disease.

“When these patients come in, they’re often in a dark place having come out of a life-threatening experience with COVID,” Dr. Goldstein says. “We help them return home with greatly improved function, including being less short of breath.”

Caring for post-COVID patients follows a similar process to the care of other respiratory patients, including those with chronic obstructive pulmonary disease since West

Park tailors patients’ rehabilitation to their specific needs. These patients come to West Park from acute care hospitals, or are referred by respiratory specialists and primary care providers to continue their recovery and participate in supervised exercise programs to deal with their fatigue and lung disease. They work with physiotherapists, occupational therapists, nurses, psychologists, a psychiatrist, and respiratory therapists to regain their physical and mental health.

“The respiratory team includes myself and Dr. Robert Varadi as the two staff respirologists, and we have two fellows in training with us, three nurse practitioners and a primary care physician,” says Dr. Goldstein, who is also a professor of medicine at the University of Toronto and has been a physician at West Park for over 30 years. “We are seeing very positive outcomes. And without the care team structure, which includes many professionals, we could not have the success we are having.”

West Park provides both in-patient pulmonary rehabilitation and outpatient virtual care for post-COVID patients. And while communities are seeing the benefits of vaccination campaigns in lowering COVID-19 cases and hospitalizations, this rehabilitative support remains crucial in allowing patients who have survived COVID to regain their function and independence, and return to living the lives they enjoy.

## FOLLOW US ONLINE

Stay up to date on what’s happening at West Park by visiting our Latest News page at [westparkfoundation.ca/spotlight/latest-news/](https://westparkfoundation.ca/spotlight/latest-news/) and follow us on social media:

 West Park Healthcare Centre Foundation

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 @westparkfoundation

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# WEST PARK WRAPS UP ON-SITE VACCINATION CLINIC

This past March, West Park opened a vaccination clinic onsite to make the COVID-19 vaccines available to people in the communities close to the hospital. The hospital played an important role in Toronto’s largest ever vaccination campaign, achieving a major milestone this summer: administering over 32,000 vaccines at both the onsite clinic and its second clinic, located at the Community Place Hub nearby on Weston Road.



*Clinic staff celebrate vaccination milestone.*

In July, after more than 50 clinics held in the hospital’s auditorium, the onsite clinic administered its final doses

to eligible recipients. Thank you to all clinic staff for their dedication in helping our community combat COVID-19!

# WEST PARK FOUNDATION GOLF CLASSIC



*From the winning foursome: Christian Dover and Nathan Corriveau.*

Thank you to all our participants for joining us on August 9 for a wonderful day of golf in support of West Park. The event was a sell-out success, raising over \$150,000 in gross revenue towards West Park’s critical mission.

Golfers took to the links at Lambton Golf & Country Club, which has more than a century of rich tradition, including hosting four Canadian Opens. Congratulations to the winning foursome from GFL Infrastructure Group Inc.: Nathan Corriveau, Christian Dover, Jerry Toben, and Travis Willison, with a score of 62.

Thank you to our event organizing committee members Stuart Garvie (Co-Chair), Kim Marshall (Co-Chair), Paul Collings, and David Kaiser for their hard work in making the day so successful. **And finally, thank you to our sponsors, whose support helped make our event possible:**

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# WE'RE HALFWAY THERE!

Join us on Wednesday, November 17 from 4 - 5 pm on Zoom as we celebrate a major milestone in our **Get Your Life Back Campaign** to support the new West Park!

- See the latest progress on the new hospital
- Leave a message in the West Park Time Capsule
- Learn more about the progress of the Campaign

Please RSVP by November 15 to [foundation.rsvp@westpark.org](mailto:foundation.rsvp@westpark.org) or 416-243-3625. Zoom details will be sent to all confirmed attendees.

## WINE, DINE, SUMMERTIME WAS A GREAT SUCCESS!

Thank you to all our participants and sponsors who joined us on June 23 at Wine, Dine, Summertime, hosted by the Food Network Canada's very own Chef Lynn Crawford.

Chef Lynn hosted the virtual culinary event from her backyard, and shared her top grilling tips and tricks to elevate the outdoor dining experience. When it was time to eat, Juno Award-winning pop-rock singer Suzie McNeil put on an exciting live performance.

**Thank you to our sponsors, whose support helped make our event possible:**

**Presenting Sponsor**



**Wine Sponsor**

**Dr. David & Patricia Psutka**



*Chef Lynn Crawford at Wine, Dine, Summertime*

## JOIN US THIS FALL FOR UNCORK ONLINE

Join us on Friday, Oct 22, from 6-8 pm, for an unmissable evening at UNCORK UNTAP UNWIND Online! Our virtual at-home culinary experience will be hosted by celebrated Canadian chef and West Park fan favourite, Lynn Crawford, who is back by popular demand once again!

Chef Lynn will guide participants as they prepare and plate the delicious, seasonally inspired three-course menu she has created for the event.

Tickets are \$350 and include a box filled with the finest ingredients to cook a dinner for two – including some components that will arrive prepared to allow for a seamless cooking and dining experience – and a specially selected bottle of wine to complement the meal.

**Visit us online at [westparkuncork.ca](http://westparkuncork.ca) to learn more and get your tickets!**



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**PRIVACY STATEMENT**—“West Park Healthcare Centre Foundation considers your privacy a priority. We do not rent, sell or trade your information. Your personal information will be used to provide you with information about how your gift is used and updates on West Park Healthcare Centre.”

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