

# The Impact of Your Support

2022 REPORT TO DONORS



**West Park**  
FOUNDATION

**get  
your  
life  
back**







# "I AM NOT DONE"

*Your support helps people get back to the lives they love*

This past year brought many transformational moments to West Park.

Chief among them was the completion of the external structure of our new, six-storey hospital. It was a momentous occasion when the last structural beam – signed by patients, staff and physicians – was placed on top of the outpatient block in August. Since then, there have been many more milestones as the interior is constructed, bringing us closer to the time – just next year – when we will be able to welcome patients and their families into this stunning facility. We are all looking forward to that day!

This past year, we also surpassed the halfway mark of our **Get Your Life Back Campaign**, which is supporting the capital costs of the new hospital and ensuring it is the very best it can be. Your generous support of our campus transformation and the patients it will benefit has put us on track to raise \$30 million towards our Phase 1 campaign goal by the end of next year.

In addition, we continued to have great success with our online "gourmet at home" events hosted by Chef Lynn Crawford. These virtual events, made necessary the past two years by COVID-19 restrictions, have proven to be very popular and a good source of revenue for the Foundation.

We celebrated the remarkable progress of both our new hospital and our capital campaign in November at a wonderful virtual event, joined by many members of our community from around the province. During the event we launched a new video series to help bring the West Park story to a wider audience. **"I Am Not Done"** features three former patients who

overcame extremely difficult health challenges, each finding the strength, courage and determination to get back to the lives they love. The skilled, caring team at West Park was with them every step of the way.

We hope you find these stories as inspirational as we do. You may have seen them on TV or online as part of our multi-media campaign, but you can also find them on our website at [westparkfoundation.ca](http://westparkfoundation.ca).

It has been a very successful year for the West Park community, made more so because of your support. And whatever form that support takes, be it as a Campaign contributor, annual or monthly donor, legacy donor or event participant, you are helping people when they are most vulnerable to recover and get back home. On their behalf, thank you.



**Joanne Cole**  
Chief Executive Officer

**Georgina Steinsky**  
Chair, Board of Directors



# STROKE SURVIVOR RETURNS TO SPORT

Paul Bak's life was filled with physical activity. The owner of a construction company, he was a keen sportsman; he loved playing hockey and golf, hitting the slopes on his skis or snowboard – anything that got him outside.

Everything changed in 2016, when he had a stroke. All of a sudden, he felt as if he were "walking on water", and then he collapsed. Paul was rushed to the hospital where he was stabilized and treated for a stroke. After two weeks in the hospital, and another three weeks at home, he began his rehabilitation at West Park as a day patient. For three months, he and his wife Alicia spent three days a week at West Park, working on his physical and cognitive recovery.

At West Park, Paul found a caring staff and a supportive community at the weekly Stroke Support

Group meetings. Paul says of these meetings, "They gave me hope and encouragement that things will get back to normal eventually. Being in a group of other stroke survivors made me know I wasn't alone, I wasn't the only one going through it."

As a caregiver, Alicia also found a supportive community at West Park.

"People would look at Paul and say 'he's fine'. They didn't understand. Then I would go to West Park as a caregiver and they would know what I was talking about," she says. "Paul's recovery was unknown and I had no idea what was going to unfold. West Park kept me grounded. It was a foundational piece of strength to make our way through this."



The staff at West Park had Paul undergo a variety of treatments and activities to help him get his life back. Paul was eager to begin golfing again, so West Park occupational therapists worked with him on swinging his arm. He had botox injections to help with spasticity. He worked on the skills needed to get driving again. He underwent cognitive exercises, and used sit-down exercise machines to build strength.

While Paul has been unable to get back to hockey, and struggles with some fine motor skills like using zippers or tying his shoes, he has gotten back to most of the activities he loves. He golfs – one-handed – plays tennis, hikes, and kayaks. He even got his driver's licence back – a moment he says of "total elation."

"At West Park, I was given hope and support to move forward. I wouldn't be able to be where I am today if it weren't for West Park."

**Alicia Tyson produced a documentary on Paul's – and two other West Park patients' – recovery. Check it out at [www.SportAndStroke.ca](http://www.SportAndStroke.ca).**



## GETTING LIFE - AND MUSIC - BACK



For Daniel Szautek, music is something that runs through his veins.

"I'm known as Uncle Danny with the guitar who sings – even in the bathroom."

When he first arrived at a hospital in Newmarket, Daniel says he was near death from an infection in his right foot, but he knew he had to hold on to music and use it as part of his recovery. He began arranging chords in his mind, the finger placements for guitar and banjo chords, because he wanted to make sure he didn't forget.

After his right leg was amputated, the 64-year-old from Schomberg, Ontario, arrived at West Park for rehabilitation, bringing a small duffel bag of belongings and his enduring love for music.

While recovering, Daniel decided to start playing music for his fellow patients on the third floor because he knows the calming effects of music, and says he wanted to help keep their spirits high. Two weeks into his stay, a friend came to visit and they put on a show in the common area for the entire third floor.

Daniel, who plans to retire from his work in aviation components soon, plays in two country bands and is deft in multiple instruments including banjo and mandolin.

Getting his life back meant getting back to music, and finding the strength to perform again.

"At West Park, I learned to slow down. That recovery takes time. They taught me to trust myself, and not to rush," Daniel says of his time. "But now I'm self-sufficient, because of what I learned at West Park."

"What they do here is nothing short of miracle work. Come to this place, your heart will be altered; you'll be moved by what goes on in here."



# A SHARED VISION

*Paul B. Helliwell Foundation supports stroke and geriatric services at the new West Park*



By all accounts, Paul Helliwell was an extraordinary man with a true philanthropic spirit. Now that spirit is honoured through the naming of two important units in West Park's new hospital.

Born in China to missionary parents, Helliwell was one of six siblings. As a young man he served in the air force, and later told stories of flying across enemy lines to deliver supplies. A successful entrepreneur, he owned several companies, including a foundry, a ballast manufacturing company, a plastic container manufacturing company, and a flour mill. John Jenah, a close friend and President of the Paul B. Helliwell Foundation, said Helliwell had a special talent for entrepreneurship. "He knew how to choose the right person for the right task." Adds Jenah, "Paul was a visionary, mentor, humanitarian, sailor, animal lover, beloved husband and brother who believed in giving back to the community in which he lived."

Toward the end of his life, Helliwell approached Jenah about creating a foundation. "He came to me, and I found the most tax-effective way of doing it," says Jenah. "He wanted to give it to society, not the tax man!" Since Helliwell's passing in 2001, Jenah has been the driving force behind the Foundation, continuing to make grants mostly in the fields of healthcare and education.

The Foundation contributed \$500,000 toward the **Get Your Life Back Campaign**, a generous gift that is honoured through the naming of the two inpatient units that will occupy the second floor of the new hospital. The Paul B. Helliwell Stroke & Neurology Service will help patients recovering from strokes, other brain injuries, or neurological conditions to achieve a measure of independence and return to the community. Sean Russell suffered a stroke in 2015 and underwent rehabilitation at West Park. "What I was so impressed with about West Park was how staff were able to give patients encouragement and small successes along their individualized road to recovery," he says. "They celebrate small wins with patients along the way, but still keep us challenged as we improve."

The Paul B. Helliwell Geriatric Service will offer comprehensive assessment of areas affected by aging, such as cognition, mobility, and function, with the goal of improving health and optimizing quality of life for seniors.

Jenah says the gift aligns with the vision shared by his friend and himself. "Healthcare certainly gives you the biggest bang for your buck, in terms of benefiting the greatest number of people," he says. "When the Foundation does a project, we don't just cut a cheque: we do due diligence. I liked what I saw at West Park."

# CONNECTIONS, COMMUNITY & GIVING BACK AT WEST PARK

*"I am delighted to have been able to contribute both physically and financially in some small way and yet have received so much in return in the form of appreciation and a personal sense of happiness through giving."*

Audrey Peacock has worn many hats at West Park, as a patient, a volunteer, a donor, and a family member of a Long-Term Care resident. She and her husband Jim lived in the neighbourhood for decades, but it wasn't until she was referred to the audiology department that Audrey learned of West Park.

"As soon as I walked in the door, I was totally blown away. It was a hidden treasure in the city. I lived so close and didn't know it was here." Audrey says.

She knew right away that she wanted to volunteer in some capacity at West Park, and the opportunity came up when she found a classified ad seeking volunteers for the Neurological Rehabilitation Unit. She spent 15 years as a volunteer in Neuro Rehab, making connections with staff and patients alike. Jim also became involved with West Park, volunteering at special events like the Strawberry Social and holiday celebrations.

The family connection to West Park continued when Audrey's mother became a resident of West Park's Long-Term Care Centre. "She turned 100 while at the Centre and we celebrated her birthday there," says Audrey. "They allowed us to bring in friends and family and reserved a special room for us to have a meal. It was lovely."



In 2006, Audrey and Jim gave a gift of stock to West Park, and soon began giving monthly. Once their monthly donations totalled over \$1,000 a year, they became members of the Hazel & Kingsley Fox Society. Audrey says of the decision to become donors, "I was so impressed with the whole concept of the facility, then I saw firsthand what the Neuro Rehabilitation team was able to accomplish so I was excited to help and contribute in any way that I could."

In early 2019, Jim began displaying troubling and mysterious symptoms. The couple went to many different specialists, but found no answers. Finally, a nurse at the hospital suggested to Audrey that Jim meet with a Speech Language Pathologist at West Park. She was the first person to identify that Jim was having difficulty manipulating his tongue, and recommended that Jim see a neurologist. Early in 2020, after various tests, Jim was unfortunately diagnosed with A.L.S.

In her time at West Park, Audrey developed a deep connection to the hospital.

"I am delighted to have been able to contribute both physically and financially in some small way and yet have received so much in return in the form of appreciation and a personal sense of happiness through giving."



# HONOURING A LEGACY: CANADA LIFE NAMES PULMONARY FUNCTION TESTING SUITE

A tuberculosis patient at the Toronto Free Hospital for the Consumptive Poor, recuperating in a repurposed streetcar pavilion in 1904.



In the 1800s, consumption, as tuberculosis was then called, killed millions around the world. Among its victims were composer Frederic Chopin and poet John Keats. In Canada, tuberculosis was estimated to kill 200 people per 100,000 population each year. By the end of the century, the bacterium responsible for tuberculosis had been isolated, but there were still no treatments for the lung disease it caused. There was evidence, however, that fresh air, rest, and a healthy diet could help.

Toronto businessman William Gage took up the fight in 1895. He gathered a group of local business and professional leaders and founded the National Sanitarium Association (NSA) in 1896 to create facilities to care for people with tuberculosis. In 1904, the NSA founded the Toronto Free Hospital for the Consumptive Poor on a 40-acre site overlooking the Humber River. Decades later, that institution became West Park Healthcare Centre.

The advent of effective antibiotics in the 1940s reduced the toll of tuberculosis, but the legacy of the NSA lives on at West Park through an ongoing focus on lung disease. In addition to providing care for patients with complex tuberculosis, the hospital offers in- and out-patient respiratory rehabilitation, supports for people who require mechanical ventilation, and much more.

Canada Life and Great-West Lifeco executives were instrumental in the creation and ongoing governance of the National Sanitarium Association. Now a generous gift from Canada Life (formerly Great-West Life, London Life and Canada Life) will help create the Canada Life Pulmonary Function Testing Suite in the new West Park. "Canada Life strives to be a socially responsible company that makes a positive impact in everything that we do," says Debbie Down, Director Community Relations, Canada Life. "That's why we're honoured to support West Park – because they positively contribute to the overall well-being of our communities."

Pulmonary testing is critical in the effective treatment of lung diseases such as COPD. "The more doctors know about a patient's lung function, the better they can determine the best treatment," says Cheryl Jessop, Pulmonary Function and Sleep Technologist at West Park. "Ultimately our goal is to improve the overall health and well-being of our patients." The testing suite will assess factors such as lung volume, airflow, muscle strength, and gas exchange. In addition to serving West Park and community patients, it will be used for a variety of research activities.

"Canada Life's contribution honors our shared past while supporting the future of this important institution," says Down. "We hope the testing suite will help more West Park patients breathe easier."



# "I BELIEVE IN WEST PARK": THE STAFF & PHYSICIAN CAMPAIGN

West Park staff at a Family Campaign event in 2019.

West Park's \$80 million **Get Your Life Back Campaign** is supported by patients, families, community members and businesses, all of whom have helped us get well past the halfway mark of our Phase 1 goal. And there's another important group sustaining our campaign: the staff and physicians of West Park.

There are over 900 staff members and 50 physicians at West Park. Each day they come into work with dedication and passion for helping people get their lives back. From physical and respiratory therapists to cooks and clinical managers, each member of staff works hard to ensure our patients get the care and support they need.

And many of these staff members take their commitment a step further, and give back to West Park out of their paycheques, as part of the Family Campaign by staff and physicians to raise \$1.25 million for the new hospital. "The response to the campaign has been fantastic. Staff have really rallied around the 'I Believe in West Park' theme, with some becoming Family Campaign ambassadors who encourage their colleagues to sign up," says Ashleigh Manzon, Director, Annual Programs and Planned Giving for West Park Foundation.

When you visit the new West Park, you'll notice the "Dining Patio in honour of Staff & Physician Giving." This delightful outdoor space will overlook the beautiful West Park landscape and the Humber River, providing an excellent dining option in the warmer months.

Like most of us, staff and physicians are eagerly anticipating the opening of the new hospital.

"Our staff and physicians are undoubtedly looking forward to the new and improved offices, workspaces, and staff areas," says Jackie Cooper, Vice President of Development, "but what we've heard time and time again is how excited staff members are for what the new hospital will mean for their patients."

Maria Bulatao, Health Educator at the Gage Transition to Independent Living, says, "What I am looking forward to most about the new build is not just a newer, more accessible facility but the innovative programs and people that it will house."

Talk to any West Park physician or staff member, and you'll be struck by the pride they take in their work, the work of their colleagues, in their patients, and the hospital as a whole.

Dr. Robert Varadi, Respiratory Physician, and physician ambassador for the Family Campaign says, "The new hospital will enhance our ability to provide the exemplary care West Park is known for. We'll be better able to meet our patients' needs in comfort and safety."

West Park Social Worker John Richmond says, "I've worked in the community and at other facilities before West Park and I am continually amazed by the patient care here at West Park. I've seen people who arrive here at their lowest point and truly get their lives back after their stay."



# OUR DONORS

## THE GET YOUR LIFE BACK CAMPAIGN

*We are honoured to celebrate the following individuals and organizations that are investing in the future of West Park through the Get Your Life Back Campaign, with current gifts and pledges for the redevelopment of the hospital.*



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