



West Park
FOUNDATION



2024 REPORT TO DONORS

The Impact of Your Support



A MESSAGE FROM THE WEST PARK FOUNDATION CHAIR & CEO

On behalf of the West Park Foundation Board of Directors, it is with a deep sense of gratitude that we say thank you to all of our donors for your generosity.

It is your shared belief in West Park's long-term vision and ongoing support for our mission that provides the inspiration and means for us to continue to help people get their lives back.

Game changer

On April 1 of this year, the Ontario Ministry of Health approved the voluntary integration of West Park Healthcare Centre and University Health Network (UHN).

The decision to merge with UHN was the result of an extensive period of deliberation and consultation by the West Park Healthcare Center Board of Directors, driven by a guiding philosophy of how to make the healthcare system work better for patients and families.

Coinciding with the merger announcement was the official opening on April 15, 2024 of the new West Park hospital building.

Our state-of-the-art hospital is a genuine game changer, one that will expand the scope and range of services available and greatly improve the overall patient experience.

While the opening of the new hospital marks a historic milestone in West Park's 120 years of providing care, much work still remains to be done. The West Park Foundation is now positioned within the UHN family with the West Park campus as its focus.



People. Pride. Passion

As we reflect back on the last 10 years, the decision to launch the ***Get Your Life Back*** capital campaign kick-started a process which inspired our extensive calendar of events and programs including: ***Tournament of Stars***, the ***Culinary Showdown*** and ***Golf Classic***—all hugely successful in raising funds thanks to your support.

In thanking our donors, it is with great pride that we acknowledge the dedication of the West Park medical professionals and staff, our board members and volunteers who together have helped build a special and distinct culture at West Park.

It is a culture rooted in a passionate belief in the transformative difference we get to make, with your generous support, in the lives of our patients and families. It is a culture deeply embedded in the hearts and minds of the West Park family and one that will ensure we maintain our distinct identity going forward.

We're not done

The Foundation's ***Get Your Life Back*** capital campaign will continue supporting West Park's development, helping to ensure that our hospital is properly equipped and able to support the highest-quality patient care, education and research.

Just as we brought the nurturing power of nature indoors by building terraces on each floor with views of the gardens from each room, in the next phase of development of our integrated campus of care is the creation of outdoor therapeutic environments that will better support patients on their recovery journey. In addition, planning is underway for a second long-term care centre on the site.

With the population of seniors in Ontario expected to more than double by 2037, and demand for West Park's services expected to grow by 50% over the next 20 years, our transformed campus will increase our capacity to better serve the serious health conditions of Ontarians such as respiratory, amputee, stroke, hip and knee replacements, neurological and chronic illnesses.

It is all part of West Park's approach to health care, one that understands that our future depends on what we do today.

Philanthropy:

from the Greek, 'philos' meaning 'love' and 'anthropos' meaning 'humanity'

It is you the donor, the philanthropist, and your love of humanity and the commitment to helping people get their lives back, that is the reason why West Park will continue to thrive as we build a model of care to meet the needs of future generations.

Your ongoing support—as illustrated in this Impact Report—is testament to the power of community and the difference people like you can make in the world.



Georgina Steinsky
Chair, Board of Directors



Doug Earle
Chief Executive Officer

Creating the World's Leading Rehabilitation Centre

This past year at West Park has been the most significant since our founding in 1904. Two major milestones in April 2024—a new, modern facility and a new hospital family—will have an impact on our patients, and the healthcare system, for decades to come.

Our donors are fueling our campus transformation, helping to ensure we can meet the challenges of an aging population while continuing to provide our patients with the very best care.

The West Park Hospital Building is Open

On April 15, West Park ushered in a new era of rehabilitative care with the opening of our 316-bed hospital building, the centre of a campus-wide redevelopment that will improve access to our in-demand programs and enable us to transform how we deliver care to meet the needs of our patients.

The day before was the 'Big Move,' with all inpatients moving over in a 10-hour period thanks to the hard work of the 600 staff, 40 volunteers and 40 movers who were on site.

As the patients settled in and explored their new surroundings, it was clear that they appreciated the hospital's many patient-centred features, including the natural light throughout the building, the "fresh air" indoors and easy access to the outdoors, and specialized therapy gyms on each floor to maximize their rehabilitation.

"It's more space, it's more air, it's beautiful," says patient James Reynolds. "This facility is going to make people better even quicker."

Doug Earle, CEO of West Park Foundation, said he was inspired by the patients' reactions on move-in day, and grateful to West Park's generous donor community for helping make the new building possible.

"Your gifts have helped to ensure that our hospital is the very best it can be for our patients—well-equipped and able to support the highest quality patient care, leading-edge research for improving treatments and care, and the education of the next generation of healthcare professionals," he says.

West Park's transformation will continue over the next several years with the creation of outdoor therapeutic environments that will better support patients on their recovery journey. In addition, planning is underway for a second long-term care centre on the site.

"We will continue to need the support of our donor community as we redevelop our campus," says Earle.



Patient Kelly Kadechuk is welcomed to her room in the Enhanced Living Unit.



Patient James Reynolds being oriented to his room.



Amputee patient Graham Donoghue with Rehabilitation Assistant Bryan Richards, in the third floor inpatient therapy gym.

Joining Canada's #1 Hospital

The University Health Network (UHN) and West Park Healthcare Centre have come together to form Canada's most comprehensive and specialized rehabilitation and complex continuing care centre.

The voluntary integration became official on April 1, 2024, following approval by the Ministry of Health and a rigorous, months-long review and application process undertaken by both institutions.

The integration reflects a shared belief that collaboration between leading institutions—integrated models of care—is essential to improving the delivery of, and access to, healthcare services in Ontario.

"The integration will bring many benefits to West Park patients," says Doug Earle, CEO of West Park Foundation. "They will still experience

the great care they've always received but, by joining UHN, we are able to expand the scope and range of services available to support our most complex patients."

"We will be able to drive innovation in patient care and a significant investment in new research to improve treatments," he adds. "I'm particularly excited that we are creating a new Lung Institute that will leverage our respiratory care on a global scale, and a Limb Preservation Program aimed at reducing preventable amputations."

West Park Foundation is an independent organization with the UHN family, and will continue to serve as the official fundraising vehicle for West Park Healthcare Centre, supporting innovative methods of treatment, leading-edge research, and excellence in patient care.

Helping People in Northwest Toronto Breathe Easier

"A collaborative care model is an innovative approach that creates a care team who are responsible for the patient's well-being."



An outpatient respiratory therapy session at West Park.

Imagine you are a new Canadian who sometimes struggles with English. You work at two jobs and your family lives in a small apartment. You have persistent shortness of breath but don't have a family doctor. It's hard to take time off work.

Chances are, your care is not optimal, and your condition may worsen before it needs to. That problem is addressed by the new COPD collaborative health program between West Park Healthcare Centre and Black Creek Community Health Centre (CHC) in northwest Toronto. The innovative project is supported by a \$750,000 donation from TD Bank Group (TD).

"This collaboration is important to enable appropriate supports for patients with COPD within this community," says Dr. Doris Forlemu-Kamwa, Senior Director Primary Healthcare at the CHC. "We want to improve access to a suite of services that will now include what West Park has to offer. The care of the patient will be at the centre of it all."

Dr. Roger Goldstein, West Park's Director of Respiratory Medicine, says the population served by the CHC includes many people who are disadvantaged in socioeconomic terms, and may have difficulty retrieving and using health care information. He adds, "Many people find accessing our health system bewildering, and it's so much more challenging when you are new to an area."

A 2020 study conducted by the CHC and West Park found that people in this population had difficulty transitioning between primary, tertiary and acute health care.

The three-year pilot project uses a collaborative care model—a close partnership between primary care, specialists, the community healthcare team, and the patient and family—to ensure the best possible outcomes. Says Dr. Goldstein, "A collaborative care model is an innovative approach that creates a care team who are responsible for the patient's well-being."

The project will begin by assessing the prevalence of lung disease, vaping and smoking—the most common cause of COPD—in the CHC population. People at high risk of lung disease will be tested and then streamed into the most appropriate group to help them: those who need just patient education, those who need help with self-management and those who need a full rehabilitation program. West Park, home to Canada's largest lung rehabilitation program, will help back up and support a rehabilitation program at the CHC.

Dr. Forlemu-Kamwa says working with West Park has been a "rewarding experience" because the hospital shares an understanding of the impact of socio-demographic factors on health issues. The model is adaptable to other locations and health conditions.

The funding provided by TD will enable West Park and the CHC to hire a manager, a consultant in collaborative care and other supports as well as to translate patient materials into several languages. "Through the TD Ready commitment, our corporate citizenship platform, we are proud to champion innovative solutions that help make equitable health outcomes possible for all," says Alicia Rose, AVP Social Impact, Sustainability & Corporate Citizenship, TD Bank Group. "West Park's collaborative project with Black Creek Community Health Centre will help increase access for communities facing barriers to care, helping people improve their

lung health and reducing the need to access acute hospital services."

Dr. Forlemu-Kamwa expects the project will improve patient outcomes. "By ensuring that patients are adequately managed at the level of the community, we will reduce patient exacerbations, caregiver and provider burnout, the number of emergency visits, and healthcare costs." Adds Dr. Goldstein, "We have the ability to improve quality of life through earlier disease detection, education and self-management. Patients will know what to do, and where, when and to whom to go when they need care."



"Our time has come. West Park is on the cusp of another milestone that will significantly change its course. This big, beautiful, bold vision will lead us into the next era of our evolution."

Recognizing a Legacy of Service

That's Anne-Marie Malek, West Park's President & CEO who retired on March 31, 2024, reflecting on the hospital she has helped shape. Malek leaves a remarkable legacy after 29 years with West Park, with the opening of a beautiful new hospital building and a merger with one of Canada's top healthcare organizations.

To recognize her many contributions, the Centre and Foundation boards of directors raised \$250,000 from current and former members, and named the Acquired Brain Injury Behaviour Service unit in her honour.

"The ABI Behaviour Service is an example of the tertiary care that West Park is known for—specialized, complex, multi-disciplinary care that is focused on patient-driven outcomes," says Georgina Steinsky, Chair of the Foundation board.

"Our patients and their complex needs have been at the heart of Anne-Marie's vision for the future of West Park and a cause she has always championed. There is no better unit to honour her legacy."

"Be Part of the Change"

GENEROUS GIFT TO HELP WEST PARK GET READY FOR AGING POPULATION

Rick Lint has been interested in health care for many years. A successful investment banker, he was recruited by the Ontario government to work on a health system study in the early 1990s. The study accurately forecasted today's aging population and over-stretched health system and recommended more investment in healthcare infrastructure. "For many years, it was just ignored," he says. "Now there's a lot of catch-up going on." Rick and his late wife Janet are helping West Park "catch up" by making a \$1.25 million gift to the **Get Your Life Back** Campaign.

Rick served on the board of Sick Kids before joining the West Park Healthcare Foundation Board of Directors in 2009. He was immediately impressed by the work West Park does, calling it "nothing short of miraculous" in many cases. "If you can get a person from injured or sick to full functioning and independence, that's a gigantic step forward for the person and for society."

But Rick soon realized that the hospital was overdue for redevelopment.

"The entire facility was past its best-before date," he says. "And as the population ages, the wonderful services provided by West Park are going to be an increasing need." He calls the new hospital "astonishingly wonderful," providing more effective and efficient care to people whose lives have been changed by illness, accident, or disability. "Janet and I wanted to be part of the change."

Sadly, Janet passed away in July 2023, after struggling for years with Pompe disease, a rare genetic condition that causes respiratory issues. She and Rick were married for more than half a century, and he describes her simply as "a very special person."

Although Janet's main treatment centre was elsewhere, Rick is grateful to West Park, and



Janet and Rick Lint

especially to Dr. Roger Goldstein, for helping with sleep problems during her illness. He also appreciates the care his mother, who suffered from dementia, received as a resident of the long-term care home at West Park until her death at the age of 96. "She was treated very kindly and lovingly by the whole team," he says.

In honour of the Lints' generosity, their gift is being recognized through naming of the Respiratory Complex Continuing Care Service, the Respiratory Rehabilitation Services, and the Shared Therapy Inpatient Gym in the new hospital building.

"West Park is a wonderful team," says Rick. "They're taking on a big challenge and making great progress. The new facility will support outstanding care in all dimensions while also helping to serve the community in positive ways. The future is very bright for the West Park family."

Rick knows Janet will be pleased to see their gift to West Park come to fruition. "When she passed, a friend said, 'The angels will be making room for her in heaven.' She will be smiling down from there now."

When Determination Meets Caring



The Clark family: from left, Terry, Rebecca and Doug.

“Our goal is to help more people have the West Park experience.”

Rebecca Clark is a very social woman, a great communicator with a sharp sense of humor and a talent for getting along with everyone. She is also a determined woman. In fact, her mother, Terry Clark, says she’s “a little on the stubborn side,” adding that her stubborn streak has helped her deal with challenges she has faced in life.

And there have been challenges. Rebecca has cerebral palsy, uses a power wheelchair, and is non-verbal but uses a complex augmentative communication system. Although her mobility was limited, until seven years ago, she could walk with assistance. Then she severely dislocated her right kneecap, leaving her unable to bear weight on her right leg, which resulted in the loss of her mobility and independence. She was in near constant pain, and the affected leg often went into painful spasms. After many medical and surgical consultations, she was told the knee couldn’t be surgically repaired.

One of her orthopaedic surgeons referred her to Dr. Chris Boulias, Medical Lead for West Park’s renowned Spasticity Management Program, who uses Botox to treat spasticity. West Park is Canada’s leading authority on the diagnosis and treatment of spasticity. This referral was life-changing for Rebecca.

Once Rebecca began receiving care from Dr. Boulias, the frequent spasms and contractures were eliminated but her mobility was still restricted. “The Botox treatments made a big difference in her life,” says Terry. “Dr. Boulias could see how motivated she was, and the two of them developed a very special bond that continues to this day.”

After several years, the Clarks were referred to an orthopaedic surgeon who developed a plan to rebuild her knee and leg.

The complex surgery took place in January 2023 and after 10 days in acute care, Rebecca was admitted to West Park for rehabilitation. She spent two months as an inpatient and, by the time she left, was no longer wearing a leg brace, was able to stand, put weight on both legs and do pivot transfers.

Her parents, Terry and father Doug, spent every day with her at West Park, and what they saw impressed them. “We’ve been in lots of hospitals during her 40 years,” says Terry, “but this was truly a remarkable experience. The collaborative whole team approach made West Park a great place for Rebecca to be. She reached her goals, and she might never have gotten there without West Park.”

The Clarks have become donors to West Park, providing support to the spasticity program and “West Park Hero” gifts in recognition of two members of Rebecca’s care team. “We are so grateful for what Dr. Boulias and West Park have done for Rebecca,” says Doug. “We are in a position to be able to give back and hope that we can help others to ‘get their lives back,’ as Rebecca has.”

The Clarks were impressed when they had an opportunity to tour the new hospital building as it approached completion. Says Terry, “It was exciting to see the great new things that are happening, and to know that our financial support would help make things better for future patients. Our goal is to help more people have the West Park experience.”

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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Patient Deirdre Samuels enjoying the view from her room.

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