

GIVING LIVES BACK

SUMMER 2022



West Park
FOUNDATION

**get
your
life
back**



*Patient Nic Leocadio with
Recreation Therapy Assistant
Erin Delaney*

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A MESSAGE FROM THE CEO



Joanne Cole
Chief Executive Officer
West Park Foundation

West Park received some great news late last year when the Ontario government appointed it to lead the Provincial Long-Term Ventilation Strategy.

It is a well-deserved honour, the culmination of decades of leadership in caring for people who require long-term mechanical ventilation. This was evident most recently during the COVID-19 pandemic when we opened 23 new beds for LTV patients, welcoming them from GTA acute care hospitals who needed more room in their ICU's for COVID patients.

We are both proud and pleased that the expertise of our hospital colleagues has been recognized, and know that the provincial strategy is in good hands with them at the helm. You can read more about West Park's leadership role in LTV on page 4.

Construction of our new hospital continues apace, with work on the interior features – including the pool, auditorium, cafeteria and the feature staircase in the main lobby – helping us to visualize how wonderful it will look. It's hard to believe that it will be finished in less than a year!

It will be a remarkable achievement, made possible through the generous support of our community. Your commitment to West Park is shown in so many ways, from gifts to our Get Your Life Back Campaign, to support for our Annual Fund, legacy planning, and participation and sponsorship of our events. Some of you even run on our behalf! We recently benefited from the athletic endeavours of several West Park patients and staff, which you can read about on page 7.

However you choose to support West Park, thank you! We hope to see you at our annual – now virtual – Donor Appreciation Event in June.

NEW HOSPITAL CONTINUES TO TAKE SHAPE

Springtime brought more than just warm weather and sunshine; it brought renewed excitement and energy as our new hospital took further shape. We're now well under a year away from expected completion – winter 2023, with patients to be welcomed in the fall.

We're seeing the development of key social hubs and rehabilitation areas of the hospital. The Weishuhn Auditorium, double the size of the current auditorium, will be a key meeting place where staff, patients, families and others share information and enjoy special events and presentations. The Robert and Patricia Martin & Family Café will be another central meeting place, a warm, comfortable and light-filled space that opens onto an outdoor patio.

Also under construction are the main therapy gym, which will have direct access to outdoor therapy spaces, and the pool – four times the current size and outfitted with special lights and sensory equipment – will provide physical and emotional healing benefits for patients as they work to regain their independence.



Visit bit.ly/NewCampusVideos for the latest news on the construction.

NEW INPATIENT UNITS OFFER MORE SPACE, PRIVACY

We reached an exciting milestone this spring, when Geriatric Rehabilitation became the first unit in the new hospital to be completely “boarded” (interior walls installed). This unit – as all units in the new hospital – will be about four times larger than their current size, housing features that will enhance care and provide a better patient experience.

A key feature of the new West Park are the patient rooms. Eighty per cent of the rooms will be single bed and 20 per cent double occupancy, with a private, three-piece washroom for each patient. In these rooms, patients will have the space and privacy to visit with family and friends – including a sleeper chair for when needed – while the large, lower windows will provide plenty of natural light and views to the outdoors.

The new rooms will also promote greater independence, with integrated bedside technology that will allow patients to access their care team, educational resources, entertainment and room controls.

“Our patients stay with us for weeks or months at a time while they work to get their lives back,” says Joanne Cole, Foundation CEO. “The new West Park will make their stay as home-like as possible.”

Each unit will have several new spaces, including a dining room, where patients will be encouraged to gather and socialize during mealtimes, promoting both movement and socialization and therefore active rehabilitation and better mental health. The units will include a patient lounge – as they do now – but also a quiet room where patients will be able to find solitude and a quiet retreat. And they will have access to a beautiful terrace, with views to the stunning Humber Valley.

There will also be an airborne isolation room on each unit. These are negative air pressure rooms that prevent cross-contamination and airborne infections – an important feature of our pandemic-ready new hospital.



A “walled” patient room showing the headwall that will include integrated bedside technology.



A rendering of a patient room after completion.



Inpatient unit reception desk

WEST PARK SELECTED TO LEAD PROVINCIAL LTV STRATEGY

"It's nice to be recognized and to be trusted with such important work. And it's exciting to think that we can have a real impact provincially."

That's Jan Walker, VP Strategy, Innovation and CIO, talking about West Park's new role at the vanguard of a provincial effort to coordinate the care of people who require long-term mechanical ventilation (LTV).

West Park was the first non-acute hospital in Ontario to care for a patient requiring mechanical help to breathe through a tracheotomy. It was Dr. Roger Goldstein, a long-time respirologist at West Park, who brought the first patient to West Park in the mid-80s, at a time when virtually all LTV patients lived out their lives in Intensive Care Units. "Dr. Goldstein brought one patient, and it worked, so he brought out another, and then another," says Walker. "The next thing you know, West Park had a 10-bed unit!"

Major innovations have continued over the years. West Park developed programs to help prepare LTV patients to move to community settings, and to provide a health "tune-up" for those living in the community. The hospital was named the Provincial Centre of Excellence for Long-Term Ventilation, a largely educational role, in 2007. West Park's Raj Kohli, now Clinical Manager of the Provincial LTV Strategy, helped lead the development of a system to identify ventilated patients early in their ICU stays and work with clinicians and families to develop discharge plans. Another innovation was the development of the multi-disciplinary community



Jan Walker, VP Strategy, Innovation and CIO

ventilation team to monitor LTV patients living at home and help avoid unnecessary ER visits.

Walker points out that caring for LTV patients in non-acute settings opens up much-needed beds in Intensive Care Units (ICU). That was especially important during SARS in 2003, and more recently in the COVID-19 pandemic. For LTV patients, being able to move to West Park, or even better, to home, offers a better quality of life. "An ICU is not a pleasant place to live," she says.

Today, West Park has almost 70 LTV beds, including 23 beds added in response to the pandemic.

The new Provincial Long-Term Ventilation Strategy is led by West Park, working closely with experts at Michael Garron Hospital and teams in London and Ottawa. "It's a very collaborative approach," says Kohli. "Ultimately we want to ensure that no matter where LTV patients live in the province, they have access to the same services and resources." Plans include a centralized portal with education and training resources for patients, caregivers, and healthcare providers.

Walker says West Park's leadership role is good news for its supporters. "It is a good example of the impactful role we play in the healthcare system."

LONG-TIME DONOR LEAVES LASTING LEGACY



Valerie would make deep impacts far beyond West Park, as an educator with the Toronto District School Board for 43 years and also as a community leader in Toronto's East Chinatown. Known affectionately as Principal Mah ("Mah hou cheung") – she organized countless community events and was integral to the building of the traditional Chinese archway on Gerrard & Broadview. She also helped found the Yee Hong Centre for Geriatric Care, a residential community that provides services and culturally-appropriate care for Asian seniors.

"Valerie's lasting legacy at West Park is a reflection of her lifelong commitment to community and the betterment of others," says Joanne Cole, Chief Executive Officer of West Park Foundation. "We are enormously grateful for her support over so many years."

A long-time donor and volunteer at West Park has made one final gift to the hospital she held in such high regard.

Valerie Mah, who sadly passed away last year, made a generous bequest to West Park in her will, ensuring that her legacy of philanthropy and community spirit will live on.

Valerie's involvement with West Park dates back to the '90s when her late husband, Daniel, was a patient in West Park's respiratory unit. During his 10-year stay Daniel and Valerie befriended nurse Tecla Lin, who would later pass away from the SARS Virus while caring for SARS patients at West Park in 2003.

To honour her memory, Valerie was instrumental in organizing West Park's Tecla Lin Fundraising Banquet from 2004 until 2008, raising more than \$100,000 to endow the Tecla Lin Bursary in support of nursing education – a bursary that continues to this day.

Valerie served on the West Park Foundation's board of directors from 2005 - 2014, and continued to attend events at West Park in the years to follow. "She always spoke so highly of West Park and always acknowledged the great care that Daniel received," says her sister, Gloria Spoden.

If you would like to learn more about legacy giving, please contact Ashleigh Manzon at ashleigh.manzon@westpark.org, or 416-243-3600 ext. 4215, or visit our website at bit.ly/LegacyGivingWP.



HELP US FILL OUR TIME CAPSULE!

What do you want to say to West Park patients and families of the future? Share your wish for the new West Park by emailing us at TimeCapsule@westpark.org and it will be included in our Time Capsule to be buried in the grounds of the new hospital after it opens!

CREATING MUSIC, ART & CONNECTION IN RECREATIONAL THERAPY

West Park is not only a place where patients get their lives back, but the home of some talented musicians! Two West Park patients, Nic Leocadio and Carlos Rodriguez, have been writing, composing, and recording their own music, with help from West Park recreation therapy assistant Erin Delaney and music therapist Mia Clow.

Nic, a patient of 16 years at West Park, began working with Mia a few years ago, and has written six full songs. His songs are all upbeat and happy, and feature vocals by Mia. He showcases his original music on his own YouTube channel!

Carlos uses music to express the deep passion and admiration he has for his family and his favourite sports teams. One of his most recent songs, Tio, was written about the love he has for his nephew and the challenge of not being able to meet him for many months because of the pandemic.

“Having music therapy is really helpful,” Nic says. “A lot of people can get down on themselves – being an artist helps with that.” Carlos says that “writing music helps keep my brain going. It’s challenging, but in a good way.”

While Nic and Carlos have been discovering the joys of expressing oneself through song, many other patients have become talented artists. Art has long been used in recreation therapy, but more patients became interested in art during the pandemic, where they could work safely in a one-on-one session with a member of the recreation therapy team.

So many patients took up brushes that the rec therapy team decided to put on an art show. Held in the West Park lobby, the patient-artists displayed their work at individual booths, showcasing their talents and their own unique styles and talking with attendees about their art. Patient-artist Marc Barclay said the event was important because it “lets people know that, despite your limitations, you can still make great things.”

Recreation Therapy in the new West Park

Patients and staff are looking forward to the much-larger Recreation Therapy space in the new hospital. In this new space, patients will have the opportunity to engage in meaningful leisure through holistic recreation therapy programs such as arts and crafts, music, sensory stimulation, horticulture and gaming, among others. The space will include a large, multi-purpose activity room as well as a teaching kitchen, and will give patients and staff access and views to the Recreation Therapy Gardens.

Recreation Therapy will also facilitate a variety of centre-wide programs and special events where patients and their loved one can gather together to enjoy concerts, theatre, movies and educational lectures. As Complex Continuing Care patient Rachael Armstrong says: “Joining in the activities was something that was worth getting involved in because it gives you that sense of community at the Centre.”



Marc Barclay at the patient Art Show



Mike Ryan, (pictured above) a former inpatient on the Amputee Rehabilitation Service, and winner of the Spring 2022 50/50 lottery, poses with his cheque for \$3,623, half of the lottery proceeds. The other half will go to West Park, supporting our critical mission of helping people get their lives back!

West Park’s Manager of Public Relations Jay Scull (pictured left) on his 30km run in Hamilton’s “Around the Bay Race” on Sunday, March 27th. Jay raised over \$3,000 for West Park!



A few members of the West Park in Motion team posing after the Achilles St. Patrick’s Day Race on Sunday, March 20th. Other team members competed in a month-long virtual challenge. Congratulations and thank you to the staff, patients, and community members who ran, walked, and rolled in support of West Park!

WINE, DINE, VALENTINE A GREAT SUCCESS!

Thank you to everyone who joined us on Saturday, February 12th for Wine, Dine, Valentine. It was a great success in support of West Park Healthcare Centre, raising \$124,000 in gross proceeds towards our critical mission.

Renowned Chef Lynn Crawford guided 250 guests in preparing a decadent three-course meal, featuring beef striploin, lobster mashed potatoes and delicious fudge brownies. Guests learned new culinary skills including how to make fresh pasta; rolling out the dough and shaping the noodles to create a Pici Pasta with Fontina & Black Truffle.

When it was time to eat, Canadian R&B singer Divine Brown wowed guests with a powerful soul performance.

A special thank you to our sponsors, whose generous support helped make the evening possible:



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WEST PARK FOUNDATION
Golf Classic

Don't miss your chance for an exclusive golf experience in support of West Park!

Join us on August 8th on the stunning fairways of the renowned Lambton Golf & Country Club for West Park Foundation's 2022 Golf Classic presented by EllisDon.

Lambton is a club with more than a century of rich tradition during which it has hosted four Canadian Opens, and was recently redesigned by legendary golf architect Rees Jones, known for his spectacular work designing and enhancing US Open venues and other PGA sites.

Mark your calendar and join us for an enjoyable day of golf this summer in support of West Park. There are only a limited number of spots available so book early to avoid disappointment.

Visit westparkgolfclassic.ca to learn more about sponsorship opportunities and to register your foursome.



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Diversity, Equity & Inclusion Statement: At West Park Healthcare Centre Foundation, we are committed to fostering an inclusive, diverse and accessible environment, an important part of living our brand. We are dedicated to building a staff and board that reflects the diversity of our community.

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