



Healthy Tips

Exercise is one of the key ingredients for a healthy and balanced life. Here are a few tips to help you start an exercise routine.

1. Speak with your doctor:

Before starting any new fitness regime always consult your doctor.

2. Ease into your new fitness schedule:

Pace yourself by starting slow. Over-exerting can lead to injury.

3. Do what you like:

Find classes and activities that you enjoy and will stick with over a long period of time.

4. Find a workout partner:

Having a fitness partner is great motivation.

5. Alternate your regime:

Variety is key! Alternate between activities that highlight the main fitness components (aerobics, flexibility training and strength training).

6. Schedule time:

Make time for your health. If you can't find 30 minutes to work out, try 10-minute sessions throughout the day.

7. Don't get discouraged:

Forgive yourself if you lapse a workout or two and get back to your routine.

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Leaving a Legacy: Is There Room for Bloorview Kids in Your Will?

Planning a gift for Bloorview in your estate can allow you to achieve your philanthropic goals, while maximizing tax benefits to your estate. There are many options for planned gifts, including bequests, life insurance, charitable trusts, annuities and named endowments.

When the unimaginable happens to a child – Bloorview is there. Since 1899, Bloorview has provided care for youngsters with disabilities and complex care needs. That's why making a gift to Bloorview in your will or estate plans, will always be a good investment in the future of Canada.

With more than 100 years of experience taking care of Canada's most vulnerable population, it's become clear to us that as long as there are children, there will always be children with special needs.

Dr. Golda Milo-Manson has witness significant changes in childhood disabilities over the years. "Even during my tenure

as Chief of Staff at Bloorview, I've seen changes in the conditions we see in children. For example, spina bifida has been declining in the last decade since the discovery that taking folic acid during pregnancy reduces the risk of having a child with an improperly formed spine. However, we have seen a dramatic increase in our ability to diagnose children born with a variety of neurodevelopmental and genetic conditions that impact the child and their family. I am proud of the fact that Bloorview is able to respond to the changing healthcare needs of the population." Dr. Golda Milo-Manson, Chief of Medical Staff.

Bloorview sees a world of possibility for every child. With your help, children with disabilities will always be able to count on Bloorview. Please consider a legacy gift to children with special needs. For more information, please contact us at 416-424-3809 or send us an e-mail: foundation@bloorview.ca.

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Bloorview KIDS FOUNDATION

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150 Kilgour Road
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Bloorview KIDS FOUNDATION

Bloorview *Bulletin*

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Chillin' for Kids: Donors with Fun Ideas for Bloorview

Have you ever thought about holding a fundraising event? Hosting an event for Bloorview helps raise much-needed funds for programs and services, and it helps promote the great work done at Bloorview while having fun.



Chillin' for Kids committee members present cheque to Bloorview Kids Foundation.

Last year, Denise Guerriere formed a planning committee of 12 people to host a curling event called Chillin' for Kids in support of Bloorview. "The idea of Chillin' for Kids started through conversations I had with a group of friends who are very positive, energetic, and caring people. I knew that all of them would be willing to go out for a fun evening while also raising money for Bloorview," said Guerriere.

Over 120 guests enjoyed the wonderful event at the Granite Club in Toronto, which was emceed by Pat Foran from CTV News. By the end of the night, the Chillin' for Kids event raised over \$41,000. The committee had a goal

to raise \$17,000 for the ventilator fund, but the generosity of the guests helped them to exceed their goal.

"We received a tremendous amount of positive feedback because everyone had such a great time that evening. Although each member worked extremely hard, it was really fun and very rewarding!" Denise Guerriere, Committee Member, Chillin' for Kids.

Chillin' for Kids was such a success that the committee wasted no time in planning their February 2008 event.

If you are interested in hosting an event for Bloorview, please go to: www.bloorview.ca/foundation or contact the foundation at 416-424-3809 for more information.



**Looking for the perfect gift?
Give the Gift of Possibility! Visit:
www.giftsofpossibility.ca**

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TECHNOLOGY SHOWCASE

Ventilators ~ Small but Mighty: Who wants to push a microwave around?



Photo: Dave Thomas, Sun Media Corp.
Joey takes a break before his next activity

Joey is a vibrant three year-old boy who loves to talk and play. His laughter is contagious and fills the entire hospital room. Joey has a rare form of muscular dystrophy, which requires him to use a ventilator, but thanks to leading-edge technology and equipment Joey is always on the go. The ventilator provides Joey with something most people take for granted: a simple breath.

"It has really improved the quality of Joey's life. The new ventilator offers

more protective ways to ventilate Joey's lungs and makes it easier for him to coordinate his breathing with speaking and taking extra breaths," said Lily Yang, Patient Safety Coordinator and Professional Practice Leader for Respiratory Therapy.

Thanks to the generous support of donors, Bloorview is able to equip children, like Joey, with a state-of-the-art ventilator. These computerized and sophisticated ventilators for our young inpatients are designed to enable children to leave their beds allowing and promoting increased mobility. Ventilators are an important part of independence for children with diseases such as muscular dystrophy, chronic lung disease and severe spinal cord injury, and the benefits to their added independence are tremendous.

The new ventilators are the size of a laptop computer, which are far more convenient than the older models that are comparable to the size of a microwave. Although, the size of the ventilator has been reduced, the price still remains high with each unit valued at approximately \$17,000.

Unfortunately, ventilators are always in demand at Bloorview. As long as there are accidents, catastrophic injuries and children born with genetic disorders, ventilators are essential. Bloorview's ventilator fund ensures that every child who requires a ventilator will have quick and easy access to one that is state-of-the-art, so that kids can focus on the fun stuff like going to school or playing with their friends.

Research ~ Leading the Pack: New Research Chairs in the Bloorview Research Institute

Last November, Bloorview Kids Rehab announced the inaugural recipients of three new research chairs in partnership with the University of Toronto.

Dr. Colin MacArthur, Dr. Darcy Fehlings and Dr. Patricia McKeever are world-class researchers in the field of children's rehabilitation, senior scientists at the Bloorview Research Institute and the inaugural holders of the Chairs in Pediatric Rehabilitation, Developmental Pediatrics and Childhood Disability Studies, respectively.

The newly endowed chairs mark the most significant announcement and investment since the creation of the Bloorview Research Institute three years ago, and positions the Institute to make a major impact on the field of childhood disability.

For more information on Bloorview's Research Institute, please visit: <http://www.bloorview.ca/research/news/researchchairs.php>



Dr. Chau, Dr. Fehlings, Dr. MacArthur and Dr. McKeever are making waves in childhood disability

EXPERTISE SHOWCASE

Chronic Pain: How one teen is coping



Photo courtesy of the North York Mirror

Jennifer Jowett helps breakdown the misconceptions of chronic pain

Jennifer Jowett was a very active child. She loved playing hockey, marching in a band and receiving academic awards at school. However, some of her favourite activities came to a halt when she developed fibromyalgia.

Fibromyalgia is a musculoskeletal condition that causes deep muscle pain, severe fatigue and disturbed sleep. "I've missed three years of school and given up sports and all the things I enjoyed," says the 17-year-old.

Your generosity allows Bloorview to treat children who suffer from chronic pain. Bloorview's inpatient pediatric pain program is one-of-a-kind in Canada offering an intensive four-to-six week treatment.

A 2006 pain study of 495 Ontario children aged nine to 13, found six per cent experienced chronic pain. Like many children with chronic pain, Jennifer struggled to get diagnosed. Her symptoms were minimized or dismissed as behavioural or psychological. Chronic pain is a hidden health problem in kids and can rob them of years of school, physical activity and friends.

Last fall, Jennifer returned to school for the first time in three years after six weeks in the Bloorview program. "It's made a world of difference to her – even in her attitude," says her mother Janice. "A structured routine with sleep and wake times and cardiovascular exercise is key to getting the sleep problems – which can exacerbate pain – in order," says Bloorview occupational therapist Dana Driesman.

Jennifer's time at Bloorview included regular wake-up and bed times, exercise on a bike and with a jump rope, occupational and physical therapy, counselling and rest breaks worked into her time at Bloorview's school.

Thanks to support from donors, like you, Bloorview is able to offer much-needed programs, like the inpatient pediatric pain program to help children lead active and productive lives.

New Program: Growing Up Ready

Developed by the Life Skills and Wellness Institute, the Growing Up Ready Program is a unique, multi-faceted program that is helping children and youth with disabilities acquire the experiences that build skills and confidence across a lifespan and enables full participation in adult life. The program has been recognized nationally and internationally as the best practice in transition services.

Children with disabilities often miss out on real-world learning that helps typical children become more independent. Because they face extra challenges, parents may protect kids with disabilities from making decisions, taking risks and facing consequences, which puts them at a real disadvantage when they enter the adult world. Growing Up Ready helps families understand the everyday experiences and skills their children need to become mature, confident adults. For more information on Bloorview's Growing up Ready program, please visit: <http://www.bloorview.ca/newsroom/stories/growingupready.php>



Support A World Leader

Help us turn disability into possibility! To make a donation to Bloorview Kids Foundation, please complete this form and mail it to:

Bloorview Kids Foundation
150 Kilgour Road, Toronto, ON M4G 1R8

OR Call 416-424-3809 and we'll be happy to take your credit card donation over the telephone.

OR Make an online donation at www.bloorview.ca and click on the **Donate Now** button to make a secure online donation and receive your income tax receipt.

Name: Mr./Mrs./Ms/Mr. & Mrs./Other

Address: _____

Phone: Home: _____ Business: _____

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Gift Information and Payment Information

I'd like to make a one-time gift of \$ _____

Cheque (made payable to Bloorview Kids Foundation)

OR Credit Card

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Expiry Date

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Please charge my credit card monthly:

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OR Please withdraw my monthly gift from my bank account - I have enclosed a VOID cheque with my banking information

* Note: Monthly donations are charged on the 15th of each month and can be cancelled at any time by notifying the Foundation.

I'd like to pledge a total gift of \$ _____

Making payments as follows:

\$ _____ every _____ quarterly or annually

Please send me more information on "Leaving a Legacy" to kids with disabilities

Signature: _____ Date: _____