Sometimes in life, there are moments that call for extraordinary courage. This annual report celebrates these moments of courage experienced, shared and lived by our patients, staff, volunteers and donors.

When Harvey Strosberg, Q.C., one of Canada’s leading trial lawyers, experienced a stroke and lost the ability to speak, he thought his life was over.

With courage, hard work, and the support of family, friends and a fantastic team at Toronto Rehab, what started out as the worst moment of his life turned out to be one of the best.

Extensive rehabilitation at Toronto Rehab restored Harvey’s speech. Just over a year after his stroke, he was back in court. With therapy, he progressed further than he could have imagined.

Harvey’s story is one of inspiration and courage. It’s a story of what is possible and what we do to help patients at Toronto Rehab each and every day.

Housed within the walls of Toronto Rehab are countless stories of determination and courage – the courage to persevere, like Harvey, in the face of adversity and the courage to get back to life. We invite you to discover stories of life-changing moments when patients achieved more than they thought possible. These moments are fuelled by donors as well as patients and staff.

Donor support is helping to transform Toronto Rehab into a place where innovation meets determination. Great examples of this are Toronto Rehab’s newly redeveloped University Centre and the iDAPT Centre for Rehabilitation Research. Both facilities opened to great acclaim this past year.

We recognize the tremendous leadership of Dr. Gaetan Tardif, Susan Jewell, Dr. Geoff Fernie and Dr. Bob Bell who are driving Toronto Rehab to new heights in patient care, research and education.

At Toronto Rehab, we believe that innovation leads to better health care. With our partners at University Health Network (UHN), we are combining expertise in acute care medicine, research and rehabilitation to provide the full spectrum of care. Together, we provide a full complement of services to enhance health care in Ontario and around the world.

We are pleased to present Toronto Rehab Foundation’s 2012 Report to Our Community, which highlights how generous donor support is enabling Toronto Rehab to provide superior patient outcomes by pushing beyond the boundaries of rehabilitation.

Thank you for all your continued support.
A year ago, Toronto Rehab joined UHN. We now have a better understanding of what is possible in a new organization with an expert rehabilitation capability, dedicated professional care teams focused on this area of care, and a research enterprise with this focus.

We see this new organization facilitating the care journey and improving the quality of all aspects of that journey with better outcomes as the goal. With that clarity comes the opportunity to talk about what makes us unique as an organization.

At the heart of what UHN is and why we all work here is this sentiment: **Courage Lives Here.**

I believe that this describes an essential element of every part of UHN.

At Toronto Rehab our patients demonstrate courage when they work to recover through rehabilitation. Our staff members demonstrate courage when they think of new solutions and new approaches to care.

Our teachers are courageous every day as they pass on skills and knowledge to the next generation of health care providers. So too are our volunteers who give so freely of themselves and their time, and our researchers who constantly think about old problems in new ways.

Our donors, in a unique and essential way, embody courage as they envision a better future for patients.

As this Report shows, the courage that exists here inspires countless transformative moments for our patients, 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.

Together we make the transition between the acute setting and rehabilitation seamless for our patients. Our leadership will transform health care today, to build the future of health for tomorrow. That is truly courageous.

Thank you for having the courage to believe in us – and in our tremendous potential to make a world of difference for the patients and families we serve.

**Dr. Bob Bell**
President & CEO
UHN
Building the Future of Health Care

Toronto Rehab benefits from the extraordinary support of generous donors to provide excellent care and superior results for each patient we serve.

As well as leading in physical rehabilitation, Toronto Rehab is at the forefront of complex cognitive and psychosocial needs. Thanks to donor support, our geriatric program facilities at University Centre were designed to provide full-spectrum care within a residential atmosphere. Enhanced features include wider hallways, specially designed light fixtures and soft lighting, as well as customized flooring and furniture. Toronto Rehab strives to provide a calm environment with meaningful experiences and activities such as exercise and cooking classes and musical programs.

Donor support has enabled Toronto Rehab to provide personalized care for patients with Alzheimer’s disease and other complex conditions. “At Toronto Rehab our dedicated and highly-skilled team of interprofessional specialists works to improve symptoms and manage responsive behaviours so that patients can live in the least restrictive environments for as long as possible,” says Dr. Ron Keren, Medical Director and Geriatric Psychiatrist. “Rehabilitation is about optimizing the quality of life for our patients and their families.”

Toronto Rehab Foundation raises funds to support a full complement of care to meet the growing and complex needs of our patients.

To build the future of rehabilitation and health care, we have established two new Academic Research Chairs this year:

- **The Chair in Cardiovascular and Metabolic Rehabilitation Research**
  The first of its kind in Canada, this Chair will focus on chronic disease management and rehabilitation through exercise therapy, education and lifestyle change.

- **The Chair in Sleep Apnea and Rehabilitation Research**
  This Chair will expand and accelerate specialized research, teaching and clinical work to develop new treatments surrounding this complex disorder.

There are many ways donors can support Toronto Rehab. Throughout our Report, you will learn about how philanthropic investments have created new possibilities.

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Above: Dr. Ron Keren on the Geriatric Psychiatry Wing with Robin Shan, left, Program Service Manager, Geriatric Psychiatry Service. Opposite page: Toronto Rehab’s new University Centre location, home to the iDAPT Centre for Rehabilitation Research.
Jessica’s Story

Born with cerebral palsy, a disorder of movement and muscle tone that causes rigidity in her limbs, Jessica Coriat, 21, grew accustomed to her body often not doing what she wanted. “I was constantly in pain,” she says.

Despite several orthopaedic surgeries and ongoing care, Jessica lived with limited mobility. She adapted by using special walking devices, but she was still determined to improve.

It was challenging not only for Jessica, but for her parents, David and Lynn Coriat as well, who wanted Jessica to have a life without limits. “We wanted the best for Jess,” says Lynn. “The fewer obstacles in her path, the better.” Jessica’s health care became more of a concern when she began the transfer from paediatric rehabilitation to adult rehabilitation because Jessica was unsure of what lay ahead.

When Jessica found Toronto Rehab and the LIFEspan Program (see opposite page) three years ago, her quality of life began to vastly improve, especially under the care of Dr. Mark Bayley, head of Toronto Rehab’s Brain & Spinal Cord Program. “Dr. Bayley encouraged me from day one,” she says. “He suggested that I try another form of therapy. Most importantly, he told me that I would absolutely be able to walk in a short period of time without pain.”

With the additional support of Nurse Practitioner Andrea Lauzon and Dr. Albert Cheng in Toronto Rehab’s Spasticity Clinic, three weeks into her new therapy, Jessica was able to move her legs free of pain. That was a remarkable moment she will never forget. “I had never felt that good,” she says. “The team support was amazing.”

Now, Jessica walks with a specially designed walker. She continues to thrive, receiving treatment through the Spasticity Clinic every three months. She sees Dr. Bayley for a check up every six months. “Dr. Bayley is a rehab super hero,” says Jessica. “I am really grateful for his honest and respectful approach to my care.”

Jessica has started to volunteer at Toronto Rehab’s Lyndhurst and University Centres. She chooses to give back to help others. “I want to support families, staff and patients with my knowledge. I want to show that I know what they are going through.”

It’s also important to Jessica to educate the general public and advocate on behalf of people living with disability. She wants to challenge preconceived notions and perceptions. “Look at people for their personality and what they can do, not their disability,” she says. “Don’t look at the assistive device. Look past it to see the person.”

“Look at people for their personality and what they can do, not their disability.”

Above: Jessica Coriat is pictured with LIFEspan Nurse Practitioner Andrea Lauzon at Toronto Rehab. Opposite page: Jessica has increased mobility thanks to Toronto Rehab.
The LIFEsapan Program

Each year, Toronto Rehab’s LIFEsapan (Living Independently Fully Engaged) Program cares for 220 people, including those born with cerebral palsy as well as those who have acquired a brain injury. This number is anticipated to grow.

Implemented in 2003 by Toronto Rehab in partnership with Holland Bloorview Hospital, the LIFEsapan Program helps youth and young adults with childhood-onset disabilities successfully transfer from the paediatric rehabilitation system to the adult health care system.

The LIFEsapan service provides support and education to achieve good long-term health and wellness. The adult clinic at Toronto Rehab provides a single point of access for life-long, comprehensive and coordinated rehabilitation services such as physiotherapy, speech-language pathology and community integration.

Toronto Rehab Foundation is grateful to David and Lynn Coriat for their visionary philanthropy in supporting LIFEsapan and the Outpatient Neuro Rehab Facility at our Rumsey Centre. Their extraordinary gift of $150,000 will provide much-needed program and capital funding to enhance care.

Donor support like the Coriats’ helps patients through personalized treatment programs and groundbreaking research that develop practical solutions to enable independence.
Donor generosity enables Toronto Rehab to devise treatments and innovative rehabilitation for challenging and complex conditions such as concussion. This support facilitates extraordinary moments of courage for individuals living with complicated symptoms. Not limited to sports, traumatic brain injuries (TBI), from mild (mTBI) – or concussions – to severe, can occur anywhere including resulting from a traffic accident, fall or an incident on the job. Brain injury in adults remains a major public health issue.

Renowned Toronto Rehab experts are tackling brain injury. Dr. Mark Bayley is disseminating treatment guidelines to ensure patients get the best clinical care, Dr. Paul Comper is trying to understand when athletes are most vulnerable, and Dr. Robin Green is developing treatments to promote better recovery of the brain and cognition.

Creating Guidelines

Medical Director of Toronto Rehab’s Brain & Spinal Cord Rehabilitation Program, Dr. Mark Bayley and his research team are working to develop and disseminate system-wide guidelines for diagnosis and treatment of mTBI/concussion, including customized treatment and follow up.

These guidelines will standardize care and secondary prevention for adults with brain concussion across Ontario by providing physicians with consistent information and materials to most appropriately treat adult patients.

In collaboration with the Ontario Neurotrauma Foundation, Dr. Bayley, Associate Professor at the University of Toronto, is leading the drive to implement these guidelines within the large Ontario family physician community. To make it easier to understand the complex needs of concussion patients and how to navigate the health care system for effective follow up, Dr. Bayley and his team are creating easy-to-use diagnostic and communication tools.

“It is our duty as health professionals to enhance system change. Donor support is helping to expedite essential changes in concussion treatment.”

- Dr. Mark Bayley
When is it Safe to Return to Play Following a Concussion in Sport?

When we think about concussion in sports, many of us think of professional hockey players. In truth, concussion affects players of all sports, ages and levels. Concussion happens on playgrounds and school fields, just as it does in professional stadiums.

Clinical Neuropsychologist Dr. Paul Comper is a consultant to the National Hockey League Players Association (NHLPA). Dr. Comper and his colleague Dr. Michael Hutchison at the University of Toronto used research to inform NHL general managers and executives on the various mechanisms leading to concussions which led to Rule 48, sanctioning blindside hits to the head.

Dr. Comper’s clinical work largely focuses on neuropsychological recovery from sports concussion including return to play and return to school issues. His clinical work with University of Toronto’s David L. MacIntosh Sports Medicine Clinic stresses early identification of concussion in athletes, with prompt intervention.

He emphasizes the importance of players, parents, coaches, teachers and administrators knowing the signs and symptoms of concussion in order to seek medical advice, and to manage and treat the injury.

Understanding and Treating TBI and Multiple Concussions

Neuroscientist Dr. Robin Green is studying the more enduring consequences of TBI using advanced neuroimaging techniques and neuropsychological approaches. She investigates the long-term impact of multiple concussions, and recovery and treatment for a single more serious traumatic brain injury.

In a study involving retired professional athletes, Dr. Green, Associate Professor at the University of Toronto, is helping to understand who is at risk of developing dementia after multiple concussions and sub-concussions (a brain injury that isn’t noticeable, but for which there are concerns regarding serious cumulative effects). She is also investigating treatments to minimize the long-term effects of multiple concussions.

In the case of a single moderate or severe TBI that results in life-long change to the brain, behavior and functioning, Dr. Green has been investigating impediments to recovery. In particular, whether there is competition between recovering cognitive and motor functions.

She is also shedding light on the progressive nature of TBI, having found evidence of ongoing deterioration in brain health and cognition over the long term in many patients. She is currently working on a “Combination Therapy”, with three different techniques for improving recovery of the brain, cognition and emotional functioning within the same intervention program.

Dr. Green holds a Canada Research Chair in Traumatic Brain Injury.

“Early identification and appropriate management of concussion is critical to recovery.”
- Dr. Paul Comper

“Our research is revealing fascinating information on the long-term impact of TBI. Our goal is to better understand the impediments to recovery and develop new treatments to improve patient outcomes.”
- Dr. Robin Green
Ann’s Story

Life really can change in an instant.

Just ask Ann Tottenham, 71, who experienced severe chest pain and indigestion one evening in the winter of 2010. She was diagnosed in hospital with congestive heart failure and subsequently prescribed cardiac rehabilitation.

Retired since 2005, Ann kept a busy schedule. “I was always busy with work and travel,” she says. “It never occurred to me that I could have heart problems.”

During her career, Ann was an educator, holding high-level roles, including Headmistress at Toronto’s Bishop Strachan School for 14 years. Ann was ordained to the priesthood in the Anglican Church and was elected as Canada’s second-ever female Anglican Bishop.

Following her acute cardiac care, Ann entered the Cardiac Rehab and Secondary Prevention Program at Toronto Rehab’s Rumsey Centre where she was assigned to a group focused on recovering from heart failure. When she arrived, Ann was significantly weakened from her surgery, becoming short of breath and growing tired when she moved. “Being reduced to someone who could not walk across a room was a real shock.”

A turning point – her moment of courage – came during rehab on the indoor track. After months of trying to walk further and further, finally one afternoon, Ann managed to walk a mile – eight laps around the rehab track – slowly, but she did it.

This was a goal that had seemed impossible. “It was at that moment I knew that if I kept trying hard and following the program everything would be okay,” she says. “I could lead a healthy, happy life.” In the process, Ann built up to walking one and a half to two miles five days a week.

In the midst of her rehabilitation, Ann was dealt an unexpected blow: a breast cancer diagnosis. She required surgery and had to leave rehabilitation. Thankfully, she recovered and returned to Toronto Rehab to complete her program. “I felt very strongly about returning to rehabilitation,” she says. “Through all of this, the Cardiac Rehab team gave me incredible support and encouragement to persevere through some very dark days.”

Ann pays tribute to Rob Bertelink and Toronto Rehab’s Cardiac Rehab Program. “The education component at Toronto Rehab, led by Rob, helped enormously with my physical and emotional recovery.”

Ann has learned to pace herself and recognize and better understand her physical symptoms. “I am honestly healthier now than ever before. The quality of my life has increased exponentially with proper nutrition and exercise,” she says. “My family and friends are quite amazed.”

“Toronto Rehab has given me my life back and I am extremely grateful.”
Ann is one of scores of Toronto Rehab patients who have chosen to express gratitude to a special staff member. Toronto Rehab Foundation’s Celebrate Your Rehab Champion, established in 2011, honours staff members, such as Rob, who went the extra mile with patients to enhance their rehabilitation experience and recovery.

These thoughtful gestures are intended to inspire those at Toronto Rehab whose help inspired our patients. All honourees receive a personalized card and all donations support our continued commitment to providing the best care possible.

Since the establishment of the program, Toronto Rehab donors have celebrated over 150 outstanding staff members.
Imagine being a trial lawyer who suddenly lost the ability to speak.

This is what happened to Harvey Strosberg, Q.C., leading Ontario litigator, and former Treasurer of the Law Society of Upper Canada. He suffered a serious stroke on October 1, 2010, which left him with aphasia – the inability to speak.

In the days following, Harvey was sometimes unconscious, confused and frightened. He could not speak or write, and he also had some left-side deficit.

Harvey underwent intensive speech therapy at Toronto Rehab. “I had to learn language over again,” he says.

During his recovery, Harvey was particularly comforted by his family and friends. “My wife Cathy, a retired nurse, was my hero,” he says. “She worked tirelessly for me. She researched my stroke and she went to every appointment with me.” His children Jay, Elaine and Sharon, step-children Marni and Franklin and his sister Teri also took time to comfort him and visit him.

“The staff at Toronto Rehab seemed to anticipate our every need,” says Cathy. “They were so sensitive to how we were feeling. They took care of Harvey, but they also looked after me…Every victory, large and small, was celebrated by the staff and me.”

His legal friends visited, called and wrote to him. The act of writing thank you notes became an important part of his rehabilitation.

A personal turning point came when Harvey was invited in December to two holiday parties. “I was greeted with standing ovations. I really didn’t know that I was loved by so many people,” he says. “Thereafter, I promised my family, my speech therapists and myself that I would return to the courtroom.”

And in August 2011, 10 months after his stroke, he did just that, addressing the opening of court. On March 5, 2012, he participated in a class action suit which took 32 days of trial.

Since his stroke, Harvey enjoys every day. “I take time to rest, meditate and think…I want to encourage people to just try. The brain and your body can and will be trained, if you try,” he says. “And the important message is: Never Give Up!”

For Harvey, the rehabilitation journey was not a solitary one. Thanks to help from Toronto Rehab, his family, his friends, his doctors and his speech therapists, he says, “I’m back.”

Above: Harvey and Cathy Strosberg are photographed at The Law Society of Upper Canada. Opposite page: Harvey is back at home in the courtroom thanks to Toronto Rehab. 

Read about the Harvey’s Back Gala on page 17.
Research at Toronto Rehab

Each year, donor support has enabled Toronto Rehab’s research enterprise to make new discoveries and improve the health and well-being of Canadians.

Toronto Rehab researchers profoundly impact individuals whose lives have been turned upside down by conditions such as stroke, brain injury, heart disease, spinal cord injury, hip fracture and Alzheimer’s disease by finding solutions for more independent living and inspiring moments of courage. An international leader in rehabilitation science, Toronto Rehab is now the largest rehabilitation research centre in the world.

The work taking place at iDAPT Centre for Rehabilitation Research – a network of research facilities – is transforming rehabilitation science to prevent injury by making streets, homes and workplaces safer, heading off illness before it happens.

Researchers focus on solving everyday problems such as slipping on icy sidewalks, and problems commonly experienced by people with disabilities, such as picking up objects after a stroke, through the development of products and real-world solutions.

Toronto Rehab researchers are also working to develop innovative products and devices to help improve quality of life for patients, families and caregivers.

- **Our researchers are developing a new approach to detecting obstructive sleep apnea**, a condition strongly linked to stroke, diabetes and cardiovascular disease. Our home-based sleep apnea detection device offers an easier, less expensive way to diagnose this condition. The ApneaDx™, developed by Dr. Hisham Alshaer of Toronto Rehab, is a great example of Toronto Rehab’s ability to quickly translate ideas into products. This product will launch in the near future.

- **Among caregivers, back injuries remain high despite the introduction of devices for lifting patients several decades ago**. Toronto Rehab researchers are exploring methods for safer approaches to lifting. Recent studies by Dr. Tilak Dutta and others show overhead lifts are significantly safer for staff than floor lifts. Toronto Rehab is developing SlingSerter™, a hand-held device that makes it easier to slide a sling under immobilized patients to raise them up from their hospital beds with an overhead lift to greatly reduce back injuries among caregivers.
Dr. Milos Popovic, an aerospace engineer turned research scientist, is using electrical stimulation in a novel way to reawaken paralyzed limbs, improving people’s quality of life and independence. Clinical trials have shown remarkable results, with many individuals living with spinal cord impairment gaining significant improvements.

Injuries related to falling on ice or snow are a growing problem, especially in an aging population. Toronto Rehab’s Jennifer Hsu has completed a study of how effective winter boots and anti-slip devices are at preventing slips and falls on different surfaces. Hsu, a University of Toronto PhD student, will be making recommendations on effective winter footwear and developing better footwear design criteria.

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

- **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.
- **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.
- **Challenging Environment Assessment Lab (CEAL)**, the centrepiece of iDAPT, is a massive underground lab that features the world’s first hydraulic motion simulator that can mimic everyday environmental challenges.
- **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.

Toronto Rehab is helping develop answers and solutions for our patients within a complex health care system.

Statistics:

- 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% of people over 65 have at least one chronic disease, and 80% have at least two
- About three million Canadians voluntarily provide care to someone affected by disability or aging
Toronto Rehab Leaders is a peer-to-peer initiative created to galvanize volunteer leadership and financial commitment to raise $1 million for Toronto Rehab. Since its launch in November 2011, it has raised over $500,000 and recruited over 45 leaders – almost 30 of whom are Toronto Rehab physicians, dentists, researchers, clinicians and executive leadership staff.

Contributions can be made through pledges of $10,000 and greater.

Vital support from Toronto Rehab Leaders will help the hospital meet ongoing programmatic funding needs, advance rehabilitation and improve countless lives. Benefits of membership include invitations to annual recognition and information events.

“Being a scientist at Toronto Rehab gives me the opportunity to conduct research that can help people and improve their lives. Supporting the hospital through Toronto Rehab Leaders will allow me to achieve this goal while also supporting the hospital’s overall mission.”

- Dr. Alex Mihailidis, Barbara G. Stymiest Chair in Rehabilitation Technology Research

“Joining Toronto Rehab Leaders has been rewarding as it has allowed me to donate in a meaningful way. I believe supporting Toronto Rehab is important as it strengthens our commitment to our hospital and the patients we work for.”

- Dr. Colleen McGillivray, Physiatrist, Spinal Cord Rehab Program

Planned Giving

Toronto Rehab was proud to launch its Planned Giving program this year.

David Pretty, our first Planned Giving ambassador, has always held a special place in his heart for Toronto Rehab. A member of the Queen Elizabeth Hospital Board in the 1970s, David continued to follow the hospital as it became part of Toronto Rehab and was renamed the E.W. Bickle Centre.

A planned investment in Toronto Rehab is a commitment to providing world-leading rehabilitation care, developing and delivering best practices and treatment and undertaking world-leading research.

“I have included Toronto Rehab Foundation in my will for one reason: Toronto Rehab does great things and I want their work to continue. I’m always astounded by the range of Toronto Rehab’s services.”

- David Pretty
Engaging Our Communities

On Track to Cardiac Recovery

The 9th annual On Track to Cardiac Recovery walk was held on February 25, 2012. With the generous support of more than 1,000 donors, we celebrated the achievement of our $1 million milestone to establish Canada’s first Chair in Cardiovascular and Metabolic Rehabilitation Research. Thank you to our generous sponsors: Yorkville Asset Management Inc., Deloitte., The Dominion, KPMG, Lax O’Sullivan Scott Lisus LLP and Thomas, Large & Singer Inc.

Harvey’s Back Gala

On Tuesday, November 22, 2011, Toronto Rehab Foundation paid tribute to Harvey Strosberg through a gala event at The Four Seasons Hotel led by Toronto Rehab Foundation Board members Terry O’Sullivan, Mike Eizenga, Kristin Morch, Joni Fernandez and Lesley Gregory.

It brought together 450 members of Toronto’s legal, health care and business communities to toast his return to the law. The Harvey’s Back Gala was a spectacular evening of celebration that raised $315,000 for Toronto Rehab.

Thank you to our sponsors: Yorkville Asset Management Inc., The Printing House Ltd., Deloitte., Himelfarb Proszanski LLP, KPMG, Pace Family Foundation and Gluskin Sheff.

Thursday Night 4 Rehab

Toronto Rehab Foundation Board Member Carrie Cook hosted Thursday Night 4 Rehab at Toronto restaurant Vertical on November 10, 2011. Over 120 young leaders attended, raising more than $38,000 for Toronto Rehab. Thank you to our sponsors: The Hudson’s Bay Company, National Bank, RBC, Torys LLP and Telus.


We are honoured to recognize and thank the following individuals, corporations, foundations and community groups that have generously supported Toronto Rehab Foundation. Each gift supports innovative facilities, programs and patient care to provide rehabilitation that restores independence, confidence and vitality.

Cumulative Giving
We wish to thank the following donors who have cumulatively donated $10,000 or more to Toronto Rehab Foundation. Included are multi-year pledges and those who have designated Toronto Rehab Foundation in their will prior to June 2012.

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The W. Garfield Weston Foundation
In Memory of Harvey Joseph

Inspired by his late grandfather’s courage, Harvey Joseph’s grandson Nathan Starkman participated in a school project this year called Project Give Back that focused on Toronto Rehab to promote awareness of stroke and rehabilitation. Nathan demonstrated to his classmates what it was like to live with the impact of a stroke. “I was really sad when my grandfather died,” he says. “Doing my Project Give Back about something that was so special to him helped make me feel a little better.”

Treated at Toronto Rehab in 2008 after suffering a hemorrhagic stroke, Harvey Joseph, a lawyer, always praised Toronto Rehab for “giving him his life back.”

Six months after his stroke, Harvey was diagnosed with ocular melanoma (eye cancer). Despite this setback, he resumed outpatient rehabilitation at Toronto Rehab.

On October 28, 2011, after the cancer unexpectedly spread, Harvey passed away at age 72. He will be remembered for his gentle nature and humility that had a profound impact on everyone.

Toronto Rehab Foundation was honoured to receive more than 200 tribute donations in Harvey’s memory.

Holiday Tree Lighting at the E.W. Bickle Centre

As a child, long-time Toronto Rehab supporter and Toronto resident Billie Wilder often visited the Queen Elizabeth Hospital with her father during the holidays. She fondly remembers volunteering and she has remained connected ever since. A favourite memory is of the beautiful holiday lights that framed the large trees at the front of the building.

From its inception in 1874, The Queen Elizabeth Hospital was a fixture in the Parkdale community as a chronic and long-term care facility. It was the first of its kind in Canada.

It began offering physiotherapy and occupational therapy in the 1930s and created a dedicated rehabilitation program in the 1970s. The facility was renamed the E.W. Bickle Centre in 2008 in honor of Mrs. Wilder’s father E.W. Bickle.

In honour of Mrs. Wilder, last December Toronto Rehab’s Volunteer Association hosted a small ceremony to kick off the holiday season by lighting what have become known as the Billie Wilder Christmas trees. The plan is to make this into an annual event for the patients and surrounding residents of the Parkdale Community.

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**Above:** At the iDAPT launch (L to R): Lynda McColl, Senior Clinical Director, Bickle Centre, Mrs. Billie Wilder, Barbara Stymiest and Mark Rochon.
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Report to Our Community 2012
Musculoskeletal Rehabilitation

Complex injuries and diseases of the hips and knees can stop people in their tracks. Having the right models of care in place to assist these patients return home faster and safely following hip and knee surgery is important as it creates efficiencies in our health care system.

Toronto Rehab’s inpatient Musculoskeletal (MSK) Rehabilitation Program will introduce new models of care that will see increased treatment for more complex patients, provide seven-days-a-week therapy and treat more patients through its outpatient program.

“It’s about system transformation and about building capacity to meet growing demand,” says Dr. John Flannery, Medical Director, MSK Rehabilitation Program. “Evidence shows that patients with single knee or hip replacements have equally good outcomes going straight home from acute care. So the rehab focus needs to be on helping patients with more complex conditions.”

Donor support can help enhance the quality of care for an increasing number of patients. The MSK Rehab Program, currently located at Hillcrest Centre, is moving in early 2013 to University Centre (UC) thanks to the extraordinary support of our donors toward the redevelopment of and expansion of our UC facility.
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The Cottage Program

Toronto Rehab’s Spinal Cord Rehab Program (SCRP) Cottage Program provides individuals living with Spinal Cord injury (SCI) an enriching camp experience to develop adapted daily living skills in the comforting, therapeutic setting of Ontario’s cottage country.

Each summer, individuals with an SCI and clinical staff members visit the CNIB Lake Joseph Centre, near Parry Sound, Ontario that is equipped with fully accessible cottages, grounds and trained staff.

Participants meet with a member of their clinical team prior to the program to establish their goals. They are encouraged to try outdoor activities like waterskiing and canoeing with adapted equipment in a supportive environment. They also develop friendships and share resources to help them thrive in their community. The program has proven to help build confidence and help demonstrate what is possible when living with a spinal cord injury.

The Cottage Program is possible thanks to generous support from the community.

Participants in Toronto Rehab’s 2012 Cottage Program at Lake Joseph Centre.
We gratefully acknowledge the support of donors to the Toronto Rehab Foundation's legacy foundations:

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The Brain & Spinal Cord Rehabilitation Program

Toronto Rehab is a leader in stroke and brain injury rehabilitation and is home to the largest spinal cord rehabilitation program in the country. This year, our neuro and spinal cord rehab programs evolved to develop a new vision for neurosciences to create a Brain & Spinal Cord Rehabilitation Program at Toronto Rehab.

Each team’s respective expertise will continue to be highlighted, with greater opportunities for collaboration and knowledge exchange possible through a single program structure and common vision for neurosciences at Toronto Rehab.

The new program is guided by the leadership of a single Clinical Director and Medical Director. Dr. Mark Bayley has been appointed the Medical Director for the Brain & Spinal Cord Rehabilitation Program and works closely with Joanne Zee, Program Clinical Director.

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Prevention Tactics for Falls

In Canada, the combined social and health care costs of falls occurring on stairs alone have been estimated at $8.8 billion a year. This translates to $1 million an hour.

Toronto Rehab is in a unique position to help restore independence and enable new possibilities through the work of Dr. Robert Lam, who has developed an innovative model of care aimed at disseminating falls prevention knowledge to family health teams. Dr. Lam is a staff family physician with special training in care of the elderly at Toronto Rehab and Toronto Western Hospitals.

Dr. Lam and his colleagues have been working with family physicians to find better solutions and prevention tactics for falls. This will better identify, diagnose and treat patients at risk for falls and empower them to live as independently as possible. “Our falls clinic team hopes to share our knowledge and skills managing frail elderly patients at high risk for falling,” he says. This project is endorsed by the Ontario College of Family Physicians and the Department of Family & Community Medicine at University of Toronto.

Above: Dr. Robert Lam in clinic at Toronto Rehab.
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Dr. Gaetan Tardif, Toronto Rehab’s Physiatrist-in-Chief, headed to London this summer as Chef de Mission for the 2012 Canadian Paralympic Team.

Dr. Tardif was responsible for helping Canadian Paralympic athletes achieve their performance goals and team building initiatives. “It was an honour to serve and represent Team Canada in London,” says Dr. Tardif. “It is significant too that we returned to the United Kingdom, the birthplace of the Paralympics.”

He finds the athletes inspiring and sees them as role models for individuals of all ages and abilities. “I have always been captivated by the incredible drive, athleticism and spirit of Paralympic athletes.”

Toronto Rehab has many successful exercise-based programs, including programs for Multiple Sclerosis, cardiac, stroke and diabetes rehabilitation. “It’s important to emphasize the power of rehabilitation and remaining active post-rehab,” he says.

A dedicated and long-time ambassador within the Paralympic Movement, Dr. Tardif has extensive experience at the Paralympic Games. The 2012 London games were his seventh.
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Thursday Night 4 Rehab

We have made every effort to ensure the accuracy of this list. Please contact us at 416.597.3040 or Foundation2@uhn.ca if your name has been listed or omitted in error.
Giving Together

Giving Together is Toronto Rehab’s annual staff campaign. Its growth year by year is a great testament to the strength and commitment of our staff across this vital organization.

Last year through our collaborative efforts, we raised $108,000 – an all-time record. Staff from all areas, including administration, clinical care and research contributed to the campaign’s success.

Our goal for 2013 is $120,000.

“Toronto Rehab is a great place to work with skilled and compassionate staff. We pull together and give as a community through Giving Together.”

- William Cachia, Manager, Outpatient Services, University Centre and Giving Together Chair

Toronto Rehab Foundation
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Toronto Rehab Foundation is grateful to our recently retired Board members for their tremendous work and dedication.

Susan Monteith
Kristin J. Morch

Toronto Rehab’s Exceptional Staff, Physicians & Volunteers

Toronto Rehab is home to over 1,100 extraordinary staff, physicians and volunteers who are committed to helping each of our patients through their rehabilitation journey and proud to support incredible moments of courage every day.
Toronto Rehab Foundation is proud to support Canada’s leading rehabilitation sciences centre. Generous support from our community has enabled Toronto Rehab to find new treatments and solutions for brain injury, stroke, cardiovascular disease, spinal cord injury and Alzheimer’s disease. This philanthropy has had a profound impact on our patients’ journey to recovery.

2012 Grants made to Toronto Rehab:
- $9,150,112 in total grants
- $1,208,620 invested in hospital programs and Research Chairs
- $6,534,952 invested in key capital projects
- $1,406,540 invested in research, annual support and additional high priority needs

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.

2012 Statistics:
- Total Toronto Rehab Patient Visits: 143,334
- Total Admissions: 2,392
- Toronto Rehab operated 417 beds:
  - 208 complex continuing care and 209 rehab
- Over 1,100 staff
- Volunteers: 395

Fundraising Results*:
- Corporations: $1,957,728 (45%)
- Individuals and Foundations: $1,506,445 (34%)
- Special Events: $559,744 (13%)
- Planned Giving/Estates: $367,797 (8%)

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