

# GIVING LIVES BACK

Spring 2023



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**West Park**  
FOUNDATION

*Get your life back.*

# Tournament of Stars— a \$770,000 Success!

After a three-year covid-imposed hiatus, Tournament of Stars presented by Raymond James made a triumphant return, raising over \$770,000 for West Park's critical mission. With 16 teams battling it out for the championship title and NBA and WNBA alums such as Baron Davis, Metta World Peace, José Calderón (shown on the cover) and Ivory Latta gracing the courts, it was the best tournament yet!

The tournament kicked off on Friday, March 24 with a draft party at the Toronto Event Centre. More than 400 guests mingled and enjoyed delicious food and drinks before the draft kicked off. Legendary Canadian sportscaster Rod Black emceed the draft as the stars made their pitches to be top draft pick. Five-time WNBA All-Star and two-time Olympic gold medallist Angel McCoughtry was drafted first by number one fundraiser Raymond James.

The next day, things kicked into high gear at the U of T Goldring Centre for High Performance Sport. Teams faced off while Jerome Williams (aka JYD) and youth volunteers gave excellent commentary. Lunchtime saw a kids' skills clinic run by JYD and Ricky Davis, and a hotly-contested three-point shoot-out.

The many spectators added a ton of energy and excitement to the game – including a cheering section for the West Park Warriors.

The competition was fierce, and by the end of the day, it was Team Police and Team Mortgage Company of Canada duking it out for the championship title, with Mortgage Company of Canada coming out on top.

It was a spectacular day and we couldn't be more grateful to the players, spectators, donors and sponsors. Thank you! *Please see the back cover for more.*



EllisDon, with second draft pick, selected Metta World Peace, shown on stage with Rod Black and David Pais, EllisDon Capital.



West Park Warrior Dwayne Mcfarlane (right) battles another Tournament player.

# Lessons Learned.

## How my father's illness—and recovery—inspired my career move.

By Doug Earle

CEO, West Park Foundation

In a strange and serendipitous way, it was the lesson I learned through the experience of my father's illness which led me to my new role as CEO of West Park Healthcare Centre Foundation.

As Andy Rooney, the television presenter once said, "The best classroom in the world is at the feet of an elderly person."

Four years ago, it was at the disabled and immobilized feet of my father that would ultimately inspire my career move.

There are many valid and motivating drivers behind one's decision to change jobs. There are the obvious ones including responsibilities, impact, colleagues and culture.

But then there is purpose. What an organization really stands for. For me, this is the special ingredient that separates "great" from just "good" places to work. And when that organization's purpose aligns with one's own, it has the emotive power to pull on one's heart strings in a way that is simply irresistible.

And this is what happened to me.

In the spring of 2018, my father underwent a hip replacement. Unfortunately, by August, infection had set in which necessitated a second emergency surgery. As we watched our Dad struggle in his recovery, as a family, we wondered: "What will happen to him?"

While he battled with indignities like lack of mobility and loss of independence, we tried, like so many others with aging parents, to figure out how we could reconfigure our own living spaces to accommodate a wheelchair or a walker. Practical logistics like distance (we lived in Toronto; he was in a western Ontario hospital), to the limitations of our own homes seemed to make it impossible for us to take care of our Dad.

After five weeks in the acute care hospital, his recovery was not going well. But then he was transferred to a post-acute care rehabilitation centre close to his home. We were relieved. We knew he would receive appropriate care, but we had no idea how transformative his recovery would be.

My siblings and I were amazed and grateful for what rehab was able to do for my Dad. Four weeks later he was home again. He had got his life back. The timely access to rehab got him moving again, gave him back his independence and ultimately allowed him to return safely to his own home for what was to be his last nine months of life.

Fast forward to this September, I was invited to tour West Park Healthcare Centre in Toronto. As I looked across the Humber River valley, I was transfixed at the juxtaposition between the present and the future; between the care that is available today and West Park's vision for tomorrow. The plans are just awe-inspiring. I knew I wanted to be part of the development of the kind of care which had made all the difference to my own father. Only this time, it held the possibility to be even more far-reaching and life-changing.

I am proud to join the hugely talented West Park team and to be part of what is going to be an amazing journey as we build something truly special.



*Doug with his son Brandon and father, Doug Sr, in 2018.*

# Moving House on a Massive Scale



## Careful preparation will mean West Park employees can hit the ground running in the new hospital building

If you've ever moved into a new house, you know the process is exciting but also daunting. In addition to all the cleaning and unpacking, you have to get used to the space and figure out how to operate your new appliances.

"Moving into a new hospital is the same but magnified many times!" says Martha Harvey, West Park's Director of Operational Readiness. "We have to get over 1,600 people ready, physically, mentally, psychologically and socially, to provide excellent care on day one. It's a big task."

West Park will take partial possession of the new building on July 31, and opening day of the new hospital will occur at the end of November. The move itself will happen over two weeks but to minimize stress and disruption, patients will all be moved in the course of one day. A specialized moving company will help orchestrate the operation. "It will be perfectly timed down to the minute," says Harvey. "We expect it to be a smooth process."

The new space will mean new equipment, technology, and workflows. For example, each floor will have a decentralized care model, with two inpatient pods and team sub-stations for each. In the outpatient area, many spaces will be shared, with clinics changing from day to day. In addition, there will be a number of "touch-down spaces," a working area where a laptop can be plugged in.

Because the new hospital will be larger than the old one and spaces will be different, some workflows will have to change too. Given the larger size of the new building and services provided – such as dining rooms and therapy gyms on each floor – the movement of patients, equipment, supplies, etc. will require more organization from multiple stakeholders.

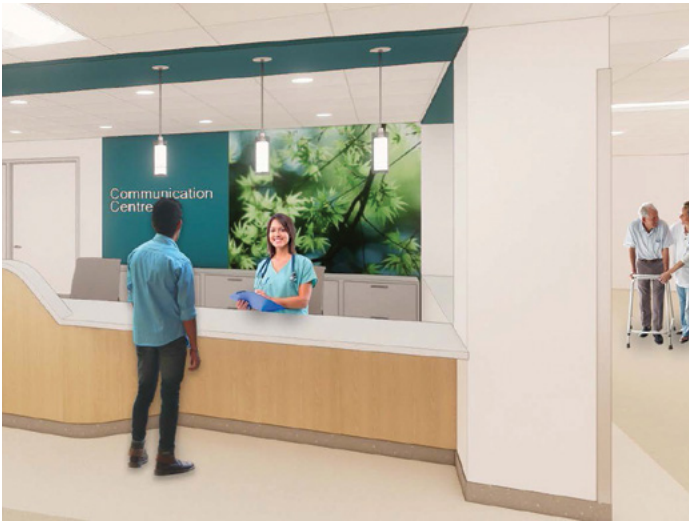
To prepare for all this, planning has been happening at the department, unit, and Centre level for the past few years. Regular communiques, town hall meetings, unit and department roadshows and other outreach activities have kept staff, patients and families in the loop.

## Training is essential

After July 31, day-in-the-life simulations will occur – opportunities to try out new equipment, technology and processes in the new space and work out any bugs before the move.

Training is a critical component of the preparations. "Orientation to the new space is important," says Venita Indewey, Learning and Organization Development Partner. "People need to be able to move through their tasks smoothly because time is really precious – we don't want people to spend time wondering where the supply cupboard is!" The design of the new hospital will also mean rethinking some protocols.

Employees will train in new equipment and technology. Says Indewey: "Some of the new technology may be more than a little bit different: people may be building whole new competencies. But just like we all got used to and now love our smart phones, I know we'll adapt."



The training will include e-learning. Employees will also attend demonstrations by vendors and have a chance to try things out for themselves. It's critical, Indewey says, that training doesn't happen too long before the move, so that the new learning is top of mind. Videos of the demonstrations and other materials will be available if a refresher is needed. Tips from staff 'super-users' and 'influencers' will also be passed along to help sustain learning after the move.

"Training in healthcare is very rigorous," she says. "We're using a multi-modal approach to ensure that everyone is capable, confident and can demonstrate their competency." She adds that while it's natural to be nervous about new technology, "the solution is understanding the benefits and having time to practice."

Excitement is building as the move grows closer, Indewey says. She has met several new employees who were attracted to West Park by the opportunity to work in the new building.

Harvey notes that because the new hospital is being created on site, employees have watched it go up at every stage. "Now we'll all get to see the beautiful new care environment inside." She hopes there will be an opportunity to celebrate everything that has been achieved since the process began several years ago, including the hospital space planning that started in 2014. "It's like giving birth, but nine years instead of nine months!" she says, adding, "It's so rewarding and satisfying to see it all come together."

*Once our new facility has opened, we will turn our attention to our expansive grounds, creating outdoor therapy spaces, walking trails, quiet gardens and gathering spaces for the benefit of our entire community. Our full campus transformation will be complete in 2025.*



**DID YOU KNOW...**

...That West Park is buying 17,300 new pieces of furniture and equipment for the new hospital building? In addition, at least 900 items are being transferred from the current facility – those that are still fairly new and in good working order.

All in all, about 1,400 different types of furniture and equipment are being purchased. For instance, a single-bed patient room requires 16 pieces of furniture and equipment, ranging from the electric bed to the ceiling lift to the edutainment device, while the main outpatient gym requires 77 different pieces, including parallel bars, treadmills, weight machines and more.

The **Get Your Life Back Campaign** is helping to equip the new hospital building, ensuring that our patients have access to the latest technology and equipment for their recovery journey. There are still opportunities to help outfit the new building; please contact Martha Cumming Buchanan, Campaign Director, at [Martha.Buchanan@westpark.org](mailto:Martha.Buchanan@westpark.org) for more information.

# When you know better, you do better.

## It's why research is so important

By Doug Earle

100 years ago, Canadian scientist and physician Frederick Banting, won the Nobel Prize in Medicine for his co-discovery of insulin and its therapeutic potential. His discovery would save the lives of millions of people with diabetes in Canada and around the world.

A century after Banting's remarkable breakthrough however, diabetes continues to exact an enormous toll on the health and well-being of the world's population.

In addition to kidney, eye and heart disease, diabetes can also cause nerve damage (or diabetic peripheral neuropathy) which can potentially lead to infection and limb amputation.

In Canada, approximately 7,300 people undergo a diabetes-related lower limb amputation (LLA) every year.

West Park Healthcare Centre has long established itself as a leader in amputee services and today delivers the largest in-patient amputee rehabilitation service in Canada.

Indeed, such is its rich history, that it was to West Park that Terry Fox visited to repair his right prosthetic leg which had become damaged during his 1981 Marathon of Hope.

And while West Park's amputee service continues to transform the lives of over 2,000 patients a year, we remain focused on improving the health outcomes of our patients at West Park and around the world by leading research to develop best practices and make the health system work better locally.

An excellent example of this credo in action is the leadership demonstrated by West Park's Research Scientist Dr. Crystal MacKay.

In 2021, at the peak of the pandemic lockdowns, Dr. MacKay worked with her colleagues around Canada to set a research agenda on physical activity for people with lower limb amputations across the country. This virtual consensus conference identified several key questions to improve health outcomes in the recovery of people who had a lower limb amputation (LLA). A high priority was to develop and test a peer support intervention to promote physical activity in people with dysvascular LLA.

While the physiological, psychological and social benefits of physical activity are well established, there are gaps in our understanding of effects of exercise or physical activity interventions for adults with LLA, particularly for individuals with dysvascular LLA.

Individuals with LLA due to diabetes, or other vascular disease, often have comorbidities, including higher rates of cardiovascular disease than the general population. They are at risk of amputation in the contralateral limb and have a high (30%) mortality rate at one year.

However, to date no studies have assessed what a peer-led physical activity behaviour change intervention could achieve for people with LLA.

To address this gap, Dr. MacKay and a team of clinical researchers, clinicians and people with LLA co-created a physical activity intervention called **IM**proving **P**hysical **A**ctivity through **C**oaching and **T**echnology following **L**ower **L**imb **L**oss (IMPACT-L3), to support physical activity behaviour change in people with dysvascular LLA.

To assess the feasibility of conducting a definitive randomized controlled trial (RCT), Dr. MacKay and her team will conduct a pilot RCT. The intervention group will have access to once-weekly virtual peer coaching sessions with a gender and level of amputation-matched peer trained in brief action planning; a web-based physical activity toolkit; and a wearable activity monitor for 12 weeks. Participants will be recruited from multiple sites across the country as a result of the collaborations Dr. MacKay has been able to build.

Having set the agenda and successfully led the research team through a highly collaborative process, Dr. MacKay subsequently applied for CIHR (Canadian Institutes of Health Research) grant funding. Navigating an intensely competitive and multi-stage review process, Dr. MacKay's application was one of 1,799 grants submitted, which was reviewed and shortlisted and shortlisted again; ultimately to a final scoring in which Dr. MacKay's proposal was awarded first place in her peer review committee.



*"If we don't continually improve...we don't just stay the same...we actually fall behind. If you want it to be better, then let's be that change. As the author Maya Angelou wrote: 'when you know better, you do better.' By integrating care, research, and education, we will know better and, consequently, we will do better for our patients. And that's what drives and inspires me."*

*–Dr. Crystal MacKay*

Dr. MacKay's first place research application is yet another first. In living memory, there has not been a rehabilitation research grant that was ranked number one by this panel.

It is an excellent example of West Park's bench strength as a specialty hospital driving a collaborative research agenda and establishing consensus across multiple disciplines and multiple program sites.

It's another first for Canadian scientific research, and, just like Banting, has the potential to not just improve the lives of Canadians, but could positively impact anyone, anywhere, living with a lower limb amputation and help them *get their lives back*.

## 95-YEAR-OLD AMPUTEE SETS WEST PARK RECORD



When 95-year-old Edward Barnes first arrived at West Park after losing his left leg above the knee due to peripheral vascular disease, his care team were planning to help him live independently in a wheelchair. Individuals of Mr. Barnes' age typically aren't eligible for an above-knee prosthetic leg.

Mr. Barnes, however, surpassed all expectations, becoming West Park's oldest patient to use an above-knee prosthetic leg. His determination to be independent and his positive attitude toward his recovery has been nothing short of impressive to his care team and his family.

Above-knee amputations present great challenges, says West Park physiatrist Dr. Steven Dilkas. "It can take 70-80 per cent more energy than you or I to walk with an above-knee prosthesis, so it's really inspirational that he was able to accomplish this."

As his son Nigel says "My dad is very determined... once he sets his mind to doing something, he is doing it" and jokes that his father's determination to recovery quickly is so he can have "control of the remote control."

Mr. Barnes himself says, "It's been a very rocky road but there is no reason to give up, to not go forward."

His story proved so compelling that CTV's Pauline Chan stopped by at the end of March to profile him. You can watch the segment at <https://bit.ly/EdwardBarnes>.

# Thank you to our Sponsors!

A big shout out to our many generous sponsors who helped make the **Fourth Annual Tournament of Stars** such a great success. We couldn't have done it without you!

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*Jamie Coulter, CEO of Raymond James Ltd; Anne-Marie Malek, President & CEO of West Park Healthcare Centre; Doug Earle, CEO of West Park Foundation; and Dan Simunac, Principal Officer & Country Head, Raymond James Canada, Tournament of Stars Co-Chair.*

## Get Ready to Tee Off on August 14 with West Park!

Join us for a day of golf in support of West Park Healthcare Centre on the stunning fairways of Lambton Golf & Country Club.

Enjoy a fun day on the links with your colleagues and friends at the beautiful and prestigious Lambton Golf & Country Club. With a course designed by renowned golf course architect Rees Jones and nestled among the beautiful scenery of the Humber River area (including a view of our new hospital building), Lambton is the ideal venue for this treasured summer event.

Last year's Golf Classic sold out and foursomes are going fast, so book soon to avoid disappointment.

Visit [westparkgolfclassic.ca](http://westparkgolfclassic.ca) to learn more about sponsorship opportunities and to register your foursome.



*Last year's winning foursome from Precise ParkLink.*



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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.