

GIVING LIVES BACK

FALL 2022



West Park
FOUNDATION

**get
your
life
back**



***Give the gift of a
cozy fleece throw
this season!***

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A MESSAGE FROM THE CEO

Joanne Cole, CEO of West Park Foundation, is retiring this fall. In this message, she reflects on her eight years at West Park.



When measuring time, it's often said that the days are long but the years fly by. I suppose the same can be said of a career.

I've spent my career in the not-for-profit sector. Not through some well thought out plan, but rather by luck and happenstance. As I finish the last few months of my career, I've been reflecting back on the years and the opportunities and experiences that 35 years have offered me. I've served at two large universities and four hospitals. I've had the opportunity to meet with countless donors and volunteers who have supported these institutions – what a pleasure to have spent a career surrounded by people who are motivated to help others, to improve their communities and to ensure these important institutions continue to thrive and serve future generations. I've been fortunate to work with colleagues who are like-minded, who find joy and fulfillment in watching their work impact on the people and institutions they serve. I feel very lucky to have found this career – and for it to have found me!

I came to West Park Healthcare Centre Foundation in the fall of 2014. The new hospital was just becoming a realized dream and plans were beginning to take shape. As I look out my office window in the fall of 2022, the new hospital is a reality and within months of completion.

Working at West Park provides a unique experience for me and our Foundation fundraising staff in that we have the opportunity to meet the patients we serve. We chat with patients in the halls of West Park, see each other in the cafeteria and even meet their families. It brings us closer to the importance of the work we do. We are amazed on a regular basis at the courage it takes to get your life back – it isn't just a tagline, it's the work that takes place every day at West Park. We also get to know the wonderful staff at West Park – those who seem to find endless ways to motivate their patients to find the physical, emotional and spiritual strength to find their way back to the lives they love. Just walking through the halls of West Park provides a sense of perspective and a reminder to appreciate good health and an 'ordinary' day. I'm going to miss that! I'll miss the people – the West Park family. You have all made a lasting impression on me!

To those of you who donate and volunteer at West Park please know that what you do makes a difference. Thank you for all you do. Patients at West Park are looking forward to their new home – they are excited about the new building, their new rooms and the facilities at West Park. They have good reason to be excited. The hospital that you are helping to build will change their lives and the lives of their families. West Park staff will have the top-level facilities that match their skill.

In closing, it has been my pleasure to serve as CEO of the West Park Healthcare Centre Foundation. I am grateful to the Board of Directors and to three Foundation Board Chairs with whom I have worked closely: Tony Ennis, the late John Freeman and Georgina Steinsky; and to Anne-Marie Malek, President and CEO of West Park Healthcare Centre for her leadership. The future is bright for West Park!

A handwritten signature in blue ink that reads "Joanne Cole". The signature is fluid and cursive, with a stylized "W" in the last name.

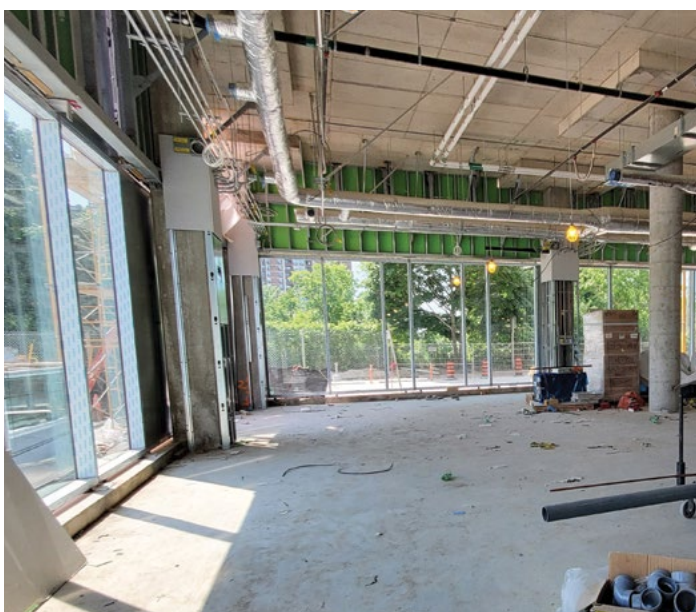


MAIN ENTRANCE OF NEW HOSPITAL TAKES SHAPE

Taking advantage of the good weather in the summer months, construction crews worked hard to complete exterior tasks on the new hospital. Among these tasks was the preparation of the extensive pick-up and drop-off area in front of the main entrance, including a long canopy to shelter patients and visitors from the weather.

Watch the construction in real time at wpconstructioncam.org.

EXPANDED OUTPATIENT SERVICES IN THE NEW WEST PARK



A view of Buttonwood Avenue through the one-way tinted windows from the Outpatient Rehabilitation Gym that affords patients and staff privacy, while still being able to look out unhindered.

The new West Park will include significantly expanded outpatient facilities, enabling more people to remain at home while accessing the care they need to recover and maintain their health.

The largest of three blocks – or wings – in the new hospital will be devoted to outpatient care, with features including:

- An Outpatient Clinic six times the size of the current clinic, allowing us to meet rising demand for our services. Home to a variety of clinics including amputee, geriatrics, spasticity and more, its 18 procedure rooms will be equipped with patient lifts and virtual care capabilities.
- Outpatient Rehabilitation facilities (currently Rehab Plus) that will be 60 percent larger and will include a much larger gymnasium and therapy pool, an Activities of Daily Living suite, treatment rooms, and direct access to an enclosed therapy courtyard where patients can practice walking on a variety of surfaces they will encounter in their everyday life.
- An expanded RBC Day Program that will provide intensive rehabilitation therapy to more patients living with serious respiratory illness, and will also include a new geriatric service to help seniors live at home longer.
- A Prosthetics and Orthotics department that will more than double in size, accommodating innovative and new technologies to better service our growing patient population.

Other outpatient services currently offered at West Park will also be housed in the Outpatient Block.

WEST PARK GAVE SAM PAULOS HIS LIFE BACK

*Now his support is helping others
regain their independence*

*Sam and Gayle at this year's Golf Classic,
joined by Les Hansen and Norm
Kosokowsky (right). For more on the
tournament, see the back page.*



Sam Paulos is a strong believer in giving back, and has done so in many ways in the decade since West Park helped him recover from the loss of his leg.

From event participation to monthly giving and as members of the Hazel & Kingsley Fox Society, Sam and his partner, Gayle Kosokowsky, have made clear their commitment to West Park.

An account executive at RBC, Sam was enjoying a beautiful summer day in 2011 at his family's new cottage in Lake of the Woods, Ontario. When jumping off the dock for the first time, he hit the lake bottom, cutting his foot. It seemed a minor cut, just requiring a few stitches, but what no one could have known was that the bacteria in the lake would cause a devastating illness – necrotizing fasciitis, known as flesh-eating disease. Fast-forward five days and he was in critical care at Toronto Western Hospital, with his leg amputated above the knee, and his life saved.

When he arrived at West Park Sam says he was “half a person,” suffering phantom pains and needing to adjust to an entirely different way of living. But with

therapy, rehabilitation, and support from staff, his family, and Gayle, he made it back to a “normal, thriving life,” living and working in downtown Toronto and driving himself to his follow-up appointments at West Park.

After receiving such top quality care at West Park, Sam feels a “responsibility to help those that are continuing to provide that good work and those that are benefiting from those efforts.”

For Sam and Gayle, members of the Fox Society - which recognizes donors who give \$1,000 or more a year - the decision to donate monthly was natural and they feel it benefits both them and West Park.

“I understand the importance of that regular donation and having that subscription. West Park can have a steady flow of support, which makes it easier for them to manage their programs accordingly, but it's also easy for us. We just enroll in it and every month there's a debit. It's convenient for us from a cash flow perspective because it just becomes part of your regular monthly budget,” Sam says.

GIVE THE GIFT OF COMFORT THIS SEASON

Did you know that our monthly giving program is one of the easiest and most effective ways to support West Park?

"Monthly giving is a stable source of funding for the Foundation," says Joanne Cole, CEO. "Having dependable, year-round support allows us to make long-term commitments to important programs and services that benefit our patients."

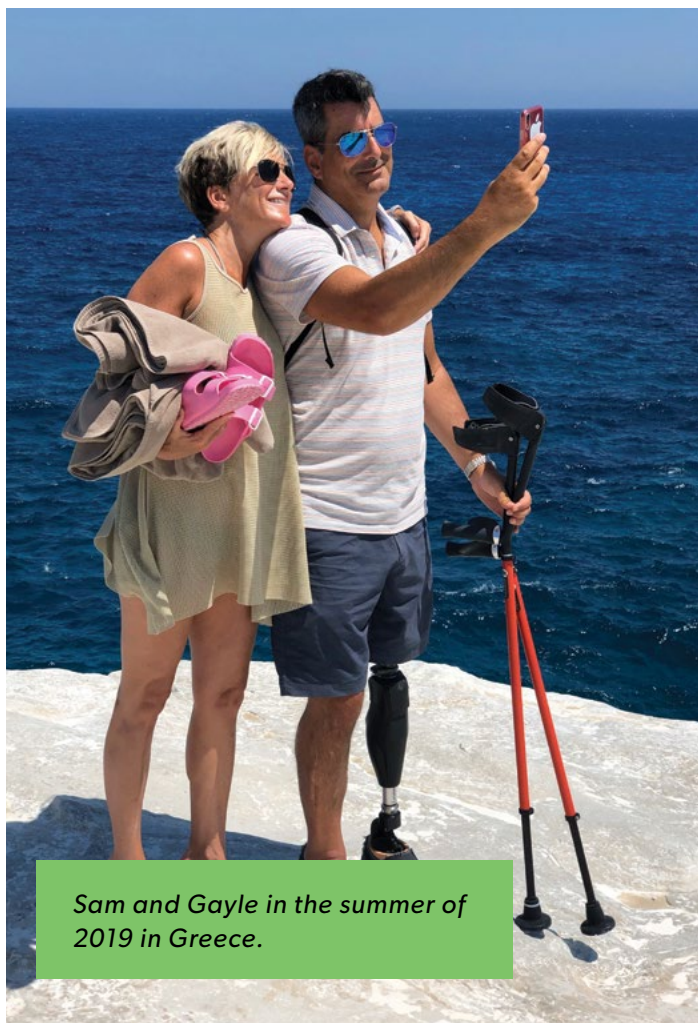
To enroll, visit **westparkmonthlygiving.ca** or call Ashleigh Manzon, Director of Annual Programs & Planned Giving at 416-243-3600 ext 4215. And if you sign up by October 31, we will give a patient a cozy throw in your honour! These beautiful fleece throws are the perfect size for patients to wear on their laps when they are on their way to appointments, enjoying recreational events or sitting outside.

As a monthly donor, you will receive one consolidated receipt each year for convenience at tax time. You will also be recognized in our annual donor listing and receive invitations to special Foundation events.

"As we prepare to move into our new hospital, the ability to plan ahead is more important than ever," Joanne adds. "Even a small gift each month can have a big impact."



Patient Harmeet Sanghera modelling his fleece throw.

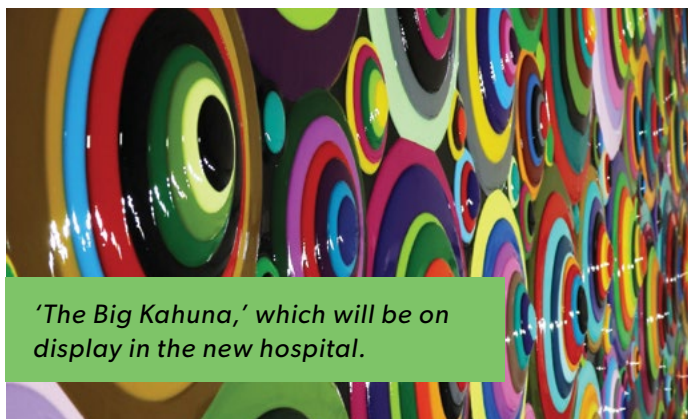


Sam and Gayle in the summer of 2019 in Greece.

Sam and Gayle have both been keen participants in West Park events, most recently at the 2022 Golf Classic. Sam was also the top individual fundraiser at the 2018 Tournament of Stars, the Foundation's celebrity basketball event. Supporting West Park, especially as the new hospital is being built "feels good, especially when you see how your contributions are moving the project forward," Sam says.

For Gayle, looking back on her experience as a partner to a patient, she is excited to see how the new hospital with its "bright, open spaces will be helpful for everyone, patients and visitors alike."

Like so many of our donors and patients, Sam recognizes the importance of facilities like West Park. "It's one thing for a critical care hospital to save people's lives, but somebody has to put people back together again and get them out the door and get them back to living life. At Toronto Western they saved my life, but it was West Park that actually helped me get my life back."



'The Big Kahuna,' which will be on display in the new hospital.

A BOLD ARTISTIC VISION FOR THE NEW WEST PARK

When was the last time you found yourself entranced by a beautiful work of art? How did you feel? Inspired, calmed, uplifted?

These feelings are what the Campus Development team at West Park hope to evoke with the art strategy for the new hospital. With more than 300 spaces for wall-hung art throughout the building, patients, staff and visitors will have a chance to experience artworks by local, Canadian, indigenous and international artists, as well those done by West Park patients.

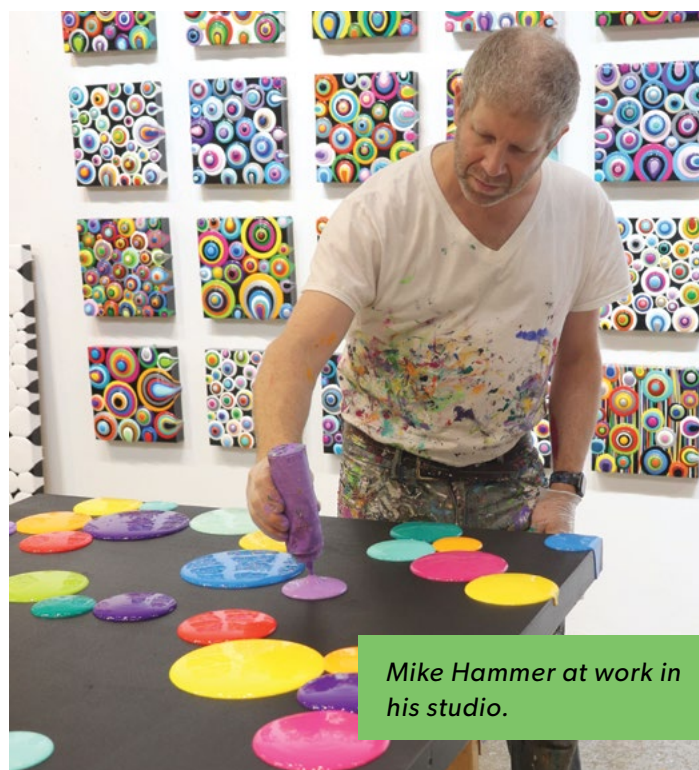
Fourteen of those pieces have been donated by internationally acclaimed Toronto artist, Mike Hammer. His art is bold and distinctive, marked by bright colours and dramatic patterns. The pieces coming to the new hospital will fall into four themes; blobs, spirals, stripes and textured monochromatic pieces.

Mike's gift is valued at an estimated \$150,000, making him a member of the Founders Circle, which recognizes individuals and organizations that have donated \$100,000 or more to the **Get Your Life Back Campaign** to help "found" the new West Park.

"These vivid, striking pieces are sure to provide inspiration to those on their journey to recovery and independence," says Joanne Cole, CEO of West Park Foundation. "We are grateful to Mike for gifting us these beautiful paintings that will be enjoyed by so many for decades to come."

Susan MacDonald, West Park's Operational Readiness Partner, knew instantly that these pieces would be a beautiful addition to the hospital. "I was immediately taken by them. I can look at the blobs and just lose myself in them. You see something different each time you look at them," she says.

Striking examples of modern art, the pieces are a labour of love, with the blob works taking about three to six



Mike Hammer at work in his studio.

months to complete, as Mike pours out acrylic paint onto a wood panel then waits days or weeks for it to dry before he can add the next layer of paint. The final product is finished with a gloss varnish.

Mike hopes that "a patient might choose to sit in the same chair every day to look at a piece that they particularly like. Like going outside to look at a tree, perhaps some people will get inspired and come back and look at it often and just get lost in it."

Susan is looking forward to the impact the art will have on patients. "At the end of the day, our philosophy is, if an art installation gets a patient out of his or her room or paintings take a person's mind off their pain or lowers their stress level, then the art isn't just decorative anymore, it's part of the entire model of care."

GIVING PATIENTS WITH APHASIA MORE INDEPENDENCE

An innovative new project at West Park is helping patients with aphasia to live more independently.

Led by the speech-language pathologists, occupational therapists and clinical pharmacist on the Neurological Rehabilitation Service, the initiative expands the hospital's self-medication program to make it aphasia-friendly.

Aphasia is a disorder that results from damage to portions of the brain that are responsible for language. This brain injury can often be the result of a stroke and it affects the ability to express and understand language, as well as reading and writing.

Patients with aphasia have been excluded from the self-medication program because it involves both written and verbal instructions. The program allows a patient to practice managing their medication independently

while being monitored by hospital staff to ensure they can do it safely on their own before being discharged home.

By translating medication information and instructions into a format that aphasia patients can understand, including through the use of pictures, they are now able to manage their medication – a key requirement of being able to live independently.

"It's hard for people with aphasia," says Julia Card, Speech-Language Pathologist, Neurological Rehabilitation. "When a patient can't talk, people talk over them, and often go to a husband, wife or family member who is helping them and say 'tell him this, tell him that, and do this for him.' But these people – they have trouble talking but they can do things for themselves."

UNCORK UNTAP UNWIND - ONLINE OR IN-PERSON!



On Saturday, October 22, join us for an exciting culinary experience in support of West Park.

Acclaimed Canadian chef Lynn Crawford is back by popular demand to host UNCORK UNTAP UNWIND, and you won't want to miss the delicious, three-course menu she has created for this special evening.

This year, Chef Lynn will host the event from Cirillo's Culinary Academy in downtown Toronto before a live audience. She will be joined by special guest Chef John Cirillo, and together they will guide both their virtual and in-person audiences through the preparation and plating of seasonally inspired dishes, including **Cornish hens with caramelized pears and endive, and roasted fall vegetables with herb buttermilk dressing.**

Enjoy this West Park signature event from the familiar comfort of your own kitchen or at one of Cirillo's fully equipped cooking stations, as part of Lynn's studio audience.

Don't miss this fun, interactive event with great food and wine – all in support of West Park. Visit westparkuncork.ca for more information and tickets. **Don't delay, tickets are only on sale until Friday, October 14!**

A GREAT DAY OF GOLF IN SUPPORT OF WEST PARK

Thank you to all participants of the 2022 West Park Foundation Golf Classic. With your support, we raised over \$196,000 in gross revenue towards West Park's critical mission.

Golfers enjoyed a beautiful afternoon on the stunning fairways of Lambton Golf & Country Club before retiring to the clubhouse for a celebratory reception.

Congratulations to Precise ParkLink's winning foursome of Luigi Lato, Francesco Catalano, Paran Namasivayam and Michael Di Carmine, who won with a score of -12.

We were honoured to present the winners with the inaugural Edward Urquhart Trophy. Edward, who sadly passed away last year, was a former patient, avid golfer, para-athlete and a great friend to West Park who inspired us all with his indomitable spirit. It was a very special moment to have Edward's wife, Andrea, and their two sons with us for the presentation.

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

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Precise ParkLink's winning foursome.



Edward Urquhart

SAVE THE DATE!

Join us on February 9 for West Park Foundation's annual **Smart Will & Estate Planning Session**. Learn from industry experts on how you can make the most of your legacy while reducing taxes.

Stay tuned for further details or please contact Ashleigh Manzon, Director, Annual Programs & Planned Giving at 416-243-3600 ext 4215.



William Gage
LEGACY CIRCLE



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.

82 Buttonwood Avenue
Toronto, ON M6M 2J5
foundation@westpark.org
416-243-3698

westparkfoundation.ca

- West Park Healthcare Centre Foundation
- @westparkfdn
- @westparkfoundation
- /company/west-park-foundation

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