Strength, courage and determination are words that describe and define Toronto Rehab.

Throughout this report we invite you to read stories that celebrate inspirational Toronto Rehab patients, staff, volunteers and donors who have each demonstrated profound strength, courage and determination in their own unique way.

Toronto Rehab’s compassionate health care teams guide patients through their rehabilitation journey. Our patients’ determination to overcome obstacles helps them transition back to the community and live life to the fullest.

Our donors demonstrate the courage to make a difference, often because they have been there. They know what it is like to struggle, but also to find the strength to try again and make progress. Their determination to give back to Toronto Rehab provides an opportunity to make significant change, help people rediscover their potential, and redefine what it means to be alive and to thrive.

Philanthropist Donald Ross, OC, was recognized at this year’s Red Rose Ball. Because of a deeply personal connection to Toronto Rehab’s Lyndhurst Centre, he chose Toronto Rehab Foundation as the beneficiary. His courage to support us is already making a tremendous difference in patients’ lives.

Cardiac rehab patient Roberto Lio was determined to prove through cardiac rehabilitation that living a full and active life is possible. Errol Mehmeti turned his life around after a spinal cord injury by committing his time and energy to regular workouts at Toronto Rehab’s George and Anne Ploder Therapeutic and Rehabilitation Facilities.

Thanks to the leadership of Clifford Nordal and Toronto Rehab donors, Dr. Douglas Bradley is the first Clifford Nordal Chair in Sleep Apnea and Rehabilitation Research. As a result, research in this critical area will continue to advance and transform lives. These are just some examples of the powerful role of philanthropy.

Thanks to community support Toronto Rehab’s transformed University Centre provides an experience that optimizes patient flow, creates a sense of community and allows for more intense therapy to inspire healing within its enhanced patient suites and therapy space.

Our research enterprise continues to make new discoveries and improve the health and well-being of Canadians through the iDAPT Centre for Rehabilitation Research.

We are also helping fund improvements at our E.W. Bickle Centre for Complex Continuing Care, Lyndhurst Centre for Spinal Cord Rehabilitation and Rumsey Centre for Cardiac Rehabilitation.

Toronto Rehab Foundation recognizes the extraordinary leadership of Dr. Gaetan Tardif, Susan Jewell, Dr. Geoff Fernie and Dr. Bob Bell. They are driving Toronto Rehab to new heights in patient care, research and education.

Thank you for your ongoing support and belief in our potential.

Tim Casgrain  
Chair,  
Toronto Rehab Foundation

Cindy Yelle  
President & CEO,  
Toronto Rehab Foundation

Cover: Joanne Smith, spinal cord rehab patient (story page 14).
After two years as the new University Health Network (UHN), it is encouraging to see the strides we have made by having acute care, rehabilitation, complex continuing care and long-term care within the same organization.

With Toronto Rehab as a member of the UHN family, we knew we would build better health care for Ontarians and Canadians. UHN has made exceptional progress and continues to build on early successes to enhance the quality of patient care and the patient care experiences across the entire health care continuum.

Courage Lives Here, UHN’s tagline, resonates throughout the organization and the Foundation. It truly does describe an essential element of every aspect of UHN.

The support and encouragement that patients and staff receive at UHN can be life-changing — and the power of their stories is remarkable.

We make a world of difference in people’s lives. As this report shows, countless transformative experiences happen here every day, earning Toronto Rehab a worldwide reputation as a leader in rehabilitation therapy and rehabilitation research.

Toronto Rehab’s focus on finding practical solutions to the everyday problems people face as they age leads to a better understanding of the impact of age and disability. This knowledge is already translating into groundbreaking patient care.

At Toronto Rehab, we are honoured to work with the staff, volunteers and donors in the service of our patients. Together, our leadership will build the future of health care to transform the lives of our patients.

UHN’s programs and services, including rehabilitation, are among the most advanced in the world. Our physicians, staff, services and resources bring together teams of specialized health care professionals, equipment and facilities in patient care, research and education to best meet the needs of our patients.

Toronto Rehab Foundation is critical to UHN’s efforts to achieve global impact and make a difference. Our fundraising efforts are key to ensuring UHN’s progress, development and success in delivering best-in-class care.

Thank you for your support and having the courage to believe in us.

Dr. Bob Bell
President & CEO,
UHN
Philanthropist Donald Ross, OC, is a link to the origins of Toronto Rehab and also a beacon for its future.

A friend of John Counsell, co-founder of Lyndhurst Lodge (now Toronto Rehab’s Lyndhurst Centre), who was injured during the Second World War and lived as a paraplegic, Donald became acutely aware of the needs of individuals living with disability.

Today, 68 years later, Toronto Rehab remains committed to leading the field of rehabilitation by delivering best-in-class care and undertaking globally-transforming research. This work is facilitated by support from the community and leaders like Donald Ross.

Donald has a deeply personal family connection to Toronto Rehab. Almost 30 years ago his step-daughter Lucy, 21 at the time, suffered an injury, requiring extensive rehabilitation. “When Lucy was paralyzed, I was reminded of the unpredictability of life and the crucial role of rehabilitation,” he says. “Toronto Rehab has played a big role in my family.”

Donald became even more involved with Toronto Rehab, supporting programs such as spinal cord rehabilitation and sleep apnea research.

He continues as an active Foundation volunteer because Toronto Rehab makes a tremendous difference in peoples’ lives.

“I support Toronto Rehab because it does outstanding work and I’m happy to play a part in it.”

- Donald Ross

Left: Donald Ross with Tim Casgrain and Paul Weiss.

Opposite page (L to R): Donald with daughter Felicia; Donald’s step-daughter Lucy on the dance floor; Dr. Bob Bell and Robert Krembil; Terrence O’Sullivan and Corey Simpson; Donald and his wife Gretchen; Ian Howard, Gillian Howard, Doug Knight, Shelley Ambrose, Dr. Bob Bell; Felicia and Lucy; Bruce Engell, Susan Jewell, Donald Ross, Cindy Yelle; Donald receives his Award of Merit from Michele McCarthy of St. George’s Society; Dr. Geoff Fernie and Bonnie Fernie; Lise and John McBride, Cindy Yelle and Tim Casgrain; Ivan Fecan.
At a spectacular evening of celebration, Toronto Rehab Foundation honoured Donald Ross, OC at the 2013 St. George’s Society of Toronto’s annual Red Rose Ball on April 24.

Attended by over 550 individuals from across the mining, financial, health care, arts and education communities, proceeds from the Ball will support Toronto Rehab Foundation.

Over $350,000 was raised through the Ball to support the ground-breaking research and patient care taking place at Toronto Rehab. Toronto Rehab Foundation is tremendously grateful to Donald for his visionary generosity.

Donald was awarded the 2013 Award of Merit in recognition of his philanthropy.

Currently Chairman of investment dealer Jones Gable & Company Limited, Donald has had a long career in the brokerage business that has inspired and facilitated numerous philanthropic and community contributions to numerous organizations, including Toronto Rehab.

Recently named to the Order of Canada for his wide-ranging philanthropy in support of education, social service, culture and environmental causes, Donald Ross’s philanthropy has helped transform lives.
The Determination to Recover

Throughout rehabilitation at Toronto Rehab’s Lyndhurst Centre, Errol Mehmeti came to realize that he had the power to change.

In 2006, Errol suffered a spinal compression and stroke that led to his inability to walk. At Toronto Rehab, he made the decision that would alter his life: he was going to accept his condition and not be defeated.

His determination to recover led to a complete personal transformation.

Under the care of physiatrists Dr. Alborz Oshidari and Dr. Cathy Craven plus his kinesiologists, physiotherapists and occupational therapists, Errol began to use the exercise equipment at The George and Anne Ploder Therapeutic and Rehabilitation Facilities where he worked to regain control of his physical body. Now, seven years later, Errol is at his healthiest, incredibly having lost over 100 pounds.

“That gym is a place of healing,” he says. “Each workout allows me to focus and pay more attention to my life and my recovery. I have made many connections with staff and other patients who are also determined to be the best they can be.”

Errol’s commitment to change his life has also contributed to a more positive outlook and approach to life. He just turned 50 years old and says he feels better than ever. “Your choices get you to where you are in life,” he says. “I chose to start to heal and it has made all the difference.”

He acknowledges the profound impact of the Ploder family on his recovery. “Their decision to fund these facilities has made a huge difference in all of our lives and in the lives of future patients,” Errol says. “The machines and the environment are phenomenal. They are a magnificent family for providing this opportunity for us.”

His advice for others experiencing similar challenges is: “Get moving and healing will happen over time.” Errol continues to make great strides. He says: “I’m very grateful to Toronto Rehab for helping me along my journey to healing.”

“I am grateful to Toronto Rehab for helping me along my journey to healing.”

- Errol Mehmeti

Left: Errol Mehmeti at Toronto Rehab’s Lyndhurst Centre.
The George and Anne Ploder Therapeutic and Rehabilitation Facilities have played a vital role in the rehabilitation process for individuals living with spinal cord injury.

These fully-equipped modern fitness and wellness facilities are used on a daily basis by virtually all inpatients and outpatients at Lyndhurst for intensive rehabilitation to maximize recovery.

Through their extraordinary gift that established The George and Anne Ploder Therapeutic and Rehabilitation Facilities, the Ploder Family has helped transform Lyndhurst Centre into a modern facility that provides patients with the equipment, tools and environment to accelerate their recovery.

This year, the Ploder Family generously supported renovations to enhance the physiotherapy spaces and the entire occupational therapy area to further augment patient care and rehabilitation.

Toronto Rehab Foundation is deeply grateful to the Ploder Family for their inspired investment in Toronto Rehab.

“We are privileged to support spinal cord injury rehabilitation at Toronto Rehab’s Lyndhurst Centre. We are inspired by the determination of the patients, and impressed with the dedication of so many capable, caring and compassionate staff who work every day to improve patients’ mobility, function and balance. Our hope is that our gift will help make a real difference in peoples’ lives.”

- George and Anne Ploder

Left: Errol at the George and Anne Ploder Therapeutic and Rehabilitation Facilities; Lyndhurst Centre renderings courtesy of Iva Radikova. Above: Tim Casgrain with George and Anne Ploder at a reception in their honour.
As our population ages we recognize that more people will be touched by conditions such as heart disease, stroke and diabetes – all of which, we are now learning, may be linked to sleep apnea.

To further explore this important area of research, Toronto Rehab Foundation was proud to announce Dr. Douglas Bradley’s appointment as the Clifford Nordal Chair in Sleep Apnea and Rehabilitation Research. He is also Director, Sleep Research Laboratories at Toronto Rehabilitation Institute and Toronto General Hospital.

Dr. Bradley’s primary focus is on diagnosing and treating obstructive sleep apnea to prevent and alleviate cardiovascular diseases such as hypertension, heart failure and stroke, as well as to reduce motor vehicle accident rates. He and his team have made a vital connection between sleep apnea and serious health concerns, prolonged stays in rehabilitation facilities and high costs to the health-care system.

In conjunction with his health care colleagues, Dr. Bradley and his team showed that obstructive sleep apnea is a previously unrecognized contributor to the development and worsening of heart failure.

The team also found that stroke patients have a much higher prevalence of sleep apnea than the general population. Furthermore, among stroke patients, those with sleep apnea were more disabled and spent more time in rehabilitation than those who did not have sleep apnea.

Subsequently, they demonstrated that treating sleep apnea with continuous positive airway pressure (CPAP) improved recovery from stroke – especially by improving mobility – and it improved heart function in heart failure patients.

In collaboration with others at Toronto Rehab, including Dr. Geoff Fernie, Institute Director, Research, Toronto Rehab, Dr. Bradley’s team, led by Dr. Hisham Alshaer, has developed a portable monitoring device, ApneaDx™. This battery operated, wireless device diagnoses sleep apnea by simply recording breath sounds in the comfort of one’s own home. It is a revolution in sleep apnea.

Toronto Rehab Foundation is proud to support researchers like Dr. Douglas Bradley and his team as they lead the way in developing new interventions that enhance the quality of life for people living with health challenges and relieve the burden on individuals and the health care system.

“I believe the creation of the Clifford Nordal Chair in Sleep Apnea and Rehabilitation Research provides a wonderful opportunity to further Toronto Rehab’s international leadership in sleep apnea and rehab research. It is a great honour for me to accept this Chair.”

– Dr. Douglas Bradley
Clifford Nordal was an early advocate for sleep research. As former President and CEO of two of Toronto Rehab’s founding hospitals, the Rehabilitation Institute of Toronto and the Queen Elizabeth Hospital, he was instrumental in developing the sleep program at Toronto Rehab and Toronto General in the late 1970s and early 1980s.

Clifford worked with Dr. Bill Anderson, former Vice-President of Medical Affairs at Toronto General Hospital to initiate the program, headed by Dr. Eliot Phillipson, emphasizing that sleep apnea is a chronic illness, with an impact on cardiac disease. It became evident that a rehabilitation setting was ideal for research.

At that time, Dr. Bradley was a research fellow working under Dr. Phillipson’s supervision. The program has grown and flourished since then.

Paul Weiss, former Chair of Toronto Rehab Foundation’s Board of Directors, was also key to establishing this Chair.

Paul’s philanthropic leadership not only played a crucial role in securing funding resources, but also advanced the Foundation and Toronto Rehab in many important ways.

Toronto Rehab is grateful for the generosity, foresight and commitment of the visionary donors to the Clifford Nordal Chair in Sleep Apnea and Rehabilitation Research.

This Chair celebrates Toronto Rehab’s international leadership role in sleep research, and marks the beginning of a new chapter in our ground-breaking work in this field.

“It is exciting to see the advancements in sleep apnea. Donors can see that their long-term commitment and passion is paying off. I am humbled and honoured to be part of the endeavour.”

- Clifford Nordal

*Top to bottom: Clifford Nordal; Dr. John Floras; Dr. Peter van Nostrand; Dr. Douglas Bradley; Paul Weiss; Dr. Bradley, Clifford Nordal, Dr. Geoff Fernie and Dr. Bob Bell.*
Heart failure was the last thing on Roberto Lio’s mind in 2008. He was a young and healthy Engineer, with no previous heart problems.

However, at age 44, after experiencing some gradual shortness of breath while jogging on the beach in Mexico with his wife, he was diagnosed with congestive heart failure and arrhythmia caused by viral cardiomyopathy. It was so serious that he also faced the possibility of a heart transplant.

His cardiologist ordered an immediate implantation of a defibrillator in his chest to decrease the risk of suffering a fatal arrhythmia. His health care team predicted only a 33 per cent chance of improvement. Roberto made a firm decision that he was going to surpass those odds.

“When I left the acute care hospital, one doctor said I would have to live a limited life,” he says. “I will never forget those words that inspired me to face the facts. With a positive outlook and determination, I proved him wrong!”

“I am proud to say that I’m more fit now than I was before my diagnosis thanks to Toronto Rehab.”

- Roberto Lio
His diagnosis began a life-changing journey for Roberto, making heart health his absolute top priority. To help him recover, he enrolled in Toronto Rehab’s Cardiac Rehab and Secondary Prevention Program.

With the help of staff at Toronto Rehab, Roberto made a total lifestyle change. The staff taught him about the important functions of the heart, about nutrition, and about how to manage blood pressure, cholesterol and stress, especially through exercise. “With the help of Toronto Rehab, I am proud to say that I’m more fit now than before my diagnosis,” he says. “I’ve been given a second chance at life, a wakeup call to stay healthy.”

Exercise Supervisor Rob Bertelink helped Roberto learn to set goals and gain the confidence that he would improve. “When I first met Roberto at Toronto Rehab in 2008 he was a very sick man. Roberto wasn’t happy with just being well enough to ‘get by.’ He wanted his old life back,” says Rob. “Thanks to a great deal of hard work and dedication, Roberto is significantly fitter than many men half his age despite his cardiac condition.”

Roberto was determined to take what he learned at Toronto Rehab and make it part of his life and stay positive. “I now exercise four to five times a week and it is an important part of my lifestyle.”

Roberto recently enrolled in a boxing fitness boot camp class. “In boxing class most of the people are in their 20s and 30s,” he says. “They keep up with me pretty good.”

He is proud of the fact that he is more fit now with a damaged heart than before he got sick. “I still push myself to go to the gym no matter what,” he says. “Sometimes after work I’m very tired, but I remember what Toronto Rehab taught me.”

A Passion to Give Back

Roberto Lio wanted to give back to Toronto Rehab, so he signed up to participate in On Track to Cardiac Recovery. Now in its tenth year, this annual fundraising walk supports the Cardiac Rehab program. This year, Roberto was the event’s top fundraiser, raising over $13,000.

“This was my fifth year participating to show my support of the Toronto Rehab Cardiac Program. I was excited to raise funds for such a great cause,” he says. “I have witnessed first-hand how this program, with its caring staff, has helped me and will help many people in the future.”

The Power of Rehab

Research shows that people who participate in cardiac rehab, after experiencing a major heart event, cut their risk of another cardiac event by 50 per cent.

Toronto Rehab’s Cardiac Rehab Program is one of the oldest, largest and most respected rehabilitation services in the world, serving over 1,800 patients each year.

Above: Roberto reflects on his journey to recovery; Roberto with Rob Bertelink, Cardiac Supervisor and Valerie Skeffington, Program Services Manager.
A Courageous Comeback

Howard Rocket is determined to give back to patients at Toronto Rehab because he’s been there.

In October of 1995 he experienced a massive stroke weeks after hitting his head during a touch football game. A blood clot was lodged deep in his brain, but due to the extraordinary care at Toronto Western Hospital, Howard survived. Survival however, was just the beginning.

The next important step for Howard was rehabilitation at Toronto Rehab where he had to learn to walk, talk and communicate again. The process was made smoother with the help of his inter-professional health care team. Words and speaking came back to him and were perfected at Toronto Rehab.

He came to Toronto Rehab in a wheelchair, and then he learned to walk with a cane. After a lot of hard work, he began to walk on his own. Today, he walks without aids.

“When you have a stroke, you think at first you will be permanently limited,” he says. “You learn that you will be able to do things, but you will just have to do them differently. The brain is a powerful thing.”

Prior to his injury, Howard worked as a dentist and businessman. After his stroke and recovery, he became a motivational speaker and a published author with his 1999 autobiographical book A Stroke of Luck.

All proceeds from his book have contributed to a fund to establish the Upper Extremity Best Practices Clinic at Toronto Rehab.

Howard returns to Toronto Rehab regularly to provide talks for stroke patients and families.

He shows people they can, and will, improve. “If you believe you can do it then you have a chance,” he says. “Set goals and believe you can get better. If you do – you will get there.”

“People don’t necessarily realize what Toronto Rehab is doing, but it is so powerful. Eighteen years ago this October I had my stroke and I would not be where I am today without Toronto Rehab,” he says. “Toronto Western saved my life, but Toronto Rehab gave me back my life.”
Neuroplasticity is the brain’s ability to reorganize its neural pathways. It allows neurons in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment. It is a ground-breaking area of research.

With strokes, neuroplasticity occurs when a patient re-learns to carry out basic daily tasks. It is relevant to patient care and the process of rehabilitation with the help of cognitive stimulation.

Essential to stroke recovery is the successful incorporation of rehabilitation to maximize upper extremity recovery so that patients can return to their lives sooner.

Upper extremity impairment following a neurological incident is significant. Each year, over 300,000 individuals survive stroke. Of this group, 55 to 75 per cent are estimated to have some degree of upper body impairment to the shoulder, arm, forearm, wrist, or hand.

Toronto Rehab’s ground-breaking new Upper Extremity Best Practices Clinic is designed to directly connect new research discoveries to patient care in order to greatly benefit individuals who live with neurological impairment after a stroke.
A Path to Discovery

Joanne Smith’s spinal cord injury (SCI) at 19 left her paralyzed, but it has not held her back in the least. In fact, she has led an extraordinary life.

Over the last 25 years, Joanne has worked as a model, attended university to study media and communications and she has travelled the world. All of this might not have been the case had she not undertaken rehabilitation at Toronto Rehab.

While a patient at Toronto Rehab’s Lyndhurst Centre, Joanne was able to connect with other young people who were going through a similar experience. They were a support network for each other. “It was a unique time and a group of us were able to bond,” she says. “That meant a lot.”

Those connections helped her come to terms with her injury. “It was difficult,” says Joanne. “But I have moved forward and I’ve had a great life.”

After rehabilitation, Joanne was determined to get back to life. When she realized that she could live well with a spinal cord injury, it was a tremendous moment that changed the path of her life.

Joanne began work in television, with a hosting gig on the Gemini-award winning CBC show called Moving On for 11 years. She travelled across Canada and met people with disabilities doing

“I’m inspired by anyone with a passion, by people who go for it and make it happen.”
- Joanne Smith

Above: Joanne Smith has led a remarkable life since her injury 25 years ago. She is photographed at Lyndhurst Centre.
Toronto Rehab’s Brain and Spinal Cord Rehabilitation Program

Toronto Rehab’s Brain and Spinal Cord Rehab Program provides specialized rehabilitation for adults whose lives have changed because of brain injury, stroke, neurological conditions and spinal cord injuries.

Each year, an estimated 1,000 Canadians are permanently disabled as a result of spinal cord injuries or disease.

This number is on the rise, with spinal cord injury fast becoming one of the top disabling illnesses in Canada. Ontario alone sees 50 per cent of this population – the majority of which come to Toronto Rehab’s Lyndhurst Centre for treatment.

As the largest rehabilitation provider in Canada for people with spinal cord injury, Toronto Rehab is committed to leading this field by delivering best-in-class care and undertaking globally-transforming research.

Toronto Rehab is grateful for the community support that is helping to greatly enhance patient care.

Together, we are providing a unique and encouraging environment that inspires new possibilities beyond what seems possible today.

Joanne has written, with Kylie James, the first comprehensive, practical nutritional guide that addresses the unique needs of people with spinal cord injury called **Eat Well, Live Well with Spinal Cord Injury**.
An international leader in rehabilitation science, Toronto Rehab is now the largest rehabilitation research centre in the world.

Whether it is preventing falls on stairs, improving therapy for concussion, or helping people speak again after a stroke, Toronto Rehab’s research enterprise is about solving problems.

Our research program is focused in three key areas: prevention and safety, optimizing rehabilitation treatments and therapies and supporting older adults to live independently at home or in the community.

The Balance, Mobility and Falls Clinic
Toronto Rehab works to keep people healthy in and outside of hospital. We help individuals living with health issues avoid secondary injuries and disease. In the innovative Balance, Mobility and Falls Clinic, Toronto Rehab clinicians and researchers work side-by-side with stroke survivors who are at a high risk of falling. For example, a new portable, easy to use technology is being used that can assess people’s walking habits and red-flag potential problems. The outcome of this research will also help healthy older people stay safe.

Healing the Heart at Home
Toronto Rehab researchers have developed a new approach to cardiac rehab that brings therapy directly into the home. Our research shows that by offering this program, we are reaching a wider group of patients and achieving impressive outcomes. This is vital because cardiac rehab reduces the risk of dying from another heart event by 50 per cent. It also improves quality of life and helps people return to the community sooner.

Supporting Aging in Place
Toronto Rehab researchers are studying the challenges faced by older people on a daily basis, and developing advanced health technologies to support ‘aging in place’ – or in the home. Our innovations also ease the burden on family caregivers. Whether it is a footwear insole to improve balance and prevent falls, or changes to building codes that make stairs safer to climb, Toronto Rehab is determined to keep people safe and healthy and reduce the significant pressure of an aging population on the health care system.

Turning Ideas Into Everyday Products
Toronto Rehab researchers often collaborate with companies to deliver our ideas to consumers as soon as possible. We also work with the private sector to test and develop its own ideas. We are tremendously proud of our three spin-off companies, which are bringing our innovations into the marketplace and creating jobs.

MyndTec Inc. (formerly Simple Systems), a Toronto Rehab-University of Toronto company, is commercializing a stimulator used to reawaken paralyzed muscles. Last year, Simple Systems won the TieQuest 2012, which drew entries from hundreds of entrepreneurs across
North America. HandyMetrics Corporation is expanding sales of HandyAudit® a hand hygiene auditing system for health care institutions. ApneaDx™, is bringing to market a portable detection device that provides an easier, less costly way to diagnose obstructive sleep apnea.

**Extraordinary Labs**

iDAPT Centre for Rehabilitation Research is the most advanced rehabilitation research facility in the world. This dynamic environment allows us to generate new treatments and technologies, influence policy and better understand challenges faced by people living with injury, illness and age-related conditions.

**Extraordinary People**

Dr. Angela Colantonio holds a Canadian Institutes of Health Research (CIHR) Chair in Gender, Work and Health. She is a Senior Research Scientist at Toronto Rehab, where she also holds the Saunderson Family Chair in Acquired Brain Injury Research. Dr. Colantonio has studied the epidemiology of disability in older people with acquired brain injury, dementia and stroke. Her research currently focuses on traumatic brain injury among vulnerable populations.

Dr. Douglas Bradley has been named the Clifford Nordal Chair in Sleep Apnea and Rehabilitation Research (for more information see page 6).

**The Innovations Gallery**

The Innovations Gallery at Toronto Rehab’s University Centre, highlights the many findings, devices, technologies and therapies that have developed out of research by our nine research teams. There are daily interactive presentations by scientists, graduate students and staff members, and activities for children and families.

Toronto Rehab thanks the Ontario Ministry of Health and Long-Term Care, Ontario Ministry of Research and Innovation, the Ontario Innovation Trust, the Canadian Institutes of Health Research, the Ontario Neurotrauma Foundation and other agencies, foundations and ministries for their support. We are also extremely grateful for contributions from generous individuals and corporations.

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Innovative research takes place every day at Toronto Rehab’s iDAPT Centre for the benefit of current and future patients.

1. **The StreetLab** allows scientists to study participants as they safely navigate through simulated 3D streetscapes as a novel way to test mobility devices, hearing aids and other technologies.
2. **The StairLab** allows scientists to study and precisely measure the movement and body mechanics of walking up and down stairs to understand why and how people fall on stairs.
3. **The Challenging Environment Assessment Lab (CEAL)**, the centrepiece of the program, is a massive underground lab that features the world’s first hydraulic motion simulator that can mimic everyday environmental challenges.
4. **The WinterLab** can recreate typical Canadian winter conditions – sub-zero temperatures, snow and ice covered surfaces. Scientists can study winter slips and falls, and the extremes of cold air and wind within the safety of a controlled laboratory setting.
The Strength of Teamwork

Toronto Rehab’s Musculoskeletal (MSK) Rehab program helps individuals recover from traumatic injury and illness, hip fractures and joint surgery.

As part of the redevelopment of Toronto Rehab’s University Centre, the MSK program’s recent move from Hillcrest Centre has increased capacity to treat an aging population – helping individuals regain their strength, physical abilities and independence.

This move has unified Toronto Rehab’s diverse programs and symbolizes a transformation in inter-professional care. With efficiency and quality of care at an all-time high, the MSK Rehab team is optimizing resources and seeing 90 to 95 per cent of patients returning home following rehabilitation.

The facilities at University Centre provide full-spectrum care within a residential atmosphere. Physiotherapy gyms on each floor require less patient travel time and allow increased focus on improving mobility and independence. The new Independent Living Suite, a mock one-bedroom apartment, allows patients to practice cooking, cleaning and other activities prior to returning home.

Toronto Rehab has been instrumental in transforming the MSK model of care across Ontario. The team not only impacts patients’ lives, but also family members, long-term care facilities and the health care system overall.

Dr. John Flannery, medical director of the MSK Rehab program, attributes the success of his team and his patients to pioneering models of care within the new state-of-the-art facilities. “It is about enabling patients to maximize their outcomes and become more functional,” he says. “We encourage our patients to find strength within themselves.”

Previously only available at different hospital sites across the city, University Centre now also houses a number of essential outpatient services for patients and families under one roof.

Along with the MSK program, the new Toronto Rehab outpatient service brings together many rehabilitation services for stroke, acquired brain injury, geriatric rehab and other outpatient care.
A Renewed Sense of Independence

Due to surgical complications, Mary Thompson, 67, was hospitalized for five months last year. As a result, she experienced deconditioning, which included diminished muscle mass and strength and limited mobility. She was in need of intensive physiotherapy.

Admitted to the outpatient service at Toronto Rehab, Mary could only walk six steps in a row without stopping. Five months later, she was able to walk 66 metres in two minutes. She felt a renewed sense of independence and accomplishment.

In July, with the support of physiotherapists and occupational therapists in the MSK Rehab program, she built up her strength to walk outside for the first time this year. “I can’t say enough about the team at Toronto Rehab,” says Mary. “They encouraged me to keep going. They remind you that you can do it.”

The generosity of our many donors who supported the University Centre project redevelopment has had a profound impact on our patients’ journey to recovery.

Donor support is already helping enhance the quality of care for MSK patients now and into the future.

The Role of the Occupational Therapist

Jennifer Soong, pictured at left with her MSK team members, is an occupational therapist (OT) in the MSK Inpatient Rehabilitation program.

Her role is to help patients who have suffered an injury or illness get back to their normal day-to-day activities.

Occupational therapists help patients become more independent with personal, household, leisure and work activities, in order to facilitate their reintegration into the community.

“The OT philosophy is very holistic,” says Jennifer. “We look beyond disability to see the whole person and help them get back to being independent.”

Jennifer collaborates with the entire MSK Rehab program. “Everyone on our team has a great deal of expertise and it is very rewarding when we come together to help patients through their recovery,” says Jennifer.

“I am proud to be a part of a collaborative group at Toronto Rehab that is a leader in its field.”

“I can’t say enough about the team at Toronto Rehab. They encouraged me to keep going.”

- Mary Thompson

Above: Mary Thompson has been given back her mobility through rehabilitation. Opposite page: MSK team members (L to R): William Cachia, Jennifer Soong, Mary-Grace Grossi, Christopher Chen, Sonya Raposo and Dr. John Flannery.
The E. W. Bickle Centre
Caring for Our Most Vulnerable Patients

Founded in 1874, Toronto Rehab’s E.W. Bickle Centre remains the Ontario leader in complex continuing care. It provides compassionate, specialized care for medically complex patients whose conditions require regular medical care.

With over 130 years of history, the E.W. Bickle Centre provides complex continuing care for the province, focused on Toronto and the GTA and is now one of the top-rated free-standing complex continuing care centres in Ontario.

Toronto Rehab is grateful to Mrs. Judith (Billie) Wilder and her beloved father, Edward William (E.W.) Bickle for their dedicated governance and philanthropic support in senior leadership positions on Toronto Rehab’s legacy Queen Elizabeth Hospital Board of Governors for a combined 35 years. The Queen Elizabeth Hospital was subsequently renamed in honour of E.W. Bickle in 2007.

During his service, E.W. Bickle led the evolution of what was the Toronto Home for Incurables to the Queen Elizabeth Hospital in acknowledgement of the institution’s progress in rehabilitation.

His daughter Billie carried on the family tradition of philanthropy and volunteer support through her own involvement on the Queen Elizabeth Hospital Board in the 1970s.

As Board Chair, she championed the reconstruction at the Queen Elizabeth’s Dunn Avenue site and the subsequent purchase and renovation of Toronto Rehab’s University Centre.

Toronto Rehab Foundation is deeply grateful to Billie Wilder for her family’s lifelong commitment, leadership and visionary investment to support our most vulnerable patients.
The Campaign for the E.W. Bickle Centre

Many of the patients at the E.W. Bickle Centre have multiple ongoing medical issues requiring intervention such as hemodialysis for kidney damage caused by end-stage renal disease or trauma. Ours is one of the only complex continuing care programs to offer inpatient kidney dialysis for the Toronto Western region.

As the population ages, so do the number of people living with chronic conditions such as kidney disease. The E.W. Bickle Centre offers services that will be in increasing demand as we expand the role of rehabilitating individuals to return home to their families in the community. We will also provide a place for our most complex and vulnerable patients to live.

This increasing demand for services has resulted in the need to enhance the E.W. Bickle Centre.

The E.W. Bickle Centre will undertake its largest redevelopment project in over 30 years. A $6 million campaign has been launched to support quality of life for patients with progressive end-of-life conditions such as traumatic brain injury, quadriplegia, Multiple Sclerosis, Parkinson's disease, Lou Gehrig's disease and end-stage renal failure.

The Campaign for the E.W. Bickle Centre will fund accessibility upgrades and facility enhancements to promote better quality of care and life and inpatient hemodialysis.

The J.P. Bickell Foundation has generously provided Toronto Rehab Foundation with the first Campaign gift of $250,000. As a result, the main floor library at the E.W. Bickle Centre – a space to enhance the patient, family and staff experience – will be renamed The J.P. Bickell Library.

Toronto Rehab Foundation is grateful to the J.P. Bickell Foundation and all our donors for support to redevelop the E.W. Bickle Centre so that it can continue to provide vital complex continuing care.

“The Campaign for the E.W. Bickle Centre will be a powerful tool to enhance care for society’s most vulnerable patients. Essential to the E.W. Bickle Centre revitalization is improving and enhancing a world-class complex continuing care facility. Visionary donor support will lead us to our goal and further augment compassionate and specialized care.”

- Dr. John Masgoret, Medical Director, E.W. Bickle Centre

To make a gift to the Campaign for the E.W. Bickle Centre, please call Toronto Rehab Foundation at 416.597.3040 or visit torontorehabfoundation.com.
The MS Program
Committed to Improving Quality of Life

Dr. Tania Bruno and her team in the Multiple Sclerosis (MS) Outpatient Rehabilitation Program at Toronto Rehab’s Rumsey Neuro Centre go above and beyond with their patients.

A uniquely comprehensive program treating individual symptoms, the MS team uses a multifaceted approach to tackle the management of pain and other MS-related issues.

As staff Physiatrist and Director of Electromyography, Dr. Bruno leads the MS team comprised of physiotherapists, occupational therapists, social workers, speech language pathologists and other health professionals. They are each committed to improving the quality of life for people living with MS.

Through individualized treatment plans and education, patients focus on all facets of functioning, ranging from improving balance and mobility, communication skills, cognitive functioning to managing mood and coping with disease.

Using physical exercise, adaptive aids and bracing, cognitive behavioural therapies, energy conservation and pacing, meditation and mindfulness, the MS team works to maximize symptom management and restore independent functioning to those living with MS.

“Exercise and physiotherapy are helpful with symptom management,” says Steve. “I enjoyed taking part in the classes with others, getting to know them and understanding what they were going through. This program provided me with many more ways to improve my life and it gave me hope.”

Steve says his family – his wife Anna and their three children – remains a great source of strength and inspiration to stay healthy. He uses what he learned at Toronto Rehab to enjoy every day with them.

“It means striving for improvement, it means education and teaching and it means hope for persons with progressive, episodic or traumatic illnesses.”

Dr. Bruno addresses impairments and emphasizes abilities and social participation. She is inspired every day by patients and their families for their determination despite many obstacles.

Steve Galloway is one of Dr. Bruno’s patients. He was first referred to Toronto Rehab by his Neurologist.

Steve completed the programs Keeping Fit with MS and Life with MS, both of which gave him comfort and encouragement. He felt good about staying fit and actively taking part in managing his illness.

Toronto Rehab’s MS program attracts patients from across Ontario. “To me, Toronto Rehab means excellence,” says Dr. Bruno.
“The people I met at Toronto Rehab – Dr. Bruno, other staff and individuals living with the disease – have made the process of living with MS easier. I now have the tools to make the most out of every day.”

- Steve Galloway

Opposite page: Dr. Tania Bruno and MS patient Steve Galloway at Toronto Rehab’s Rumsey Neuro site. Above: The MS Program at Toronto Rehab has helped Steve and his wife Anna enjoy every day.

Celebrate Your Rehab Champion

Dr. Bruno strives to make a positive impact and enhance the quality of life of each individual living with MS that she sees in her clinic.

It is no surprise that Dr. Bruno has been acknowledged as a Rehab Champion.

The Celebrate Your Rehab Champion tribute program provides an opportunity for patients to donate to Toronto Rehab Foundation in honour of a staff member who made their experience exceptional.

Since the establishment of the program, Toronto Rehab donors have celebrated over 300 outstanding staff members and patient advocates.
We wish to thank all donors who have cumulatively donated $5,000 or more to Toronto Rehab Foundation prior to June 30, 2013.

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The Coriat Family LIFEspan Clinic

To recognize the profound impact Toronto Rehab has had on their daughter Jessica, David and Lynn Coriat, with matching funds from The Slaight Family Foundation, have donated over $1 million to Toronto Rehab Foundation.

Their gift will provide much-needed funding to enhance care and provide personalized treatment programs that help enable independence for patients like Jessica who was born with cerebral palsy.

In honour of the Coriat’s generosity, Toronto Rehab has named two spaces after them: The Coriat Family LIFEspan Clinic and the Coriat Patient and Family Centre.

The new Family Centre will provide a relaxing and spacious environment for patients, families and staff. Their funding towards the LIFEspan Clinic will ensure future program sustainability.

Toronto Rehab Foundation is grateful to the Coriat family for their continued support.

Above: David, Lynn and Jessica Coriat at a reception in their honour.
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G-O-O-O-O-O-A-L
Soccer Tournament 2013

With Toronto Rehab staff members, friends and family participating in the seventh annual G-O-O-O-O-O-A-L Soccer Tournament, $25,000 was raised to support Toronto Rehab programs and services.

Raising over $100,000 since the inauguration of the event, this year’s tournament was a remarkable achievement.

As part of the Giving Together staff campaign, G-O-O-O-O-O-A-L encourages Toronto Rehab staff to give back through friendly competition and designated support to a program area of their choice.

Above: Fundraising for Toronto Rehab on the soccer field.
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On Track to Cardiac Recovery

With the generous support of well over 1,000 donors, an enthusiastic crowd of 250 stretched their legs to walk in support of cardiac rehabilitation on February 23, 2013. The 10th annual event raised over $150,000 towards establishing Canada’s first Cardiac College.

Dr. Paul Oh, Medical Director, Cindy Yelle, Foundation President and CEO and On Track Chair Jim Chestnutt hosted a wonderful event. Special thanks to guest of honour Scotty Morrison, the trustee of the Stanley Cup.

We are grateful to our generous sponsors: Yorkville Asset Management Inc., Deloitte, Lone Star, Scotiabank Group, Sunlife Financial, Howard J. Fergusson Insurance Agencies Limited, Macquarie, AGF, David’s Condiments, TLS and Ace Bakery.

Above: On Track participants at the starting line on February 23.
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Minden Gross Grafstein & Greenstein LLP
Thank you to everyone who participated in the Second Annual Will Davidson LLP Golf Classic on June 25 at Diamondback Golf Club. Raising more than $40,000 in support of Toronto Rehab’s Brain and Spinal Cord Program, the event was proudly sponsored by Henderson Structured Settlements.

We are grateful to Paul Miller, partner at Will Davidson LLP, who led the way for Will Davidson LLP to fund this charity golf tournament, inspiring their colleagues to join them in support of Toronto Rehab.

Above: Gary R. Will is joined by colleagues on the golf course; Gary German, Alex Vaccari, Mukesh Gupta, Harvey Botting; Paul Miller and Toronto Rehab staff.
Our Donors

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Anonymous (13)

Research Chairs
Chairholder: Dr. Alex Mihailidis
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Chairholder: Dr. Douglas Bradley
The Clifford Nordal Chair in Sleep Apnea and Rehabilitation Research
Chairholder: Dr. Angela Colantonio
The Sauderson Family Chair in Acquired Brain Injury Research
Chairholder: Dr. Susan Jaglal
Toronto Rehabilitation Institute Chair at the University of Toronto
Chairholder: Dr. Milos Popovic
Toronto Rehabilitation Institute Chair in Spinal Cord Injury Research

Group Initiatives $5,000+
Albert Pace & Kristin Morch
Fundraising Reception
Bob Baun Celebrity Golf Classic
Brainsgiving Comedy Night
Canadian Hairdresser’s Charity Golf Tournament
Cardiac Health Foundation of Canada’s Walk of Life
Clifford Nordal Chair in Sleep Apnea and Rehabilitation Research
Conquering Mt. Kilimanjaro
Deloitte. Fundraising Breakfast
Extendicare: It’s In Our Genes To Give Dinner
Extending Our Care Fundraising Gala
Fundraising Breakfast, Hosted by Sun Life Financial
Fundraising Breakfast, Hosted by Deloitte.
Gala 1-18 Presented by Loblaws
G-O-O-O-O-A-L! Soccer Championship
Harvey’s Back Gala
HeartBeat Invitational Charitable Golf Tournament
Hearts on Bay, Hosted by RBC
In Honour of Barry Caplan
In Memory of Gordon Cowperthwaite
In Memory of Barbara Ross
In Memory of Donald Martin
In Memory of Dr. Magda Vranic
In Memory of Edwin C. Down
In Memory of Harvey Joseph
In Memory of James Angus
In Memory of Jean Brissenden
In Memory of Jean Cowperthwaite
In Memory of Jenny Able & Mrs. Howard H. Burnham
In Memory of Kenneth E. Ferrie
In Memory of Lois E. Harris
In Memory of Patti Dawson
In Memory of Phoebe Arnold
In Memory of Richard Chen
In Memory of Takiko Hatanaka
John Counsell Commemoration Fund
Kocisko-Le Muscadin Golf Tournament
Loblaw Properties Limited Golf Tournament
Lyndhurst Gift Shop
Marquest Investments Group Challenge
Monster Bike Ride
On Track to Cardiac Recovery Fundraising Walk
REHABilitate REBUILD RESTORE
Rick Hansen Wheels In Motion
Scotiabank Toronto Waterfront Marathon
Sharwood Golf Classic
The St. George’s Society of Toronto - Red Rose Ball 2013
Thursday Night 4 Rehab
Toronto Rehab Foundation’s Annual Gala
Toronto Rehab’s Giving Together Staff Campaign
Toronto Rehabilitation Institute Chair in Cardiovascular and Metabolic Rehabilitation Research
Tribute Dinner, Live Auction & Wine Tasting—Rocco Piselli
Therapeutic Garden at Lakeside Long-Term Care Centre
Will Davidson LLP Golf Classic
William A. Cunningham/ Deloitte. Challenge
Women & Health Fundraising Breakfast
We gratefully acknowledge the support of donors to the Toronto Rehab Foundation’s legacy foundations:

Hillcrest Hospital Foundation
Lyndhurst Hospital Foundation
Queen Elizabeth Hospital Foundation
Rehabilitation Institute of Toronto Foundation

Tribute Honorees

In Honour
Heather Arnold
Les Bolt
Doug Butler
Timothy Casgrain
James Chestnutt
James DeMartini
Linda Frum
Kavya Gopalan
Irvin Harendorf
Danny Lebovics
Evelyn Lockwood
Gideon Loran
Nate Maister
Andrea Marcus
Pauline McGregor
Louis Mortfield
Paul Roth
Marcia Schnoor
Ann Tottenham
Dr. Joan Tucker
Elizabeth Van Dyck

Renee Vinett
Adam Wagman
Todd Appleton & Brian Soden
Ruth Howard & Alan Madras
The Neckties

In Memory
Donald Allen
Liliane Boudreau
Alex Burlacoff
Paul Capon
Wayne Cipollone
Murray Cohen
Margaret Elynor Cooper
Elizabeth Jean Cuddy
Patti Dawson
Hannah DeBora
Hilary Dell
Herbert Engell
Nancy Geauvreau MacWilliams
Richie Guri
Harvey Joseph
Ben Kolinsky
Claire Kubbinga
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Stan Wach
Thomas Warlow
Joan Welton
Craig Withun
Marion Woodvine

Legacy Society

Toronto Rehab Legacy Society celebrates the generosity of donors who have made a planned gift to Toronto Rehab.

Patricia Adele
Peter Bello
Jane Brooks
Ralph Brooks
Dr. and Mrs. Anthony Capon
Jamie Coatsworth and Christine Gillespie
Margaret Harris
Marlene Hartley
Ronald Hibbert
Bill Isberg
Rebecca Kellman
Raymond Lowe
Arlene Mananki-Boyce
Jennifer and Yezdi Pavri
David Pretty
Deanne Schenke
Branislav Stojicic
Judith Wilder

Donate Today
Fund superior patient care, outstanding education and pioneering rehabilitation research.
Choose to Make a Difference.

Support Us Today.
Toronto Rehab Foundation
tel: 416.597.3040
torontorehabfoundation.com

We have made every effort to ensure the accuracy of this list. Please contact us at 416.597.3040 or Foundat2@uhn.ca if your name has been listed or omitted in error.

Community Events
Extending Our Care Fundraising Gala
Kocisko-Le Muscadin Golf Tournament
Brainsgiving
CHFC Walk of Life
Corporate Breakfast Event (Sun Life)
Hearts On Bay (RBC)
Scotiabank Toronto Waterfront Marathon
Will Davidson Golf Classic
Chisholm Fleming and Associates Golf Tournament
Yorkville Asset Management Golf Tournament
Friends Riding for Charity
Tim Hick Golf Classic

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Richard Khoo, Manager of Acquired Brain Injury (ABI) Services, sees the power of staff giving. This is Richard’s second year as Chair of Toronto Rehab’s staff Giving Together fundraising program and he is continuously impressed by the generosity of his colleagues.

“The quality of work at Toronto Rehab is unique. There is a fantastic team of people who work together to provide the very best care for patients,” he says. “They are also effective fundraisers.”

Toronto Rehab provides an extraordinary environment for recovery, but says Richard, “there is always an opportunity to benefit from more resources to enhance patient care.”

It often does not take much to change the outcome for a patient with help from staff giving. “When everyone gives, the collective impact is that much greater,” says Richard. “By donating through Giving Together we make a profound difference – we can further improve the rehabilitation experience for our patients.”

Toronto Rehab also participates in UHN’s Cornerstone Campaign through Giving Together. Our staff had the highest level of participation, making up almost 1/3 of the fundraising achievement with their total $110,000.

Facts:

- More than half of us will be touched by disability, either personally or through someone in our immediate family circle.
- The number of people 65 and older will double over the next two decades.
- About 90 per cent of those over 65 have at least one chronic disease, and 80 per cent have at least two.
- An estimated 27 per cent of Ontario families have provided care continuously for two years.
In 2013, Toronto Rehab Foundation made grants to Toronto Rehab totalling $10.2 million.

Since 1999, the Foundation has made grants of $68.2 million to support Canada’s leading rehabilitation sciences centre. Generous support from our community has enabled Toronto Rehab to find new treatments and solutions for stroke, cardiovascular disease, spinal cord injury, brain injury and dementia.

Community philanthropy has had a profound impact on our patients’ journey to recovery.

Fiscal 2012-13 Grants made to Toronto Rehab:

- $10,188,592 in total grants
- $1,068,257 invested in hospital programs and Research Chairs
- $7,892,555 invested in key capital projects
- $1,227,780 invested in research annual support and additional high priority needs

**Revenue by Source 2012-13***:

- **Individuals and Foundations** $2,901,159 (65%)
- **Corporations** $1,130,026 (25%)
- **Special Events** $381,226 (9%)
- **Planned Giving/Estates** $39,200 (1%)

*Does not include payments on previous pledges or investment income.

**2012-13 Statistics:**
- 135,522 Inpatient Days
- 90,187 Clinic & Day/Night Care Visits
- 423 Beds
- $13,612,469 Research Activity
- Over 1,900 staff, 395 volunteers

**Key Financial Highlights: 2013**

Toronto Rehab by the Numbers:

An international leader in rehabilitation sciences, Toronto Rehab delivers quality education, engages in leading-edge research and provides outstanding patient care.