



West Park
FOUNDATION

2023 REPORT TO DONORS

The Impact of Your Support



A MESSAGE FROM THE WEST PARK FOUNDATION CHAIR & CEO

Welcome to the 2023 West Park Foundation Impact Report.

And what an impact you have made in the lives of so many people, people who have been able to get their lives back. Your generosity has enabled West Park to elevate patient care to new levels and to transform the way care is delivered.

A challenging environment

Fundraising in today's environment is of course a challenge. Our Foundation competes with many worthy causes and campaigns. But more important than building a new hospital and outdoor therapeutic spaces, we at West Park, with your support, are in the process of building a new model of healthcare, one that is truly different.

It represents a radical departure from how care is traditionally delivered and it holds the promise of future-proofing the long-term sustainability of our healthcare system.

Thinking locally. Acting globally

By strategically integrating patient-care delivery, education and research, West Park is leading the way with breakthrough results that are having a dramatic impact far beyond the majestic grounds that overlook the Humber River in West Toronto.

A perfect example of this is the pioneering research being conducted by West Park's Dr. Dina Brooks and Dr. Roger Goldstein. Thanks to donor support and research grants, their team is conducting a 5-country-and-9-centre study to examine the effects of interventions to improve balance for people with Chronic Obstructive Pulmonary Disease (COPD).

It is the kind of ground-breaking approach that is yielding real, tangible benefits for patients to improve care.

It is the kind of thinking that places West Park in the top three pulmonary rehabilitation research centres in the world.

It is the kind of specialized care across a continuum of services including rehabilitative care for amputee, stroke, geriatric, neurological, spasticity and chronic illnesses, that patients can access, all in one location.

Thank you

On behalf of the West Park Foundation Board of Directors, staff and volunteers, we thank you for your ongoing support.

With the population of seniors in Ontario expected to more than double by 2037, and an aging population that is living longer with chronic conditions, the opening of our new hospital building in early 2024 is more than timely. It will have an immediate impact on our healthcare system.

As we continue to fund our most ambitious and transformative capital project in West Park's history, it is thanks to you that we are able to support the realization of our shared vision: the building of an integrated campus of care that promises to be amongst the most advanced healthcare centres in the world.

We are deeply encouraged by the fact that you share our ambitious vision and we trust that you will be impressed by how we have put your donations to work to deliver the maximum impact.

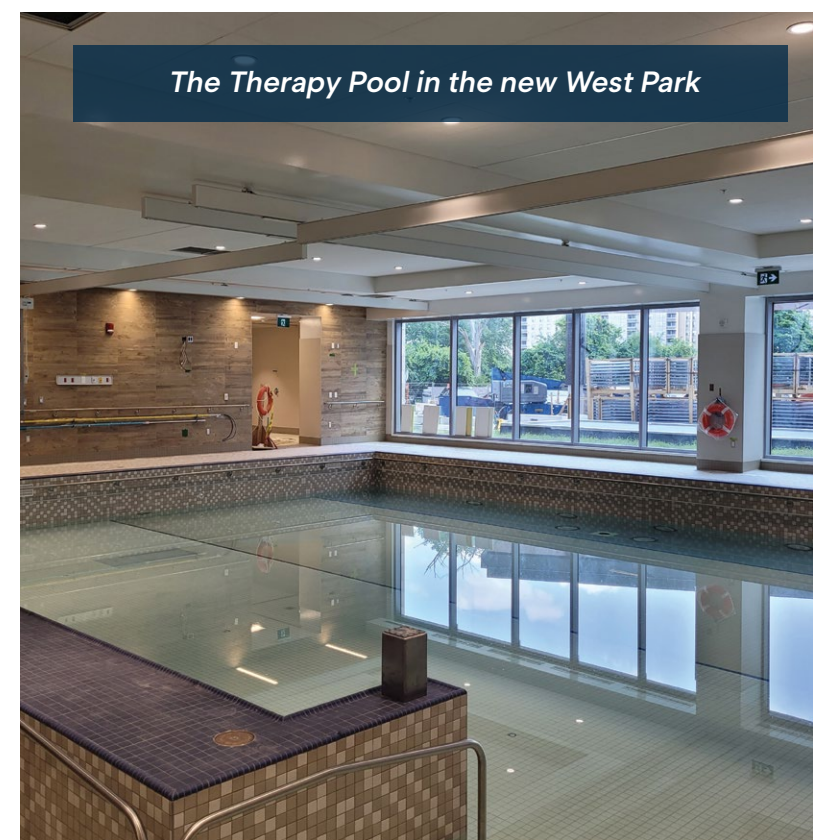
We hope you will take great pride in the difference you are making in the lives of the patients, families and extended communities of West Park, and the investment you are making in our collective future.



Georgina Steinsky
Chair, Board of Directors



Doug Earle
Chief Executive Officer



The Therapy Pool in the new West Park



Inpatient Unit Communications Centre

Transforming the Delivery of Health Care

More than a decade ago, West Park began planning its expansion. The population was aging and living longer, and the post-war generation—baby boomers—were entering their senior years and beginning to consume more healthcare resources.

We knew the demand for rehabilitation and complex care programs would increase dramatically, and we would need to be ready.

We also knew that with innovation—and an innovative new facility—we could transform the delivery of our services to better meet the needs of our patients, and of the healthcare system overall.

To meet the looming challenges, West Park embarked on the largest capital project in our 120-year history, a redevelopment that is transforming our 27-acre campus into an integrated campus of care that will serve as a model for future healthcare delivery.

In early 2024, after years of planning and construction, the stunning new hospital building will open to patients and their families. With 314 beds and double our current outpatient capacity, it will have an immediate impact on our healthcare system.

“Our new facility will help us to achieve so much,” says Anne-Marie Malek, President and CEO of West Park Healthcare Centre. “We will improve access to rehabilitation services, which are crucial to people as they age.”

“We will transform care for our patients so they can get home to their families sooner. And we will lead the way in innovation and research into health challenges that are growing in importance as our population ages, including lung disease, amputation and spasticity.”

West Park’s generous donor community is supporting the development of the new West Park through the Get Your Life Back capital campaign.

“West Park was built on a foundation of philanthropy to change lives, the same strong underpinning that our new hospital has been built on,” says Doug Earle, CEO of West Park Foundation. “We wouldn’t be where we are today without the support of our donors, and I know their commitment to our patients will continue as we enter the next phase of our transformation: putting the ‘park’ back in West Park.”

Once the new facility has opened, we will demolish existing buildings and create outdoor therapeutic environments, including a therapy courtyard, walking trails, quiet gardens and gathering spaces that will better support patients on their recovery journey.

Our full campus transformation will be complete in mid-2025.

The New West Park

We have a bold new vision for West Park, and a bold, campus-wide transformation underway to realize it. With increased capacity and innovative healthcare design, the new West Park will enhance patient care and contribute to a better health system for the benefit of all Ontarians.

The new West Park will:

- Seamlessly integrate rehabilitation, complex continuing and long-term care across an innovative healthcare campus.
- Improve access to our essential, specialized programs and create a better balance in the health system between acute and post-acute care services, so that people can access the care they need, when they need it.
- Double our outpatient capacity so more people can access our excellent care during the day and sleep in their own bed at night.
- Include new day programs, such as a geriatric service to help seniors remain independent, and in their own homes, for longer.
- Utilize the most advanced healthcare technologies, each designed to connect and empower both patients and clinicians.
- Bring clinicians and researchers together in a collaborative working space so our patients benefit from the latest advances, while outstanding learning facilities will help us educate future clinicians.
- Be filled with natural light, with views of green space from every window and large terraces on every inpatient floor.
- Provide outdoor therapeutic spaces that integrate nature into our rehabilitative facilities to better support the physical, psychological and emotional well-being of our patients.



Aerial view of West Park's new hospital building, taken in May and showing the facility's green roofs taking root.

The Get Your Life Back Campaign is helping to fund this bold transformation, ensuring our new hospital building is well-equipped and able to support the very best patient care, education and research. The Campaign will continue through to 2025 as West Park completes its redevelopment.

Making Care Better:

WEST PARK'S RESPIRATORY RESEARCH PROGRAM IS A HIGHLY SUCCESSFUL COLLABORATION ACROSS DISCIPLINES

"In terms of pulmonary rehabilitation research, West Park is one of the top three centres in the world."

That's Dr. Dina Brooks, a Senior Scientist at West Park and current holder of the donor-funded NSA Chair in Respiratory Rehabilitation Research. She is a Professor at McMaster University, Canada.

West Park's leadership began more than 25 years ago, when Dr. Roger Goldstein, Professor of Medicine, founding chair and Senior Scientist in Respiratory Rehabilitation Research, and Head of Respiratory Medicine at the hospital, was recruited to establish an academic respiratory rehab program as a complement to the hospital's leadership in tuberculosis. "Since its inception, our mandate was to deliver excellent clinical programs, combined with teaching and clinical research that would keep West Park at the cutting edge of best care."

The West Park group was the first to show in a randomized trial that rehabilitation was effective in a population of people with Chronic Obstructive Pulmonary Disease (COPD). These results were published in "The Lancet" in 1994. The group went on to define the components of an effective rehabilitation program and introduce the most useful outcome measures to identify improvements in exercise tolerance and quality of life in people with COPD. Says Dr. Goldstein, "COPD is a complex disease that affects many other body systems beyond the lungs. Our inpatient, outpatient and virtual programs are designed to improve the health experience of COPD patients."

Dr. Brooks did post-doctoral research with Dr. Goldstein in the late 1990s, and then stayed on



Dr. Dina Brooks



Dr. Roger Goldstein

to work with him. "We have a very productive partnership between two disciplines, medicine and physical therapy," says Dr. Goldstein. "There are always several components to clinical research—one person can't do it all—so we take a true team approach." Today Drs. Brooks and Goldstein co-lead the program, which has received several million dollars in funding over the years from outside grants as well as from West Park Foundation, thanks to the generosity of donors.

One of the current areas of focus of the research program is balance. "We know that patients with lung disease have shortness of breath and fatigue," says Dr. Brooks, "but we had the sense that they also had balance challenges." A series of studies has confirmed that balance training can make a difference. "Clinicians are now paying attention," says Dr. Brooks. "They're screening people with COPD for balance, and that's important because we know that falls are common and can be serious in older individuals."

Partnerships with the University of Toronto, McMaster University and other academic

institutions have enabled the program to attract graduate students and medical fellows from around the world. "Our students challenge us and keep us sharp," says Dr. Brooks. Now when Drs. Brooks and Goldstein attend conferences, they are delighted to meet former trainees who are running their own labs at top institutions.

There are many potential research questions ahead. Dr. Brooks says that COPD patients may have a variety of symptoms beyond shortness

of breath. "We're looking at individualizing what we offer to the needs of each patient and then creating a model to help us do that."

Dr. Goldstein says the new hospital building will support the ongoing excellence of the program. "The enhanced space and the opportunity to work more closely at the bedside are both potential opportunities to enhance teaching and clinical research," he says.

ACCESSING SPECIALIZED CARE ANYWHERE IN ONTARIO

When Margaret Bodenham was first diagnosed with Chronic Obstructive Pulmonary Disease in 2017, she knew exactly where she wanted to be treated. She was already familiar with the disease, after watching her brother's own battle with it.

When Bodenham met with a respirologist in Barrie, she told him she knew West Park specialized in respiratory rehabilitation, and she wanted to go there. "My brother was an inpatient at West Park years ago, and he really just raved about the program," she says.

At the time, the respirologist felt her condition was not severe enough to go to West Park. But in 2019, with three exacerbations close together, Bodenham requested a referral. Later that year she took a nine-week pulmonary rehab course, and in February 2022 she began West Park's virtual respiratory program.

West Park is renowned for its expertise in respiratory medicine and rehabilitation, and an important part of its program is its outpatient respiratory day program, which helps patients manage their symptoms so they can continue living at home and independently.

"Many people with chronic lung diseases are really limited by their condition," says respirologist Dr. Robert Varadi. "They have breathlessness, limitations in their day-to-day life and they struggle with getting as much out of life as they want."



Margaret Bodenham, left, with her sister-in-law, Cindy, and husband, Merle.

For many patients with lung conditions, an outpatient program is best suited to their life to provide the intervention and support they need. "Unfortunately, people who are living an hour or more drive away, generally speaking, aren't going to find an outpatient program," Dr. Varadi says.

West Park's virtual respiratory rehab, first developed during the COVID-19 lockdowns, has opened up the program to people across the province. For Bodenham, who lives in Orillia, it means she avoids three hours of driving per rehab session. "I really like Zoom. I like the comfort of my home and I don't have to travel," she says.

In a recent visit to her respirologist in Barrie, she was pleased to find her condition had remained fairly stable, which she credits to the work she has been putting in with West Park—and the use of a new puffer. "I was really happy with that so I told them: Start sending all of your patients to West Park!" she says.



Jock MacDonald and Janet Griffin

Fueling the Healing Power of Nature

JANET GRIFFIN AND JOCK MACDONALD CONTRIBUTE TO THE CREATION OF WEST PARK'S INNOVATIVE INPATIENT TERRACES

When Janet Griffin's mother, then 82, underwent hip replacement surgery at a downtown Toronto hospital, Janet learned two things.

First, when the surgeon suggested that her mother could go home 48 hours after surgery, Janet realized that wasn't an option, given that she would be in the care of her 83-year-old husband, in a house with lots of steps. "People need a place other than acute care to recover and get to a point where they can function safely on their own," she says. Ultimately her mother was sent to a downtown rehab hospital for a month.

She also realized that it was important to have rehab facilities close to home. To visit his wife from their Etobicoke home, Janet's father had to drive to the subway, change trains, and then walk to the hospital. "By the time he got to Mum he'd be exhausted. If she'd been placed at West Park, Dad could have spent more time with her."

Janet grew up in Etobicoke, in one of the first houses built in Richmond Gardens. She completed a degree in chemistry, worked as a chemist, and then went back to school for an MBA. Her career as an investment banker focused on the biotech industry, a match for her interest in medicine and science. Along the way, she raised three children. "It's not common," she says, "but if you organize yourself right, you can do it!"

Her interest in health care led her to join the board of Comprehensive Care International, a company that shares cancer care know-how globally, in 2004. Founder Katherine Jones, who became a friend, was connected with

West Park. When the Chair of the Foundation's Finance and Audit Committee was leaving, Janet was approached to step into the role. She soon realized that West Park was a close neighbour to the house where she grew up.

"West Park is a hidden gem with outstanding care, important programs and an amazing staff," she says. "Acute care may save your life, but West Park will help you get your life back." Janet is now Vice Chair and Treasurer of the West Park Foundation Board.

Janet and her husband Jock MacDonald recently made a gift of \$100,000 to name an inpatient terrace in the new building. The terraces, surrounded by glass railings, will overlook the Humber Valley and the trails, gardens and courtyards of the West Lawn. They will feature raised ornamental gardens and overhead canopies to protect patients and families from sun and rain.

Janet is passionate about the impact of nature on human health. "There's a lot of science that tells us that an absence of nature leads to higher stress and anxiety," she says. "If patients are already anxious about their health, it makes sense to add something that will reduce stress. Nature is a great healer." Janet looks forward to seeing the next phase of development, the landscaping of the West Lawn.

But before that happens, the hospital building will open early next year. "It's taken decades of work to get from sketches to reality," she says. "It's so exciting to see the culmination of all that work. The building is a platform on which we can deliver exceptional care for another generation."

"Ignorance is the real disability"

PETER BUSCIGLIO FOUNDED MY MS FAMILY TO ADVOCATE FOR AND SUPPORT PEOPLE WITH MS. NOW THE ORGANIZATION IS MAKING A MAJOR CONTRIBUTION TO WEST PARK

In 2005, Peter Busciglio was running a successful business and father to two young sons. When he started noticing a few odd symptoms, he put it down to his rigorous training in martial arts. Then one morning he found that he couldn't feel his legs.

His doctor ordered some tests, including an MRI, and then told him that he had multiple sclerosis. MS is a chronic autoimmune disease that can affect vision, memory, balance and mobility. "It was a huge shock," Busciglio says. "My life changed immediately. I asked, 'what do I do now?'" His neurologist advised him to get involved, helping himself by helping others.

He took that advice to heart, working with the MS Society and then founding My MS Family to support people living with MS in York Region.

MyMSFamily raises money through events such as car shows and golf tournaments. It uses the funds to alleviate the financial and emotional burdens of members, all of whom live with MS. That includes help with purchasing mobility devices and other equipment, housekeeping and transportation. It also raises awareness of MS, supports selected rehab centres and advocates for accessibility measures. "I call MS an inconvenience: the real disability is ignorance," says Busciglio.

Despite undergoing quadruple cardiac bypass surgery in 2014 and dealing with ongoing respiratory challenges, Busciglio spends many hours working with the organization, which is 100% volunteer-run. "When you see a person go from tears to smiles, it brightens your day," he explains. "When you pay the bills for someone going through financial hardship, you see the tension release from their face."

Busciglio first heard about West Park from a respirologist who had trained there. He underwent two sleep studies at the hospital



Peter Busciglio, in yellow vest, with members of My MS Family getting ready to tour the new hospital building

and was especially impressed by the natural environment surrounding West Park, and the hospital's approach to treating patients and their families.

Several My MS Family members are treated through West Park's renowned Spasticity Management Clinic. West Park is a leader in the identification and treatment of spasticity, a symptom of stroke, spinal cord injury, and illnesses including cerebral palsy and MS. The new building will have a larger clinic so more people can benefit from West Park's expertise, and expanded research facilities that will help advance the treatment of this painful condition.

My MS Family has made a \$50,000 donation to support the **Get Your Life Back Campaign**, as well as spasticity research related to MS and the equipment costs for patients living with MS. In recognition, the Activity Room on the sixth floor of the new hospital will be named for My MS Family. For more information about My MS Family, please visit www.mymfamily.org.

As the disease becomes more debilitating, West Park provides services to MS patients through our Complex Continuing Care unit.

Our Donors

THE GET YOUR LIFE BACK CAMPAIGN

We are honoured to celebrate the following individuals and organizations who are supporting the redevelopment of the hospital through the Get Your Life Back Campaign.



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We are pleased to recognize the National Sanitarium Association, as the founding organization of West Park, for their generous support of West Park Healthcare Centre.

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West Park Amputee Research Scientist Dr. Crystal MacKay is conducting an exciting national study on a peer support coaching program that could improve physical activity in people who have a lower limb amputation (LLA) due to diabetes or other vascular disease.

In Canada, approximately 7,300 people undergo a diabetes-related LLA every year. They often have additional health problems, including higher rates of cardiovascular disease than the general population, and are also at risk of losing their other leg. However, there are gaps in our understanding of the effects of exercise or physical activity interventions on the health of people with LLA.



Dr. Crystal MacKay

To address this gap, Dr. MacKay and a team of clinical researchers, clinicians and people with LLA co-created a peer-led physical activity intervention to support physical activity behaviour change in people with dysvascular LLA. The feasibility and preliminary effectiveness of this intervention is now being studied, with the support of a Government of Canada research grant and the generosity of West Park donors.



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