

Sunnybrook  
Foundation  
Report  
to Donors  
2015

**When a life  
is in our hands,  
your support  
matters most**

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Every day at Sunnybrook I see evidence of life-changing work, whether it's a world-first procedure, the safe delivery of a premature baby or a groundbreaking discovery in one of our laboratories. Our team of experts is committed to inventing the future of health care, today.

This commitment means we are constantly pushing the frontiers of research, developing innovative therapies and putting leading-edge technology to the test. As a result, we are able to provide our patients with new options for diagnosis and treatment that were previously impossible – options that are minimally invasive, more precise, cause fewer side-effects and save more lives.

All of this is possible because of our strong partnership with Sunnybrook Foundation and our community of donors. It is your generosity that supports our hard work and accomplishments, and it is your belief in us that drives us forward. The Foundation's annual report celebrates philanthropy and volunteer leadership, vital engines pushing us to achieve our strategic imperatives. Every accomplishment highlighted in this report is evidence of your dedication to the hospital.

On behalf of the Sunnybrook team – the physicians, surgeons, nurses, researchers, fellows, residents and others – thank you for your continued interest, encouragement and support.

A handwritten signature in blue ink, reading "Barry McLellan".

Barry A. McLellan, MD, FRCPC  
*President and Chief Executive Officer*  
SUNNYBROOK HEALTH SCIENCES CENTRE

When a young woman can  
escape the devastation  
of stroke.

When a baby born months  
too early can defy  
the odds and survive.

When a cancer patient  
can be treated  
without life-crushing  
side-effects.

When everything is on  
the line.

**When we need  
you the most,  
you are there.**



Jon Dellandrea and Perry Dellelce in the E. & G. Odette Foundation Gamma Knife Icon Suite, one of three Cancer Ablation Therapy Program suites whose construction would not be possible without donor support. Behind them are lead bricks that will block radiation.

## Thank You

Great advances rarely happen in isolation. Most often, they are the result of relentless pursuit, unwavering dedication and visionary support.

At Sunnybrook, our experts are bringing to life exciting new innovations that will change the way we treat the most devastating illnesses. But they are not doing it alone. You are helping them make history.

Just a few months ago, Sunnybrook scientists were the first in the world to use focused ultrasound to breach the blood-brain barrier and successfully deliver chemotherapy directly into a patient's brain tumour. Cancer patient Bonny Hall selflessly and bravely volunteered to be the first human to ever have this procedure done, even though she knew it would not improve her own outcome. This groundbreaking therapy was made possible through private funding.

Another case in point: thanks to the E. & G. Odette Foundation, the Odette Cancer Centre will be the first Canadian site to acquire the Gamma Knife Icon. This technology will allow our specialists to provide precision brain radiation treatment with the fewest possible side-effects to a broader group of patients, extending survival and improving quality of life in a way that was not possible just a few years ago.

Momentum is strong as we gain continued support for our new Hurvitz Brain Sciences Centre, a physical home for our uniquely collaborative, life-changing work at the intersection of psychiatry, neurology, neurosurgery and other brain sciences. The Hurvitz Family Foundation

set the pace with a lead gift, and a group of founding donors stepped up to bring the project closer to fruition.

Thanks to the commitment of Soham and Shaila Ajmera, Sunnybrook is also set to create Canada's most advanced centre for prostate care. Here, our experts will employ state-of-the-art diagnostic methods, provide comprehensive treatment and conduct vital research that will influence the lives of men around the world.

We are grateful for your philanthropy and your passion for our work. Sunnybrook Foundation plays a vital role in supporting the hospital to realize its strategic imperatives. As stewards of your investment in Sunnybrook, we hold ourselves to the highest level of accountability. This commitment has earned us top rankings in 2015 from Money Sense magazine. We invite you to view our audited financial statements online at [sunnybrook.ca/foundation/statements](http://sunnybrook.ca/foundation/statements).

The future of health care is in all of our hands. Together, through the generosity of donors and volunteers, the commitment of our scientists and health-care professionals, and the trust of our patients and their families, we are transforming lives. Thank you for your support.

Yours truly,

Perry Dellelce  
Chair,  
Sunnybrook Foundation  
Board of Directors

Dr. Jon S. Dellandrea, C.M.  
President & CEO,  
Sunnybrook Foundation

**“I didn’t know  
what was  
happening,  
but I knew it  
was bad.**

**Because of  
Sunnybrook,  
I’m alive to  
tell my story.”**

---

When Yana Matveyeva suffered from a stroke, doctors at Sunnybrook were in a race against time to save her from permanent brain damage. Only an innovative new treatment made it possible.

**“We knew we  
might have  
to let him go.**

**Sunnybrook  
gave our whole  
family the  
strength to  
pull through.”**

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Born 17 weeks early, Heather Radford's son Gage had to fight for his life. Thanks to hands-on family support and state-of-the-art care at Sunnybrook, he's now home and thriving with his family.

**“Cancer doesn’t  
care how  
many times  
it touches  
your family.**

**But Sunnybrook  
cared when it  
happened to us.”**

---

Three members of Duane Smith’s family have been impacted by cancer. Sunnybrook has played an important role in helping each of them win the fight.



Because disease  
doesn't wait while we  
search for a cure.

And trauma doesn't  
worry how much time  
we have to spare.

Because families are  
hoping for the  
people they love to  
come home soon.

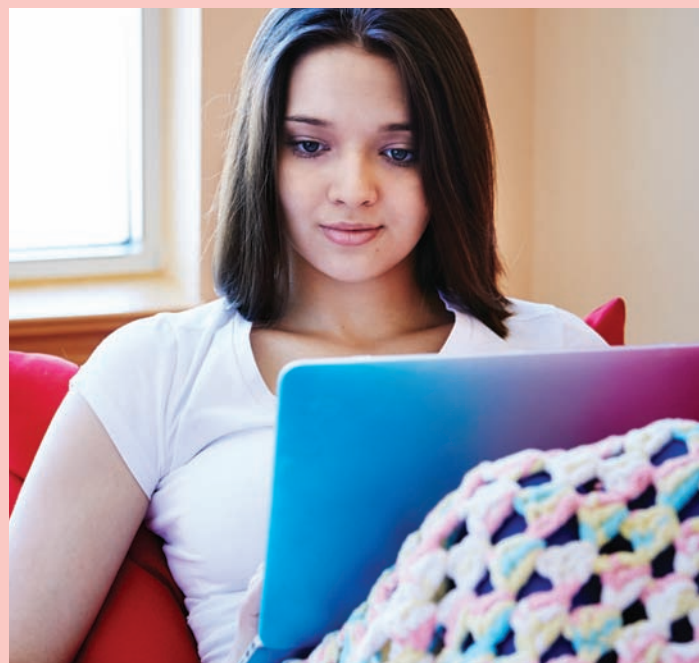
And every new discovery  
that we make today  
holds the promise of  
many more lives  
transformed tomorrow.

**That's why when  
we are counted  
on to save a life,  
we count on you.**





Yana Matveyeva



## A race against the clot

**Yana Matveyeva was terrified. The 20-year-old college student was lying on a gurney surrounded by nurses and doctors. She didn't understand what was happening. One thing was clear to her: she was in trouble.**

A few hours earlier, Yana had returned from grocery shopping and was unloading her bags when she collapsed. Her friend found her on the floor, unable to move or speak, and called 911 immediately.

The ambulance took Yana to Sunnybrook where she was diagnosed with an ischemic stroke caused by a blood clot in the brain. In a time-sensitive health crisis such as Yana's, quick diagnosis and treatment are essential to saving as much brain function as possible.

Doctors immediately gave Yana tissue plasminogen activator (tPA), also known as a clot buster. It didn't work because her clot was too large.

If this had happened six months earlier, Yana might not have survived the stroke or may have ended up with severe brain damage and paralysis. But there was a new, innovative treatment available at Sunnybrook: endovascular treatment, which, in clinical trials, has been shown to reduce the overall mortality rate of stroke patients by 50 per cent. Sunnybrook was one of 22 sites worldwide that participated in the study.

Endovascular treatment is performed by inserting a thin tube into an artery in the groin and feeding it through the body's blood vessels to the clot in the brain. This is done using advanced imaging guidance. The clot is then secured and pulled out, restoring blood flow to the brain before permanent damage occurs.

It was two in the morning when neurosurgeon Dr. Victor Yang, neuroradiologist Dr. Peter Howard and a team of specialists set to work, knowing that they were up against the clock.

Yana faced multiple hurdles.

She couldn't understand what was happening because both her speech and language comprehension were affected by the stroke.

She couldn't be sedated because the doctors couldn't risk the time to insert a breathing tube and this procedure would have increased her blood pressure.

She was petrified and kept moving around, making it difficult for the doctors to thread the tube through her.

The clot had broken in two so the medical team had to find and retrieve not one, but two clots.

At 4:13 a.m., the second clot was removed. The endovascular treatment had been successful.

Yana has almost fully recovered. She is mobile and talking in both English and Russian again. She is grateful that Sunnybrook offered this cutting-edge treatment.

"About a month after I left the hospital, I saw some friends, and they couldn't believe I'd had a stroke. This endovascular treatment is a miracle. To everyone who helped me at Sunnybrook, 'Ya vas lublu,' or as we say in English, 'I love you!'"

## Hearts and minds



Joan and Roy Hintsas

**Theirs is a partnership that is saving lives at Sunnybrook.**

Roy and Joan Hintsas met through Joan's brother, who was a friend of Roy's. They married young and had two daughters. Roy was an executive at a major Canadian construction firm, but in 1975 started a new company, Decoustics, where he and Joan worked side-by-side. Their successful business manufactured custom architectural acoustical products for a global market.

Roy and Joan have always felt it is important to give back to the community, whether through volunteering or philanthropy. For instance, Roy chaired the Etobicoke Olympium's management committee and Joan was a Girl Guides leader. Roy and Joan

credit their parents for instilling the importance of community. Both sets of parents actively supported Canadian soldiers during the Second World War and assisted other community efforts to help those in need.

When Joan and Roy were trying to decide where to direct their philanthropy, they made their decision as they always do: together. Joan read a series of articles in the *Globe and Mail* that highlighted projects at Sunnybrook. She clipped them out, and she and Roy each chose an area to support.

Joan was interested in the MitraClip, a minimally invasive heart procedure that saves the lives of people who may not survive open-heart surgery. The MitraClip is not yet government funded, so Sunnybrook relies on the generosity of donors like the Hintsas to support this treatment.

Roy chose to support the Hurvitz Brain Sciences Program. Since retiring, he has become a facilitator for mindfulness groups, focusing on the connection of mind and body.

Roy, one of the early Torontonians in the field, says he "teaches folks how to reduce stress by being mindful." He was intrigued by Dr. Sandra Black's research investigating early detection and prevention of dementia.

Roy decided to take his commitment to Dr. Black's work one step further and became a participant in the international Anti-Amyloid Treatment in Asymptomatic Alzheimer's Disease study. This clinical trial aims to uncover whether ridding the brain of amyloid plaque can help slow the memory loss associated with its buildup. The Hintsas' teamwork has continued during the study, with Joan filling the official role of study partner.

Theirs is a partnership that is helping both the hearts and minds of Sunnybrook patients.

## Family matters

**Families with a young person suffering from mental illness and/or addiction often feel lost and desperate, unsure how to access the right mental-health services quickly. This was the case with Sara's family. Their story is real, though we have changed her name.**



When Sara was 14, she was sexually assaulted at knifepoint in a Toronto park. She went from being a happy, headstrong, athletic teenager to a sad and defiant adolescent, using marijuana and alcohol to escape. Her parents, who are both physicians, supported her and found a therapist they felt could help.

The next summer, Sara went on a long canoe trip in Quebec. Her parents hoped immersion in the wilderness with friends would help her reboot and recover.

But Sara was more sick than anyone knew.

"We got a phone call from camp," explains her father. "Sara was in a state of horror and desperation, talking about jumping off a cliff. She had to be medically evacuated."

Once home, Sara was having flashbacks to the assault, trembling, and terrified. "She couldn't concentrate on a task – even to make a cup of tea. It felt very unsafe," says her father. Her parents weren't sure what to do. Did she need an inpatient facility? Urgent outpatient care? Who could arrange these things fast?

Luckily Sara's mom had heard of the Family Navigation Project (FNP) at Sunnybrook.

They called, and were assigned to navigator Shira Goldenberg. Shira is one of seven navigators at FNP, an innovative project that, in the two years since it launched, has helped more than 1,000 families connect with appropriate health-care services. Each case is overseen by psychiatrist Dr. Anthony Levitt, medical director

of FNP and chief of the Hurvitz Brain Sciences Program at Sunnybrook. FNP is fully funded through the RBC Race for the Kids and private donors.

Within a day, Shira helped Sara access an adolescent psychiatrist, who referred Sara to a substance therapist and a post-traumatic stress disorder specialist. Shira called Sara's parents almost daily. When Sara's condition worsened, she helped arrange for residential treatment.

"To have a team of people giving us options, to have a daily check-in, meant more than you could possibly imagine," says Sara's father. "We are both physicians, yet we were powerless, lost and frightened. FNP is an amazing program. It alters the course of young lives, which in turn alters the fate of their families. We are so grateful."

## Mental fortitude

Harry and Shirley Young are among a group of visionary, founding donors who have each stepped forward to invest \$1 million in the Hurvitz Brain Sciences Centre at Sunnybrook.



Harry and Shirley Young

This state-of-the-art facility, to be entirely funded by private donations, will be a hub for multi-disciplinary care, research and teaching in a wide range of brain disorders.

“We are very excited to be contributing to a new era,” says Shirley. “This new centre will be more comfortable for patients and will bring together doctors and scientists who can change lives.”

Through the Harry and Shirley Young Charitable Foundation, the family has tirelessly supported improved health-care conditions, particularly for those with psychiatric illness. In the past, those with mental illness were often subjected to shoddy facilities, poor treatment, misconceptions about their illness, and contempt.

“There has been a tremendous change from how things were 30 years ago,”

says Harry. “We are ecstatic at the progress that has been made,” adds Shirley. “The stigma of mental illness has to be erased.”

The Youngs, who are retired now, were entrepreneurs. They owned a company called Tape Specialties. With the help of a chemical engineer, they invented the first version of what every household needed – green masking tape with a water-based adhesive, perfect for painting edges.

Their business insight is now echoed in their philosophy of philanthropy. “Pressure-sensitive tape wasn’t glamorous, but it was something people needed,” says Harry. “Raising money for mental health is the same. It’s not glamorous, but it is necessary.”

The Hurvitz Brain Sciences Centre will be the new home of Sunnybrook’s Hurvitz Brain Sciences Program. The

program is unique in Canada because it addresses mental illness alongside other brain disorders such as dementia, ALS, and stroke; it embeds cutting-edge research in clinical care decisions; and it focuses on all age groups, from adolescence to the elderly.

“By creating this first-of-its-kind centre, we will accelerate the discovery of treatments that can stop and even reverse the devastation of brain disorders, which are fast becoming society’s greatest health threats,” says Dr. Anthony Levitt, chief of the Hurvitz Brain Sciences Program.

Thanks to donors like Harry and Shirley Young, patients with brain disorders will receive leading-edge care in modern surroundings.

## In a healthy place

When she was in grade 9, multiple sports injuries forced Miranda to give up competitive figure skating and all that goes with it, including skating friends and an exciting schedule of competitions. She felt a sadness that lingered and, over time, became worse. It was compounded by severe joint pain from juvenile rheumatoid arthritis.



Miranda (we’ve changed her name to respect her privacy) sought help for depression. What confounded her family and even two psychiatrists was that she also had periods where she seemed happy, bubbly and full of innovative ideas.

By the time Miranda was referred to Dr. Ben Goldstein, director of Sunnybrook’s Centre for Youth Bipolar Disorder, she had been ill for almost four years. The diagnosis of bipolar disorder, though somewhat scary, was a big relief.

“I finally felt that it all made sense, and that I fit into this exact diagnosis,” says Miranda.

The Centre for Youth Bipolar Disorder, created in 2009 with significant investment from donors, is the country’s largest sub-specialty clinic and

research program for adolescent bipolar disorder. Under the leadership of Dr. Goldstein, the centre provides gold-standard clinical care, conducts cutting-edge research and takes a leadership role in education and translating knowledge to practice.

The centre is also changing the way the world thinks about bipolar disorder – toward framing it as a physical illness. Case in point: in 2015, Dr. Goldstein was the lead author on a scientific statement that drew international attention to the significance of the link between youth bipolar disorder and cardiovascular disease.

Given this heart-brain connection, an important part of Miranda’s treatment is to exercise and maintain a healthy lifestyle. She regularly does hot yoga

and elliptical training, as well as sleeping well, avoiding alcohol and taking her medication. As a full-time student in university, this requires dedication and commitment. Miranda finally feels well again.

Now 21, she is studying to be a teacher. “I want to be an excellent educator. And I hope that my challenges in overcoming loss, health issues and bipolar disorder help me in recognizing silent suffering in others so I can assist them in getting the care they need.”



Heather and Gage Radford

## Survival guides

**In January 2015, not much more than halfway through her pregnancy (at 22 weeks and five days), Heather Radford's water broke. Two days later, she was transferred from her local hospital to Sunnybrook, where she gave birth to her son Gage.**

Heather knew that for babies born 17 weeks early, survival is not a foregone conclusion.

"Many times we had to prepare for the worst – that he might not get through this," says Heather. "We knew we might have to let him go."

Fortunately, Gage, who weighed only 1 lb 6 oz. at birth, did pull through, thanks to hands-on family support and state-of-the-art care in Sunnybrook's Newton Glassman Charitable Foundation Neonatal Intensive Care Unit (NICU). Four months later, the day before his due date, he went home to his mother, father and two four-year-old half siblings in Clarington, Ont.

An element of care that is foundational to treatment in Sunnybrook's NICU is feeding with breast milk, using either the mother's own milk or donor milk that is stored in a highly sophisticated milk bank in the hospital.

"Breast milk is critical for infants, particularly at-risk preemies, because it contains antibodies that help fight disease, prevent infection and promote brain development," says Jo Watson, PhD, a nurse practitioner and operations director for the Women & Babies Program.

Heather credits Gage's survival and growth to this practice. "He has done

so well health-wise and I attribute a lot of that to breast milk and the breastfeeding support I received at Sunnybrook," says Heather.

In 2015, Sunnybrook formalized its commitment to breastfeeding by establishing Canada's first Breastfeeding Centre of Excellence. "Already, Sunnybrook's rate of exclusive breastfeeding upon discharge from the NICU is twice the national average, and we are dedicated to establishing, improving and sharing best practices," says Jo, leader of the new centre.

The Breastfeeding Centre of Excellence offers education and research fellowships that promote and support breastfeeding at Sunnybrook and beyond.

For Heather, it took a great deal of commitment to breastfeed Gage. "From the moment he was born, I pumped about 10 times a day, which is very time-consuming. The breastfeeding staff at Sunnybrook were very encouraging. They checked up on me and gave me strategies to make it easier."

Heather is grateful to Sunnybrook for Gage's survival. "If it wasn't for Sunnybrook, he wouldn't be here today."



Dr. Andrew Loblaw and Duane Smith

## Relative strength

Duane Smith and his parents Ed and Barbara are either lucky or unlucky, depending on one's perspective. They believe the former.

All three have been successfully treated for cancer at Sunnybrook – Duane and Ed for prostate cancer, and Barbara for breast cancer.

“The care has been brilliant,” says Duane, 46, who received radiation and hormone therapy in 2011 under the direction of radiation oncologist Dr. Andrew Loblaw. It was Duane’s second bout with prostate cancer. His prostate gland was surgically removed at another hospital in 2009.

Barbara, 73, and Ed, 77, are also impressed by the treatment they received through the Odette Cancer Program. “I knew I was going to get excellent care. I felt safe, in lots of ways,” says Barbara, who also had to contend with a recurrent cancer.

Fortunately for Duane, a husband and father of two, his cancer remained confined to his prostate region. Dr. Loblaw treated it with 37 radiation sessions over eight weeks, followed by six months of hormone therapy to temporarily eliminate Duane’s production of testosterone, a hormone essential to the growth of prostate cancer cells.

Treatment was difficult, but Duane was ultimately able to return to his active lifestyle, including competitive hockey, triathlon training, golfing and coaching his kids’ hockey teams.

The Smiths, however, weren’t out of the woods. Ed was diagnosed with prostate cancer in 2014, prompting

Duane to contact Dr. Loblaw to see if he would review his dad’s file.

Rather than receive standard radiation therapy in Kingston (closer to their Trenton home), Ed chose to come to Sunnybrook to be treated by Dr. Loblaw with a novel radiation therapy called stereotactic body radiotherapy. Thanks to the therapy’s power and precision, Ed required only five sessions. “I would recommend it to anybody. I had no side-effects,” Ed says.

Just when the family thought it was done with cancer, Barbara learned in the fall of 2014 that her breast cancer had returned, 11 years after undergoing a lumpectomy and radiation for a small tumour in her left breast.

Dr. Loblaw again played an important role in the family’s care, connecting Barbara to experts within Sunnybrook’s Louise Temerty Breast Cancer Centre. They were able to conserve her breast by performing a lumpectomy and using radiation therapy. Barbara is also undergoing genetic testing at Sunnybrook that may provide some clues as to the prevalence of cancer in her family.

Through the delivery of advanced, personalized care, Sunnybrook saved a family and made their journey a little easier. For their part, the Smiths are enjoying life and feeling that, just maybe, luck is on their side.

## Landmark precision

Nelson Pau, 77, hasn't allowed two battles with cancer to slow him down too much.

"I'm now busy being happy," says Nelson, who, as a husband and father of two, a grandfather of four and a man with no shortage of hobbies, has plenty to keep him busy.

The retired architect is thankful that a leading-edge radiation treatment he received at the Odette Cancer Centre both vanquished his metastatic kidney cancer and had a relatively small impact on his ability to do the things he loves, such as badminton, golf, tai chi and photography.

"It was perfect," Nelson says of the treatment, known as stereotactic body radiotherapy (SBRT). He underwent five SBRT sessions in July 2012, each time receiving a powerful and highly targeted dose of radiation to destroy a tumour that had virtually swallowed his bottom-right rib. The treatment took place five years after Nelson's cancerous right kidney had been removed through minimally invasive surgery at another hospital.

Only a handful of Ontario hospitals offer SBRT, and Sunnybrook's use of the treatment on Nelson's metastatic kidney cancer is even more unique. Typically, patients would have



Dr. Patrick Cheung and Nelson Pau

chemotherapy drugs pumped through their veins, which can cause nausea, hair loss, fatigue and other side-effects.

For Nelson, SBRT produced just a few complications, such as temporary pain at the tumour site and the development of a fibrosis, or lump, where the tumour used to be. However, he's thrilled the treatment was so effective that he didn't have to undergo chemotherapy. "I've had friends who have gone through chemo, and you feel half-alive during the process," Nelson says.

Stereotactic body radiotherapy is part of the Odette Cancer Centre's Cancer Ablation Therapy Program, which harnesses a range of precision therapies to treat tumours without invasive surgery. Through the program, Sunnybrook is building a suite that will house Canada's only magnetic resonance imaging (MRI)-guided radiation machine.

Known as an MR-Linac, the machine combines simultaneous delivery of radiation with MRI, so that doctors can target tumours with unprecedented accuracy and immediately see how the tumour is responding to radiation. The technology promises to make SBRT even more precise and effective, which is good news for patients like Nelson.

"I'm very happy with the choice we made. Thanks to my oncologist Dr. Patrick Cheung and this new way of doing radiation [SBRT], my wife and I didn't have to compromise anything in our lives."

Nelson Pau

## Cutting-edge care

For decades, the E. & G. Odette Foundation has been one of Sunnybrook's most steadfast supporters, known not just for investing in the Odette Cancer Program, but in initiatives across the hospital.

Established by the late Edmond and Gloria Odette and now led by their children, the foundation continues to provide support that is changing the way health care is delivered.

The most recent example is the foundation's generous investment in the Gamma Knife Icon, a leading-edge brain radiation technology, and the Family Navigation Project, a unique program that navigates families through the complex mental health-care system to connect them with specialized care.

For people with brain tumours, whole-brain radiation can take a toll on the quality of their lives by causing memory loss and other cognitive difficulties. The Icon will offer patients a targeted therapy that drastically reduces such side-effects.

The Icon destroys tumours by directing hundreds of gamma radiation beams toward a single target in the brain, with pinpoint precision. It means we can avoid bombarding the entire brain with radiation to treat inoperable brain tumours.



Curtis Odette, Andrea Odette Federer, Edmond Odette Jr. and Anne Odette Kaye

A \$2.5-million donation by the foundation has allowed Sunnybrook to be the first in Canada to purchase an Icon and to build the E. & G. Odette Foundation Gamma Knife Icon Suite, the specialized space within the Odette Cancer Centre that will house the machine. Construction is expected to be complete this year.

"Philanthropy is vital to the Odette Cancer Centre's ability to spearhead innovation that saves lives," says Anne Odette Kaye. "The Odette family is very proud to support this project."

The Icon is one of three priority initiatives within Sunnybrook's Cancer Ablation Therapy Program, which is at the forefront of providing patients ultra-precise, image-guided cancer treatments. Each initiative involves construction of high-tech treatment spaces within the Odette Cancer Centre.

Meanwhile, the Family Navigation Project helps young people who are suffering from mental illness and/or

addiction, and their families, find their way through the mental health-care system to access the right resources, when they need them.

It has navigated more than 1,000 families since launching in November 2013. A \$1-million investment in the project by the E. & G. Odette Foundation will help grow the project to meet increasing demand within the Greater Toronto Area and ultimately create a fully formed model of navigation that can be shared across Ontario.

"Our parents wanted to make a difference in the lives of patients, and it's important to us to continue that tradition," says Andrea Odette Federer.

Dr. Calvin Law, chief of the Odette Cancer Program, says the Odettes' impact on Sunnybrook cannot be overstated. "Their generosity has aided patients throughout the hospital, and certainly the Odette name has become synonymous with cutting-edge cancer care," he says.



Dale Roberts

## Double- visionary

**Dale Roberts was frustrated that he could no longer shovel snow or mow grass at his North Bay home. Constantly out of breath, the independent senior lacked the energy even to attend his granddaughters' hockey games.**

Now 79, Dale made Canadian history at Sunnybrook last year by having two heart valve problems treated with separate, minimally invasive procedures at the same time. Weeks later, his nine- and 12-year-old granddaughters were delighted to spot a cheering Grandpa in the stands at their games.

Dale's exhaustion was related to a combination of serious heart valve problems. His Schulich Heart Centre team of surgeons and cardiologists, led by Dr. Eric Cohen, recommended a MitraClip procedure to treat his leaking mitral valve and a transcatheter aortic valve implantation (TAVI) for his failing aortic valve.

When Dr. Cohen told Dale he would undergo TAVI and MitraClip procedures a month apart, Dale demurred. He said, "I'm coming 220 miles. Let's do it all at once."

Sunnybrook pioneered these minimally invasive procedures for patients too sick or unsuitable for open-heart surgery. Both involve using real-time imaging to thread a device to the heart valve by catheter through small incisions. Patients leave hospital sooner and recover much more quickly than when having open-heart surgery.

The government now funds Sunnybrook's busy TAVI program

but is not yet covering the cost of the MitraClip device, meaning patients who need this procedure continue to rely entirely on donor generosity.

While our heart team has saved hundreds of lives with TAVI and MitraClip in the last few years, Dale is the first patient to have both at once. "With Dale, it was the right thing to do for him," says Dr. Sam Radhakrishnan, director of the cardiac catheterization labs at Sunnybrook and one of Dale's physicians. "It does have to be individualized but I believe there will be more patients who could potentially have the procedures at the same time."

Dale is overjoyed at the results. "I'm feeling great now," he says. His son, Dan, marvels at the difference in his father. "It's a huge transformation. Before Dad couldn't walk up more than a few stairs without having to stop and take a break. Now he's got his old self back. My daughters are thrilled to see him at their games."

While Dale still relied on his neighbour's snow blower to clear any major snowfalls from his driveway this winter, he was delighted to shovel the lighter dustings himself.

## Love's promise



Dr. Shaheeda Ahmed and Israel Gewertz

By making a generous gift to the Schulich Heart Centre, Israel Gewertz is fulfilling his beloved late wife Malca's wish that he "do good" and "make a difference" with their life savings.

To hear Israel speak fondly of his wife is to begin to understand the couple's lifelong love story. Both grew up in environments of extreme poverty, Israel in Poland and Malca in Moldova (now Romania). Their families met at the beginning of the Second World War and reconnected in Kazakhstan in 1945. Malca's father was working in a factory and recognized Israel, who was driving a truck. He invited the young

man to dinner to meet his now grown daughters.

A year later, Israel and Malca were married. They moved to Canada in 1958 with their two young children. While Malca tended to the home, Israel worked long hours, making a successful living as a businessman and investor, buying and selling businesses and properties.

Israel speaks devotedly about his wife's beauty, kindness and generosity. Before she passed away at age 83, Malca urged him to find a way to help others with their savings. When Israel experienced heart problems and was treated with warmth and caring by Sunnybrook cardiologist Dr. Shaheeda Ahmed, he was convinced he had found the right source for their donation.

Israel credits Dr. Ahmed with saving his life, after he had a heart attack at age 91 and was rushed to Sunnybrook. "The way she treated me, and the way she treated everyone, was excellent. I was in and out in three days – she saved my life."

Knowing Malca would approve, Israel, now 96, determined he would fulfill her wish by supporting the work of Dr. Ahmed and her colleagues in the Schulich Heart Program, both during his lifetime and in his estate. Israel's investment will enhance the vital diagnostic testing that takes place in Sunnybrook's Echocardiography Laboratory. An echocardiogram, (or echo) is a non-invasive test using ultrasound to assess cardiac disease and provide important information about the heart.

"Echo is the cornerstone of so much of what the hospital does," Dr. Ahmed says, noting that Sunnybrook performs more than 11,000 echos each year.

Israel's gift provided bridge funding to purchase two new echo machines to replace outdated equipment. His investment is also supporting education in the lab, ensuring staff are trained in the most advanced imaging techniques. Finally, his generosity is funding a combined echo and advanced cardiac imaging fellowship that is unique to Sunnybrook.

With fellows coming from around the world to train in the Schulich Heart Program, the generosity of Malca and Israel will benefit countless patients, not only at Sunnybrook but far beyond our walls.

## A new outlook

Physically, Bernard Davis didn't feel any different after having had a Watchman device implanted in his heart at Sunnybrook – but psychologically, he felt a whole lot better, knowing his risk of stroke due to blood clots had been cut by two-thirds.



Bernard Davis with his wife Hilary

"I'm a 70-year-old man," he says. "It's marvellous that I can look forward to healthy years ahead."

Retired from careers in export sales, international shipping and finally teaching, the trilingual Bernard enjoys amateur handyman work and traveling through Europe and South America with his wife, Hilary. "Now I can travel more confidently," he says.

Bernard has atrial fibrillation, a condition involving an irregular heart rhythm. People with this type of arrhythmia have a risk of stroke three to five times higher than those without it. Clots commonly form in their left atrial appendage, a small pouch on the left side of the heart. These clots can move to the brain and cause a stroke.

Blood thinners are typically recom-

mended to reduce the risk of clots forming but not everyone is a suitable candidate, especially those at risk of bleeding. In Bernard's case, he had fallen on ice several years earlier and had bleeding in his brain.

For these patients Sunnybrook is offering a new, non-drug treatment that is funded entirely by donors. The procedure involves feeding a small device, the Watchman, by catheter from the groin to the heart to close off the left atrial appendage and prevent clots escaping.

"For patients with atrial fibrillation, this procedure reduces their risk of stroke to the same as if they were on blood thinners," explains Dr. Sheldon Singh, a cardiologist and cardiac electro-physiologist in Sunnybrook's Schulich Heart Centre.

In November 2015, Bernard became the first Toronto-area patient to have a Watchman device implanted. The procedure is not yet government funded in Canada and is available only through Health Canada's special access program. Sunnybrook donors cover the entire cost of each procedure.

Dr. Singh wants to spread the word to both physicians and patients with atrial fibrillation that, thanks to donor generosity, this life-saving option is now available for patients like Bernard who can't take blood thinners.

Meanwhile, Bernard and Hilary can begin planning their next trip. "We're very appreciative that Dr. Singh was proactive," says Hilary. "He's greatly helped Bernie's quality of life."





Bonny Hall

## Selfless courage

**A week before 57-year-old Bonny Hall and her Sunnybrook doctors were set to make medical history, she was – understandably so – a bit on edge.**

“Nervous. Anxious. Excited, because someone has to go first,” reported Bonny, who was about to become the first person to have her blood-brain barrier (BBB) breached in a non-invasive way, so that chemotherapy drugs could reach her brain tumour.

In November 2015, Bonny was the first participant in a groundbreaking clinical research trial at Sunnybrook that is testing the ability of focused ultrasound to temporarily open the BBB and allow medication to reach targeted areas. Everyone has a barrier that lines their brain’s blood vessels and restricts the passage of substances from the bloodstream into the brain. It does this to protect the brain from disease and toxins.

“Some of the most exciting therapeutics for the treatment of malignant brain tumours cannot reach the tumour cells because of the barrier,” says Dr. Todd Mainprize, lead neurosurgeon in Sunnybrook’s Hurvitz Brain Sciences Program and principal investigator of the trial that will enrol as many as 10 patients. “This technique will open up new opportunities to deliver potentially much more effective treatments.”

Dr. Mainprize’s team successfully bypassed Bonny’s BBB by using a helmet-like focused ultrasound device, guided by real-time magnetic resonance imaging, to direct waves of

ultrasound energy toward the blood vessels near her tumour. The focused ultrasound waves caused microscopic bubbles, previously injected into Bonny’s bloodstream, to vibrate and loosen the tight junctions of the cells that comprise the BBB. This allowed a chemotherapy drug – also infused intravenously – to flow through the barrier and reach Bonny’s tumour.

“This isn’t just about a brain tumour,” Bonny says, noting the procedure also has the potential to revolutionize treatment of dementias like Alzheimer’s disease and some mental illnesses.

Bonny’s participation in the trial was a truly selfless act, as she won’t derive any direct benefit from it. The trial’s primary aims are to test the therapy’s safety and preliminary efficacy – a critical step before conducting larger studies with more patients. Following the procedure, Dr. Mainprize removed portions of Bonny’s tumour through traditional neurosurgery, just as he will do for other trial participants.

What Bonny wants most now is a sense of normalcy. “I just want to be a normal mom, a normal grandma... just a normal wife.”

However, her contribution to medical science guarantees she will always be regarded as extraordinary.

## Breaking new barriers

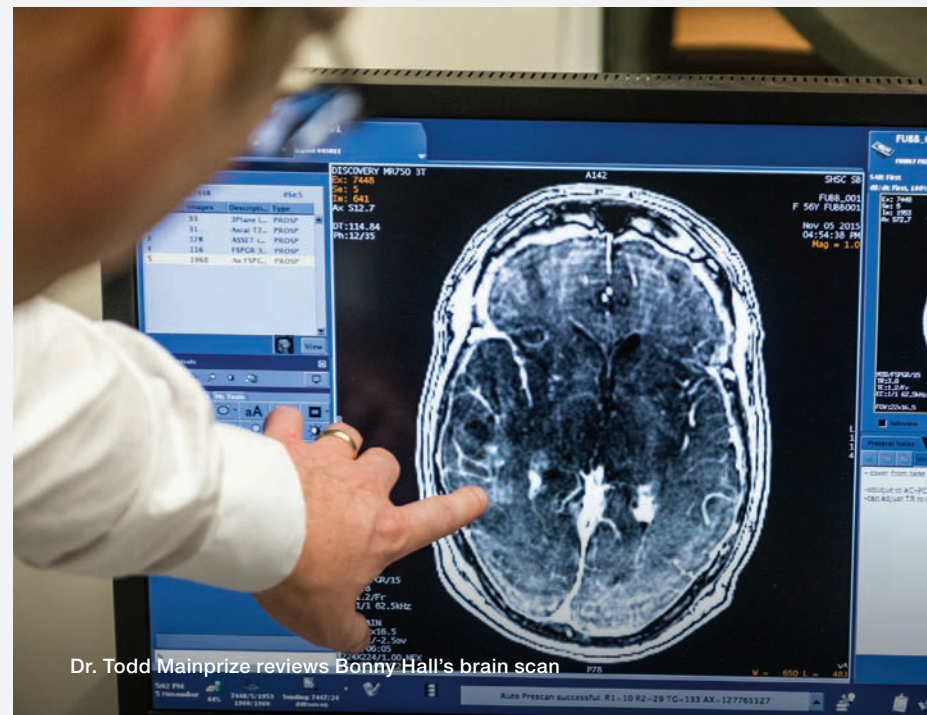
In 2011, the Board of Governors of J. Armand Bombardier Foundation had a funding decision on their hands: whether or not to make a donation toward a new technology at Sunnybrook that researchers hoped could transform the treatment of brain tumours, dementias like Alzheimer's disease and some mental illnesses.

"It fit with what we wanted to do as a foundation," remembers Ode Belzile, the organization's director of philanthropic activities. "The technology they were presenting was so innovative, and we could see real possibilities really quickly. That kind of opportunity we can't miss."

Fast-forward five years and Ode says the impact of the foundation's \$500,000 donation has surpassed even their greatest expectations.

Their gift helped to make possible a novel solution to an age-old medical problem – how to get effective therapies past the blood-brain barrier (BBB), the protective layer of tightly packed cells lining the brain's blood vessels.

Kullervo Hynynen, PhD, director of physical sciences at Sunnybrook Research Institute, worked with industry partner Insightec for almost



Dr. Todd Mainprize reviews Bonny Hall's brain scan

two decades to develop a focused ultrasound helmet, first used at high-intensity levels to target, heat and destroy diseased cells. With the J. Armand Bombardier Foundation's support, the helmet was equipped with a specialized dual transducer to emit low-intensity focused ultrasound waves used to target blood vessels in the BBB.

In November 2015, Sunnybrook lead neurosurgeon Dr. Todd Mainprize and his team, including Kullervo, made history when they used the helmet to breach the blood-brain barrier and deliver chemotherapy to Bonny Hall's brain tumour.

"Our entire board was about as excited about this as Sunnybrook's own researchers," says Ode, who shared the news by email with the foundation's extended network and on its Facebook page. More recently, the donation was featured in the foundation's special Valentine's Day message underlining partnerships that held a special place in the foundation's heart in the last year.

"The success of the case is gratifying," agrees Kullervo. "My hope now is that many patients will eventually benefit from it."

Not only beneficial for the treatment of brain tumours, Sunnybrook's focused ultrasound research shows promise for delivering medications past the BBB to treat patients with Alzheimer's disease and some psychiatric conditions. In laboratory tests, Kullervo and Isabelle Aubert, PhD, have already used the technology to assist in reducing protein clumps in the brain that are thought to cause dementia, and to spur the growth of new brain cells.

The possibilities continue to amaze the foundation's staff and board members, who say their first donation to Sunnybrook is reaping unimaginable rewards.

"This really is the perfect project with the perfect partner," says Ode.

## Hearing aide

Hearing loss and imbalance are two inner ear-related problems affecting a growing number of Canadians and their families, with as many as three million Canadians suffering from a hearing disability.

Reducing this burden was a driving motivation behind Sonja and Michael Koerner's decision to establish a unique hearing regeneration laboratory at Sunnybrook Research Institute.

"We understand the need to advance research so that people don't suffer," says Michael, a pioneering Canadian venture capitalist. "We're serious about seeing how we can push the science forward."

Accelerating medical discovery is precisely what the Sonja N. Koerner Hearing Regeneration Laboratory is doing. As Canada's only research lab in hearing regeneration, it has become the most important initiative in inner-ear research in the country.

Led by research director Alain Dabdoub, PhD, the lab is striving to uncover how to regenerate hair cells of the inner ear in humans. They are essential for hearing and help convert acoustic energy into electrical signals that travel through the auditory nerve to the brain, where sound is interpreted.



Michael and Sonja Koerner

Studies have shown non-mammals, such as birds and fish, can regenerate lost hair cells.

Alain's team, including clinician-scientist Dr. Vincent Lin, is making considerable progress in determining what happens inside the ear as we develop and age, and how drugs and gene therapy could be used to reverse hearing loss. The lab's success and its plans for the future recently prompted the Koerners to make a second generous investment.

Sonja knows all too well the toll that an inner-ear condition can take. She lost her balance a few years ago due to a viral infection in her left inner ear. "I couldn't walk in a straight line," Sonja says, adding that the care of Sunnybrook's otolaryngology team proved "most helpful."

The Koerners' support for the lab is characteristic of the philanthropic generosity they have demonstrated toward Sunnybrook and the broader community for decades. Sonja joined

Sunnybrook's board of trustees in 1988 and served until 2002, when she retired as vice-chair. Sonja and Michael have also served in various capacities with Sunnybrook Foundation and are members of its Governing Council.

The Koerner Foundation is also recognized for its support of the Art Gallery of Ontario, the Royal Conservatory of Music and the Museum of Anthropology at the University of British Columbia, but its mandate to support excellence goes beyond the arts.

"When I wrote the purposes of the foundation, one was to alleviate suffering," Michael says. "That's exactly what our support for the Koerner lab is about. It's tough to lose your hearing or your balance, and we felt there must be some sort of solution."



Kerry Delaney and Stacie Mendel

## Step by step

**The stairs were the beginning of Kerry's journey.**

On June 26, Kerry Delaney, an active, independent woman in her 60s, was housesitting. She got up in the middle of the night to use the washroom but missed a step, tumbling down 21 stairs.

For over 12 hours, Kerry lay at the bottom of those stairs, unable to move. Both her wrist and femur were shattered. She knew she had a friend coming over at the end of the day, so Kerry waited in pain for her to arrive.

The ambulance took Kerry to a community hospital and once X-rays were completed, she was sent to Sunnybrook where she underwent two operations. In the first, Dr. Veronica Wadey cleaned the open femur fracture, removing the small pieces of bone that could later lead to infection. She then stabilized Kerry's leg with an external frame and fixed her badly broken wrist with a plate and screws. Later, Dr. Richard Jenkinson operated on Kerry's leg to clean the bone, and repair the torn tendons, broken knee joint and femur bone.

Kerry spent three weeks in acute care at Sunnybrook. "They took such good care of me. I cried when I left."

Then the hard work began. Kerry spent six weeks as an inpatient and 13 weeks as an outpatient at Sunnybrook's St. John's Rehab. Her physio and occupational therapy teams challenged and encouraged her with exercises which Kerry accomplished with dogged determination.

She worked to strengthen her wrist so she could brush her teeth and feed herself. She practised walking using an underwater treadmill. Eventually, she could raise her leg three inches so she could step into the shower.

But her biggest hurdle was both physical and emotional: climbing and descending stairs. Stacie, one of her physiotherapists, took her to a practice staircase at St. John's Rehab: three stairs up, a landing, and three stairs down. Kerry shook with fear as she held the railing tightly with one hand and her crutch with the other. Stacie stood beside her throughout, coaching her through the process.

"Going up wasn't as bad as going down. It was so scary, but when I came down that last stair, I felt liberated. Exhausted, but liberated!"



Ana Seara and Jack Ford

## Bringing history to life

**Jack Ford, age 94, has found his calling - again. And he's become something of a national treasure in the process.**

When Jack first came to live at Sunnybrook Veterans Centre five years ago, he was very sad. He missed his beloved wife Joan, who has Alzheimer's disease and is living in a nursing home.

Jack's life brightened when he visited the Sunnybrook Veterans Portrait and Photography Studio. He met Ana Seara, the photo therapist there, and told her he had been a war-time photographer in the RCAF back when he was 20. He said he kept an old box of black and white photos under his bed.

Ana suggested they enlarge one of his photos from that box. The photo studio has a state-of-the-art computer and printer, thanks to private donations to the Sunnybrook Veterans Comfort Fund, which is used to purchase items that will improve quality of life for the veterans.

Thus began a project to admire, discuss, scan, enlarge, frame and display Jack's remarkable bonanza of photographs taken in Europe during the Second World War. "I was absolutely shocked when I saw how clear the pictures were when we blew them up," says Jack, who is now nearly blind. "I knew I'd gone to heaven."

Among Jack's collection of poignant and historically important photos are reconnaissance shots of enemy targets taken from RCAF Spitfires; shots of bombed-out towns; and shots of Canadian troops serving Christmas dinner in 1945 to delighted Dutch children.

Some of his most iconic pictures were taken one day in 1944 when three small planes landed on the airfield in France where Jack was posted. Out of one plane stepped King George VI and from another Field Marshall Bernard Montgomery.

Jack is still exuberant with excitement when he remembers the inhabitant of the third plane. "I grabbed a camera and ran out onto the airstrip. I shouted 'Holy Shit, it's Churchill!' and took this," he says, holding up a portrait of the sly-smiling British prime minister.

Jack's extraordinary collection has been in several shows and he and Ana are working on a book. "I have been given a new lease on life. I enjoy it. I've had fun," he says.



## Critical caring



Pyarali and Gulshan Nanji

When Gulshan and Pyarali Nanji fled persecution in Uganda in 1972, they and their four children were welcomed to Canada. The couple pledged to one another that if they became successful, they would give back to the country that had provided them with a safe refuge. The Nanjis have made good on their promise.

Respected and admired within and beyond their Ismaili community, the Nanji family's legacy of philanthropy is remarkable. They have donated millions of dollars to causes that are close to their hearts. Sunnybrook is one of the fortunate recipients.

Mr. Nanji is president and C.E.O. of Belle-Pak Packing Inc., one of Canada's Top 50 best managed companies. He has also been recognized as one of Canada's top 25 immigrants, awarded the male entrepreneur award by the Indo-Canada Chamber of Commerce

and the Ontario Gerontology Association's Positive Aging Award.

"The health-care system is accessible to everyone in Canada and it's important for everyone who has benefited to give back," says Mr. Nanji. "My wife and I continue to support Sunnybrook because we know our donations are helping lives beyond the doors of the hospital."

The Nanji family made their first gift to Sunnybrook in 2004, investing in the development of the department of psychiatry and bringing awareness to an area of health care that was rarely publicly discussed at that time.

Since then, the family has continued to generously support Sunnybrook, beginning with the expansion and renovation of the emergency department and creation of the Nanji Emergency Response Centre, which

**"My wife and I continue to support Sunnybrook because we know our donations are helping lives beyond the doors of the hospital."**

**Pyarali Nanji**

serves patients with acute needs and provides dedicated space for emergency psychiatric patients.

They next invested in two critical areas: the Nanji Ambulatory Centre, which occupies 10,000 square feet and is the location of many of Sunnybrook's outpatient clinics, and the four-floor expansion of Sunnybrook's main wing.

When Sunnybrook needed to replace and upgrade its diagnostic MRI scanners in 2015, the Nanji family responded enthusiastically, contributing significant funding to enable the completion of the project that will bring patients the most advanced technology available. MRI plays an essential and growing role in Sunnybrook's medical imaging department, providing leading-edge diagnostic and treatment support across the hospital. Once installation is completed in 2017, Sunnybrook will have four new state-of-the-art units.

The generosity of the Nanji family is a testament to their belief in accessible health care and their love of their adopted country. The impact of their giving at Sunnybrook is felt every day by the staff and patients who benefit from the spaces, equipment and research that they have funded.

## Upwardly mobile

**Aniheeta Cooper's knee had become so deformed that playing with her grandchildren was out of the question. Months after surgery at Sunnybrook, however, she's babysitting them three days a week.**

Aniheeta fell and damaged her knee when she was 15 years old. For the next 45 years, it was never quite right, despite a couple of knee surgeries to correct recurrent dislocations. Over time she developed arthritis in her knee and then a hip problem. As her mobility worsened, the mother of three sons and grandmother of five had to drop her busy Tupperware business.

"It was going from bad to worse," Aniheeta says. "The doctors told me I could end up in a wheelchair."

Far from that dismal outcome, Aniheeta has regained full mobility and says, for the first time since coming to Canada 38 years ago, the winter cold does not make her knee ache. The solution to her longstanding misery was a combined tibial osteotomy and a total knee replacement, performed by surgeons Dr. John Cameron and Dr. Sebastian Tomescu at Sunnybrook's Holland Orthopaedic and Arthritic Centre.

A specialist in complex knee problems, Dr. Cameron is globally renowned for



Aniheeta Cooper

performing these procedures together. This combination is rarely performed except at Sunnybrook, says Dr. Tomescu, who is taking over the complex knee practice as Dr. Cameron prepares to retire.

An osteotomy involves cutting and realigning the bone to correct a misalignment, explains Dr. Tomescu, a recent recipient of a Susanne and William Holland Surgeon Scientist Award. "We straighten the leg so the hip, the knee and the foot all point straight forward."

Patients who are severely bow-legged or knock-kneed from birth or due to injury will benefit from an osteotomy alone if they are still relatively young. But if their misalignment is uncorrected for many years, they can overload part of the knee and eventually develop arthritis. A knee replacement eliminates arthritis and can compensate for a certain degree of misalignment –

but in severe cases, the alignment cannot be fully corrected without an osteotomy. This is a key reason why some people are disappointed with results of their knee replacements.

"Misalignment wears out the joints faster," Dr. Tomescu says. "The legs work much better when they're straightened."

Aniheeta is thrilled the surgery has allowed her to be a regular babysitter for her young grandkids.

**"For the first time, I'm able to walk with them, play with them and sit on the floor with them. Sunnybrook has been very good to my family."**

**Aniheeta Cooper**



Joanne Papps with her husband Paul

## Getting back to normal

Joanne Papps was taking a back-road detour to her mother's Muskoka cottage last June when a car slammed into hers. "I knew immediately I was very seriously injured," recalls the 63-year-old speech pathologist.

"I was in a very awkward position, slouched, and I couldn't move."

Seven months later, the mother of three and grandmother of one speaks of celebrating "small miracles" that never occurred to her she might mark as an adult: to be able to feed herself again, walk with support, turn pages of a magazine and use an iPad.

Joanne credits these milestones to her faith, intensive physiotherapy to rehabilitate her muscles, strong family support – and a team in Sunnybrook's Tory Regional Trauma Centre that, from the moment she arrived by air ambulance, worked quickly to save her life and ensure she would regain as much function as possible.

Joanne suffered a dislocation and fracture of her upper spine, explains her neurosurgeon, Dr. Leo da Costa. The injury was classified as partial. She could still feel sensation but couldn't move anything. "She had a very severe motor deficit," he says. "The strength was almost completely gone in most of her muscles."

With spinal cord injuries, it's critical to look for "evidence that some function is preserved because that means there is tissue that is potentially salvageable," he says. "Then you have to work

quickly to pull the bones and discs away from the spinal cord to get the pressure off and give the nerves the best chance." The longer it takes to relieve that pressure, the more extensive the injury may become.

After the trauma team determined there was no internal bleeding, Joanne was put in traction to correct her spinal alignment and relieve nerve pressure. Next, Dr. da Costa performed surgery, using screws, rods and her bone, to fuse the bones and ensure they wouldn't move again.

"Sunnybrook has an elite trauma system in place at all hours to deal with catastrophic injuries," Dr. da Costa says. "Timing is critical. We have the people and resources to achieve the best possible outcomes."

In the challenging weeks after surgery, Joanne says her recovery was linked to the sense of hope she sustained, fed by the encouraging words of Sunnybrook's nurses, physiotherapists and chaplain. She continues to work hard and anticipates a very different summer this year. "I'm looking forward to visiting my mother's cottage again," Joanne says with a smile.

## Freedom of speech

Losing the ability to communicate can be severely frustrating for critically ill patients, says Sunnybrook's Louise Rose, PhD. Determined to restore a voice to patients like Terry Chaikalis, Louise is leading research into training patients to speak with an electrolarynx.

Terry has multiple sclerosis and uses a breathing tube, which left him unable to speak to family or hospital staff. Now that he has access to an electrolarynx, "I'm enjoying talking again," he says.

Patients who are severely injured or experiencing serious illness may temporarily need ventilators (breathing machines) to help them breathe while others with progressive neuromuscular diseases or spinal cord injury may need breathing tubes (tracheostomy) permanently.

Louise, inaugural holder of the TD Nursing Professorship in Critical Care Research, is leading a project at Sunnybrook and other locations, testing whether patients can be trained to use an electrolarynx to speak. Traditionally used by cancer patients who have their voice boxes removed, the



Terry Chaikalis and Louise Rose, PhD

device is about the size and shape of a small electric razor. Patients are taught to articulate clearly while the electrolarynx, which transmits vibrations, is placed against the soft tissue at their throat.

During a recent hospital visit, Terry's sister Angie said, "It's a lot easier to communicate with him. It's less frustrating for him and for everyone around him. Terry is very comical. He can crack jokes again."

"To be able to communicate is a fundamental need we all have," says Louise. "For patients in the intensive care unit, we tend to rely on lip reading but that's still extremely difficult and often leads to frustration for our patients."

Louise would like to collaborate with engineers to design a better, easier-to-use device. "The electrolarynx

is not ideal and takes some getting used to, because of the buzzing noise it makes," she says.

In the meantime, many patients and their loved ones are happy to use the electrolarynx. One seriously injured Sunnybrook patient was "a changed man," after learning to use the device, Louise says. His wife lived out of town and could visit only once weekly. After a couple of days training, this patient called her to say, "I miss you and love you from the bottom of my heart."

For another patient, the value was more practical. "His partner was visiting and the patient was finally able to tell us what had been bothering him," Louise says. "He'd been trying to say 'The blades for the razor are in the bottom drawer!'"

## Skin crafting

Imagine that, instead of taking burn patients' healthy skin and grafting it onto their wounds, a surgeon could use a hand-held skin printer injected with stem cells to apply new skin directly onto these wounds.

This seemingly far-fetched scenario is getting closer to reality, thanks to investments from Toronto Hydro's annual golf tournament.

The current standard of treatment for severe burns involves managing pain, preventing infection and surgically replacing the worst of the burned skin by grafting healthy skin from other parts of the patient's body. This standard is set to be transformed under the leadership of burn centre director Dr. Marc Jeschke, a senior scientist and holder of the chair in burn research.

Dr. Jeschke's team in Sunnybrook Research Institute's Burn Research and Skin Regeneration Lab is using stem cells to create a skin substitute that closely mimics the patient's skin, eliminating the need for painful skin grafts. The research slowed a couple of years ago, due to a lack of sustained funding. That changed when Toronto Hydro President and CEO Anthony Haines came forward.

Since 2014, proceeds from Toronto Hydro's annual charity golf tournament have been directed towards this world-leading research. This has enabled Dr. Jeschke to recruit top international specialists and technical support, including experts in stem cell biology, cell processing, chemical and tissue engineering.



Anthony Haines and Dr. Marc Jeschke

The team has made major breakthroughs in our understanding of stem cells and skin healing. As well, they are developing a hand-held skin printer, a global first of its kind. Stem cells are injected into the printer and skin can be printed directly onto wounds in the operating room. The printer is 100 times smaller than commercial 3-D printers on the market now, yet prints skin 10 times faster.

Sunnybrook's Ross Tilley Burn Centre is Canada's largest and most advanced adult burn centre, admitting up to 300 patients each year and seeing 1,800 outpatients. As many as 10 per cent suffer from electrical burns, which can have severe, long-lasting effects.

"Our top priority is safety and injury prevention," says Anthony. "But when an electrical injury happens, we know that Sunnybrook's specialized services offer Ontario's workers and members

of the community the most effective treatments and rehabilitation. It's gratifying to be able to partner with Sunnybrook in its mission to reshape burn care."

Toronto Hydro's leadership has been vital to accelerating the research that will reshape care for burn survivors here and around the world. "Thanks to support from Toronto Hydro and its partners, we are inventing the future of burn care right now," Dr. Jeschke says.

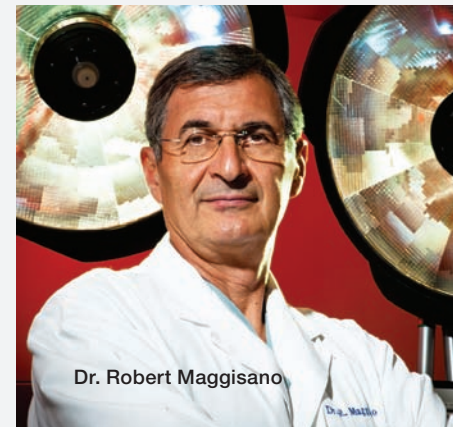
**"Toronto Hydro is committed to giving back to the community. We are proud to work with our partners to help Sunnybrook find the answers to help burn patients."**

Anthony Haines

## Rose above



John McDermott and David Jackson



Dr. Robert Maggisano

nominator Lesley Alboini. “Our organizations are better because of him.”

Calling him “one of those people who radiates passion and determination for his cause,” Sunnybrook supporter Dr. Susan Scace presented the Sunnybrook Rose Award to singer and songwriter John McDermott. Mr. McDermott parlayed his passion for the care of Canada’s war veterans into an annual holiday concert in the Veteran’s Centre and a campaign for the hospital’s new palliative care unit. His charity, McDermott House Canada, pledged \$3.6 million to the unit.

Between 2003 and 2011, Sunnybrook’s Chair in Vascular Surgery Dr. Robert Maggisano championed the Vascular Golf Tournament, which raised \$3 million for the vascular surgery chair. He also helped to raise millions of dollars for the Schulich Heart Centre renovation as a member of the campaign cabinet.

Ms. Odette Kaye expressed her deep gratitude to all the recipients: “Thank you for your leadership, your expertise, your support and the countless hours you’ve dedicated to rallying community support for Sunnybrook.”

This past year, Sunnybrook and Sunnybrook Foundation celebrated the extraordinary efforts of three volunteers by honouring them with Sunnybrook Rose Awards. Former Board member David Jackson, internationally recognized singer John McDermott and Sunnybrook vascular surgeon Dr. Robert Maggisano were each recognized for their commitment to building philanthropic support for Sunnybrook’s life-saving care and research.

The Sunnybrook Rose was created by Alexandre and Jeannine Raab, long-standing donors and dedicated volunteers to the hospital. Sadly, Mr. Raab passed away in September, but his inspiring legacy of generosity and volunteerism continues to be symbolized by the Sunnybrook Rose Awards.

“The Sunnybrook Rose Awards are important because they provide us with a formal opportunity to say thank

you,” Anne Odette Kaye, chair of Sunnybrook Foundation’s donor relations committee, told guests at the award ceremony on November 5.

These latest recipients bring to 17 the number of individuals honoured with the Sunnybrook Rose Award since its inception in 2008.

2015 recipient David Jackson has been an active participant in the Sunnybrook community for almost two decades, serving on the boards of both Sunnybrook Foundation and the hospital. He was also a board member, founding director, secretary and vice-chair of Sunnybrook Research Institute and Sunnybrook Research Academy. Mr. Jackson and his wife Maureen are among Sunnybrook’s most generous benefactors.

“David has emerged as a true leader, firmly committed to good governance and genuinely respected by his friends, former colleagues and clients,” said

## In tribute

### Frederick W. Thompson



When Toronto businessman and philanthropist Frederick W. Thompson made a landmark \$10-million gift to Sunnybrook in 2012, his vision was to establish a centre dedicated to the treatment and research of obsessive-compulsive and related disorders.

“I hope this centre helps create a greater awareness of what people are going through, opens doors to treatment and encourages people to support OCD research and care at Sunnybrook,” he said.

Mr. Thompson’s passing in August saddened the Sunnybrook community and brought important attention to his tremendous legacy. The Frederick W. Thompson Anxiety Disorders Centre, the first of its kind in Canada, is setting families on the path to truly being healthy again.

Memorial donations made to Sunnybrook in honour of Thompson’s exceptional contribution to the field of anxiety disorders were used to establish the Frederick W. Thompson Awards. Two international awards, the Thompson Senior Career Award and the Thompson Early Career Award, will be given to scientists for outstanding dedication to advancing knowledge of OCD and related disorders.

An intensely private man, Mr. Thompson was very public in his belief that mental-health issues touch many, but don’t get the attention or the funding they deserve. “It’s rare to find a family that hasn’t been affected by anxiety disorders,” he said in 2012.

Thanks to Mr. Thompson, many of those families now have the specialized care they so urgently need. We are forever grateful.

### Alexandre Rabb



Having fought for freedom as a Second World War resistance fighter, Alexandre Raab, along with his wife Jeannine, immigrated to Canada in 1953. They brought with them a profound gratitude for the courage of Canadian soldiers. Drawn to Sunnybrook’s heritage as a hospital for war veterans and by its transformation into a major academic health sciences centre, the Raabs’ benefaction has spanned 25 years.

Mr. Raab was a man of many interests, which was reflected in the range of Sunnybrook initiatives he and his wife supported. The hospital acquired its first MRI machine with a landmark gift from the Raabs. Their generosity extended to musculoskeletal research, the echocardiography lab and a photo-

graphic history book on Sunnybrook. Mr. Raab also volunteered at Sunnybrook Foundation and was a long-time member of the foundation’s Governing Council.

As avid horticulturalists and successful entrepreneurs in the gardening industry, Mr. and Mrs. Raab created a hybrid rose specifically for the hospital. The Sunnybrook Rose serves as the symbol of the hospital’s annual Rose Award ceremony, which honours the dedication of Sunnybrook’s philanthropic volunteers. A bed of these ivory and yellow beauties bloom each year in front of Sunnybrook Veterans Centre, and are a reminder of a man of great intellect and many accomplishments. Mr. Raab will be fondly remembered by the Sunnybrook community.



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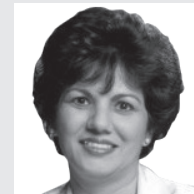


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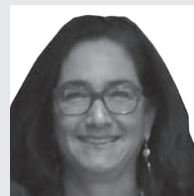


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