

Adding years to life

Report to our Community 2011



A message from the Foundation Chair and President

This has been an extraordinary year for everyone associated with Toronto Rehab – patients, family members, staff, donors and volunteers – and we start by thanking each and every one of you for your support and encouragement.

From the opening of our redeveloped University Centre – a facility that will provide an enhanced environment for our patients and our researchers – to our integration with University Health Network (UHN), which will elevate patient care and outcomes, you have all embraced our determination and our potential. Thanks to you, Toronto Rehab Foundation is in position to dramatically improve the future of rehabilitation and the lives of the people we touch.

We are witnessing a marked rise in awareness of the benefits and necessity of rehabilitation. In fact, many people are recognizing that rehabilitation is as essential as the care provided in an acute care hospital following an injury, during an illness and throughout the course of aging. When we accept diminished ability as a fact of life, we suddenly start understanding that rehabilitation can add

years to a cherished life or improve the quality of life for many, many people.

One in two Ontarians will be touched by disability because of injury, illness or the effects of aging. That's why, at Toronto Rehab, we are revolutionizing rehabilitation to add years – good, quality years – to the lives of our patients.

Illness, injury, disability and aging force us to modify our activities, rethink how our bodies work, and discover new ways to interact with the world. Toronto Rehab, through rehabilitation treatments and advanced technologies brings hope to everyone – whether you are personally affected or caring for someone who is disabled.

We are proud to be entrusted with your hopes. Hope inspires. Hope motivates. Hope challenges us to innovate. Hope means that we do not accept the status quo for our patients and their families. Hope challenges our patients to rebuild their lives. It drives our staff to push patients past the bounds of what seems possible. And, it pushes our researchers to challenge conventional thinking so that they create new solutions to old problems.

Rehabilitation is so many different things:

- It is re-learning to walk, talk and read after a stroke.
- It is adding exercise and nutrition to your life to prevent a heart attack.
- It is discovering new skills after a spinal cord injury.
- It is returning to work safely after a serious fall.
- It is reclaiming your life – taking joy in being able to spend time with loved ones, do the things that make you happy and taking pride in the small victories each day brings.

Rehabilitation means adding years to your life.

We invite you to read the inspiring stories of some of our patients and their families. Our patients' stories of hope and success are what motivate us to do our work at Toronto Rehab Foundation. They inspire us and we hope they will inspire you. With the help of our community, we will continue to add more and more quality years to lives and ensure each of our patients get back home to their loved ones.

Toronto Rehab 2011 fundraising highlights

- \$12.3 million invested in rehabilitation research, education and patient care
- 2011 had the largest annual grant total in the Toronto Rehab Foundation's history (35 per cent increase over grants in 2009-10)
- \$8.4 million granted for key capital projects
- \$3.9 million granted for high impact research initiatives and important patient and education programming



Tim W. Casgrain
Chair, Toronto Rehab
Foundation Board
of Directors

A handwritten signature in black ink that reads "Tim W. Casgrain".



Cindy Yelle
President & CEO,
Toronto Rehab
Foundation

A handwritten signature in black ink that reads "Cindy Yelle".

Toronto Rehab integrates with UHN



"Now is a time to dream about what may be possible in a new University Health Network with expert rehabilitation capability in patient care and research. By coming together, we're taking Toronto Rehab's expertise in post-acute care and rehabilitation science, the best of UHN's expertise in acute care medicine and research, and our combined leadership in interprofessional education, to create a new organization that will transform how we think about and deliver health care today, and tomorrow."

– Dr. Bob Bell, President & CEO, University Health Network

Toronto Rehab gave my family a future with me in it



Award-winning musician and composer Donald Quan was performing on stage in Kitchener, Ontario when he had a near-fatal heart arrhythmia

that left him clinically dead for 17 minutes.

His wife Lisa Keaney received the life-altering news about Donald's heart event while at home three months pregnant with their twin girls.

After the news set in, Lisa explains, "I was uncertain about his future. I was worried that things would be different, but didn't know exactly how."

Toronto Rehab reassured Lisa of her family's future. Following Donald's acute care, he was admitted to Toronto Rehab where he received neuro and cardiac rehabilitation. Thanks to the therapy Donald received, he was able to overcome his condition and almost fully return to his life and to his work – in time to hold his newborn twins Krysten and Keira.

"The therapists at Toronto Rehab were very empathetic," says Donald. "They were exceptionally helpful and understood what I was going through, which is the most important thing during rehabilitation."

So far, Toronto Rehab has given Donald and his family two years and counting.

"I am forever grateful to Toronto Rehab for helping me rebuild my life."



Inspired by the impact Toronto Rehab made on his life, Donald's first goal after his recovery was to give back. He created and dedicated an entire album – *17*

Minutes of Silence – to Toronto Rehab, with all the proceeds benefitting the hospital. The album documents his journey to recovery.



"I hope listening to my music will motivate people in similar situations – on a path to recovery – to heal, just as composing the music has helped me

heal," says Donald. "I am forever grateful to Toronto Rehab for helping me rebuild my life."

Philanthropy is adding years to the lives of patients like Donald by funding the purchase of new assistive devices, exercise equipment and other advanced therapeutic technologies to speed recovery beyond the bounds of what seems possible.

The Quan family

Donald Quan, with wife Lisa Keaney
and daughters Krysten (L) and Keira (R)



Toronto Rehab has added 22 years to my life ... and counting



Jim Chestnutt was at work in 1989 when he suffered a devastating heart attack. The paramedics brought him to hospital where his wife, Eleanor, was

informed he may not survive the night. She said goodbye.

Jim's memory of his heart attack was his overriding concern of who would help Eleanor look after their two boys.

"Our sons Peter and Jimi were six and eight when Jim had his heart attack," explains Eleanor. "I knew at the time that it would devastate our lives not having a father for the boys."

Thankfully, Jim survived the night and the heart attack. But, he needed to stay healthy for his family. It couldn't happen again.

"When my doctors gave me the option of cardiac rehab, I told them to sign me up," says Jim. "I needed to do everything possible

to prevent another heart attack for me, but mostly for my wife and boys."

His doctor referred him to the Cardiac Rehabilitation and Secondary Prevention Program at Toronto Rehab that has helped him prevent a fatal heart attack.

"I'm so proud of the men my boys have become. It's because of my family that I choose to support Toronto Rehab."

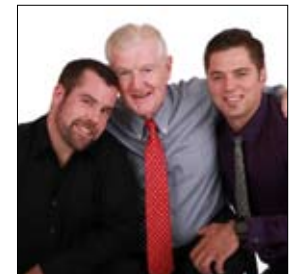


"I always had an active lifestyle, but cardiac rehab changed my diet," explains Jim. "In the world of retail, I worked long hours, seven days a week, which contributed to unhealthy eating habits. Cardiac Rehab challenged me to make smarter decisions and stick with them."

The result: 22 good years and counting.

"Without Toronto Rehab I would have missed time with my family at the cottage, Blue Jays games, Canada's Wonderland, Disney World and so much more," reflects Jim. "I've been given invaluable time with my wife and sons. And, I'm so proud of the men my boys have become."

When Toronto Rehab decided to build an indoor track, Jim co-led the team of fundraisers to make it possible. He is the Chair of On Track to Cardiac Recovery, an annual fundraising event currently in its ninth year that has raised more than \$750,000 for rehabilitation at Toronto Rehab.



"It's because of my family that I choose to support Toronto Rehab," says Jim. "The past 22 years have been an unexpected gift. I decided to say thank you by giving back to Toronto Rehab so that years can be added to others' lives."

The Chestnutt family

Jim Chestnutt, with wife Eleanor
and sons Jimi (L) and Peter (R)



My dad couldn't walk after his injury - thanks to Toronto Rehab he's back on his feet



When 10-year-old Georgia Gardner and her class were told to choose a charity for a school project, Georgia knew immediately her charity would be the

one that helped her dad regain the life he knew and loved.

Georgia was aware of her dad's bad back because there were days when he couldn't ski or go biking with her. But in March 2010, when Georgia was nine, her dad, Stephen, was in so much pain he was admitted to the hospital and had to undergo emergency surgery.

Two discs in Stephen's back had burst and he was losing function in his lower body. When he emerged from surgery, he had spinal cord damage and couldn't walk.

"My doctor admitted me to Toronto Rehab's Lyndhurst Centre because it was the best place to go for people with spinal cord injuries," says Stephen.

Stephen spent two months as an inpatient and six as an outpatient. Working with a team of physiotherapists, occupational therapists, nurses and doctors, Stephen improved his strength, mobility and function, graduating from a wheelchair to a walker, to two canes, to one cane and then after much hard work, Stephen was able to walk without aids.

"You helped my dad do the things that he can do now. Toronto Rehab, you're my hero!"



Now when Georgia takes walks with her dad, he has a slight limp, but it doesn't stop him from being an active family member. Together, they swim, canoe, bike, and play baseball.



"My injury taught me who – and what – is important and a general appreciation for what I have," says Stephen. "My injury has had a huge

impact on my family. Kids grow up fast in such circumstances."

When Georgia selected her favourite charity, Toronto Rehab Foundation was her only choice.

"I chose Toronto Rehab because you guys helped my dad do the things that he can do now," writes Georgia in a letter to Toronto Rehab. "Toronto Rehab, you're my hero! You truly are amazing. I am more than grateful for your work."

Donor support is helping patients like Stephen through personalized treatment programs and ground-breaking research that develop practical solutions to enable independence.

The Gardner family

Stephen Gardner, with wife Erin Winocur,
and daughters Sam (L) and Georgia (R)



New state-of-the-art labs and environments add quality years to life

Motion tracking systems. 3D streetscapes. Snow and ice. Tilting floors. These are just some of the extraordinary features of Toronto Rehab's new, first-of-its-kind research and development facilities – iDAPT – opening in 2011. With more than 65,000 square feet of new and renovated labs, workshops and other research spaces, the \$36-million facilities take rehab research to a whole new level.

A central feature is the huge hydraulic motion simulator, located deep below the hospital's University Centre. One of the most advanced simulators in the world, it rolls, tilts and even has a moveable ice floor.

"We've brought the real world into the lab," says Dr. Geoff Fernie, Director of Rehabilitation Research, "so that researchers can safely and accurately study how older adults and people with disabilities interact with their environment."

The goal: to develop practical solutions that will help people live as fully and independently as possible. Using a large crane, several labs can be lifted on and off the simulator base, providing different 'settings' in which to carry out

studies – such as busy streetscapes, stairs and snowy surfaces.

"This is revolutionary because, until now, scientists have been limited by a lack of research facilities where ideas can be cultivated, tested and applied in the real world," says Dr. Fernie.

There are also newly created or renovated spaces to study sleep, stroke, mobility and biomechanics, to name but a few other areas of investigation. A cutting-edge design studio and workshops provide a unique environment where products, such as assistive devices and rehabilitation robots, can be designed, prototyped, studied and tested with patients.

The iDAPT facilities have been significantly funded by the generosity of the community and corporations who supported the Toronto Rehab Foundation's *Everything Humanly Possible* campaign.



One of the iDAPT research lab environments



Dr. Fernie and his team



Underneath one of the new lab environments

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In 2010/2011 philanthropy supported rehabilitation through capital redevelopment, research, education and the purchase of unique therapeutic equipment, all to advance care and enhance patient outcome.

“Thanks to donor generosity, Toronto Rehab Foundation is in a position to dramatically improve the future of rehabilitation and patients’ lives. Thank you!”

— Tim W. Casgrain, Chair, Foundation Board of Directors

2011 On Track to Cardiac Recovery fundraising event



Our Donors: In support of rehabilitation

We are honoured to thank and recognize the following individuals, corporations, foundations and community groups that have generously supported Toronto Rehab Foundation. Each gift supports facilities, programs and research that help rehabilitation save life – quality of life – and restore independence, confidence and vitality.

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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 April 1, 2011.

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Dr. Angela Colantonio

Saunderson Family Chair in Acquired Brain Injury Research at Toronto Rehab

- International leader in research on women's health outcomes after brain injury
- Research promotes safe and successful return to work for injured workers after brain injury
- Led the first project to create a registry with information on Ontarians living with brain injuries. This data has helped health-care providers in Ontario ensure the right services are provided for those with a brain injury.

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Toronto Rehabilitation Institute Chair in Spinal Cord Injury Research

- Research uses new knowledge in creative ways to enhance recovery from spinal cord injury
- Developed a way to help stroke and spinal cord injury survivors who have lost key functions, like the ability to grasp, reach or walk, and re-teach their brains to perform new tasks using electrostimulation

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Dr. Alex Mihailidis

Barbara G. Stymiest Chair in Rehabilitation Technology Research

- Research uses artificial intelligence, computer visioning and voice-recognition to support older people and those with disabilities in their daily living
- Developed a device that detects if someone has fallen
- Currently creating a system that monitors what – and how often – a person eats and drinks, to guard against dehydration and malnutrition in the elderly

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Dr. Susan Jaglal

Toronto Rehabilitation Institute Chair at the University of Toronto

- Research aims to optimize the health-care system so that people receive the best rehabilitation care in the most efficient and cost-effective way
- Research also identifies gaps in care, including access to rehabilitation services for people with musculoskeletal or neurological conditions
- Part of a Ministry of Health and Long-Term Care research project to examine and make recommendations to deal with the challenging issues of access and wait times for care for people with physical disabilities

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