Team approach to managing chronic pain

By Sally Fur

Over the past several years, reducing pain levels for residents has been a quality improvement initiative and focus for all professionals working in the Aging & Veterans Care program at Sunnybrook Health Sciences Centre.

“It’s about making a marked improvement in quality of life,” says Dr. Evelyn Williams, Head, Division of Long Term Care, Dept. of Family and Community Medicine. “Through simple interventions we have been very successful in reducing chronic pain for our residents. For seniors, a reduction in chronic pain means more time to get out and enjoy daily life and the numerous outings and activities offered to them.”

One of the most common concerns from residents in a long-term care facility is persistent pain. Some of the sources of chronic pain include arthritis (when the joints simply wear out), pain from sitting in one spot for too long (such as in a wheelchair), and persistent pain from an amputation.

At a recent pain campaign event in Aging & Veterans Care, titled “Team Approach to Managing Chronic Pain”, professionals from eleven disciplines within the Aging & Veterans Care program came together to share pain-relieving strategies and celebrate their achievements.

(continued on page 3)
Stroke is one of the leading causes of long term disability and the third leading cause of death in Canada. Stroke affects people of all ages, but is more common in those over age 65. Traditionally, it has been assumed that little could be done to prevent or treat strokes. However, recent research has clearly demonstrated that stroke prevention can reduce the occurrence and severity of strokes, and coordinated stroke care by health professionals can reduce disability and death. Sunnybrook is one of nine regional stroke centres in Ontario which were established to improve access to stroke care.

Approximately one quarter of our veterans in Aging & Veterans Care has had a stroke that affects their functioning. These residents are currently provided with consultation and treatment, as appropriate, by a wide range of health care professionals, including physiotherapists, occupational therapists, speech language pathologists, nurses, pharmacists and physicians, as well as recreation therapists, social workers, and dietitians. The health professionals involved in each resident’s care is determined by their individual care needs.

We are currently beginning to develop a specific stroke care program in Aging & Veterans Care, in collaboration with our Regional Stroke Centre, for our veterans who have had a recent stroke. Our goal is to provide specialized, interdisciplinary, resident-centred stroke care to help our residents achieve and maintain their best possible functioning after a stroke.

Our stroke care program will focus on staff education in stroke assessment and treatment, the development of best practice guidelines for long-term stroke care, individual and group therapy as appropriate, and resident/family education. We will be focusing our stroke care program on one dedicated unit with outreach to other units.

We will keep you posted on our progress!
Team approach to managing chronic pain (continued from page 1)

Dr. Evelyn Williams and Lawrence Jackson spoke about the pain improvement initiatives and their impact on residents. Dorothy Ferguson, Operations Director for Aging & Veterans Care and Stephen Little, District Director for Veterans Affairs Canada praised the efforts of those involved and highlighted the importance of teamwork in providing excellent care.

“Professionals have truly embraced this project and interdisciplinary care can make a difference. It has been central to our success in improving overall pain management, and reducing levels of chronic pain in the program significantly,” added Dr. Williams.

Nurses, physicians, pharmacists, physiotherapists, occupational therapists, clinical dietitians, chaplains, speech-language pathologists and audiologists, social workers, and recreation and creative arts therapists were all involved in the initiative. Each discipline showcased posters highlighting discipline-specific strategies to help reduce persistent pain experienced by residents. Lawrence Jackson, the clinical coordinator for pharmacy, was instrumental in coordinating the poster campaign.

Support materials that have been developed by the Aging & Veterans Care team participating in the hospital wide pain collaborative include: a form to facilitate pain discussions at rounds, a pain assessment questionnaire for nursing assessments and observations, a guide for nursing documentation in the chart, and a chronic pain management algorithm.

A new booklet entitled, “Team Approach to Managing Chronic Pain” was also created to provide information for residents and their families. This has been distributed to all residents experiencing chronic pain, and to all of the care teams.

Dr. Williams, chair of the Pain Steering Committee, was the principal author of a three-year study devoted to reducing the prevalence of pain for the 500 residents in the Aging & Veterans Care program. Her poster was selected by the Ontario Hospital Association for the best practice competition and was featured at the OHA convention in 2005.

Clinical Nutrition
Interventions for the management of pain in the elderly

By Helen Yeung

Clinical Nutrition in Aging & Veteran’s Care will be highlighting their role in the team approach to managing chronic pain during the month of March. A poster on Clinical Nutrition’s interventions for the management of pain in the elderly will be displayed on the A&VC units. Clinical Dietitians and Food Service Supervisors will be available to discuss how they collaborate with the resident and A&VC team to relieve pain and achieve therapeutic nutritional goals. Please come by to see the posters or talk to the nutrition staff about their role in managing pain in the elderly.

A Special Concert for Veterans

It was standing room only in Warrior’s Hall on December 21st when international recording artist and Irish tenor, John McDermott and renowned Canadian actor Paul Gross paid tribute to veterans in a pre-Christmas concert.

McDermott, a champion of veteran causes, entertained with memorable wartime songs such as “Danny Boy” and other holiday favourites.

Paul Gross gave an update on “Passchendaele”, a feature film he has written and will be directing this spring. The battle of Passchendaele is considered by many to be a defining moment in Canada’s military history.

L to R - John McDermott and Paul Gross
Dr. Jocelyn Charles has been appointed to the position of Medical Director, Aging & Veterans Care for Sunnybrook. Dr. Charles has been the Acting Medical Director for the program since March of 2006.

Dr. Charles is committed to improving the quality of life of veterans and community residents in A&VC and will continue to develop and enhance the expertise of all of the staff within the program. Her focus is to extend beyond traditional long-term care and look to new ways of providing innovative interdisciplinary care.

After completing her two-year residency in Family Medicine and a fellowship in Health Care for the Elderly, Dr. Charles joined the Sunnybrook staff in 1990. She initially worked in the George Hees wing on the dementia care unit LSSW when it opened. From 1993 to 2006, Dr. Charles was the Medical Director of the Cognitive Support patient service unit.

Dr. Charles played a major leadership role in the development and success of the Dorothy Macham Home here at Sunnybrook. Dr. Charles has been the attending physician for the home since its inception in 2001, and will continue to provide dedicated medical care to these residents.

She is widely recognized in the field of dementia care and has a particular interest in the care of people with dementia in the community. She is currently working on Dr. Mary Tierney’s research team, which is looking at predicting harm in cognitively impaired seniors living alone. She is currently working on her Masters in Health Sciences at the University of Toronto. She will continue her medical practice in the Family Practice Unit in A wing.

Please congratulate Dr. Charles on her appointment to this new important role.

George Smith receives Citizenship Award

By Lloyd Queen

On Tuesday, December 7th, 2006 friends and admirers gathered in Warriors’ Hall to honour George Smith as he received Sunnybrook’s Citizenship Award. The award was designed and presented by Dorothy Ferguson, Operations Director, Aging & Veterans Care.

George was a member of the Royal Canadian Regiment in the Second World War, and fought throughout Italy, Belgium, Holland and Germany. During those years, he recognized again and again the valour and courage of Canada’s soldiers, and was determined therefore, to enhance their lives when he came to Sunnybrook.

Week after week, he has given hundreds of hours cultivating the flowers of our therapeutic garden, assisting volunteers in The Artisan Market, and organizing Bingo games in Warriors’ Hall. Always cheerful and ready to assist whenever he can, George Smith is a true icon of Sunnybrook.

Well done George! (Photo credit: Ana Seara)
Recruiting for Summer Student Volunteers

Veterans Chapel

By Sally Fur

If you’ve never seen the beautiful stained glass windows in the veterans chapel, they are quite unique and definitely worth a visit.

The Laura Ann Hart Fund, a trust fund that is administered by Veterans Affairs Canada for the benefit of veterans residing at Sunnybrook, recently funded the restoration of all of the stain glass windows in the chapel. Over time, the windows begin to buckle because the lead holding the individual panes in place weakens and flows slightly. Eventually the panes will fall out. This is what happened in the chapel and why urgent repairs were needed.

The windows are historically significant to veterans as they were the original windows installed in the chapel of what was the Sunnybrook Hospital in 1948. What’s so special is the fact that they have a military theme to them reflecting Canada’s military campaigns up to and including the Korean War.

The Fund's trustees were very happy to approve this expenditure knowing that the restoration would ensure the preservation of these windows for the benefit of future generations. The work was expertly done and the full glory of these stained glass windows is now on display for all to enjoy in the Veterans Chapel, located behind H wing.

Volunteer Resources is accepting names of students age 14 and over who are interested in volunteering at Sunnybrook this summer.

Any student who would like to volunteer with our program this summer must attend an information session.

Please go to our website www.sunnybrook.ca/volunteer for further details and to register.

Students are required to volunteer three hours daily, Monday to Friday for five weeks.

Session 1 -
Thursday June 28 -
Tuesday July 31

Session 2 -
Wednesday August 1 -
Friday August 31

Please note that registration is allocated on a first come, first served basis, so we encourage early registration.

Please contact Jennifer Trelle @ 416-480-4129.

Photo credit: Dale Roddick
Passings

December 2006

Alfred Ferry
Aubrey Allsopp
Alan MacDonald
William McGee
George Jeffs
Jack Klyne
Frederick Brown
George Frost
Donald Gard
Jack Quick
George Whyte
Stanley Fruchtman
James Fitzsimmons
Lawrence Rapley
Joseph Grabek

January 2007

Israel Kravitch
Edward Earl
James Davey
Edward Somerleigh
Albert Bennard
Rodger Nerby
Ross Grimshaw
Leslie Shvemar
William Stuart
Percy Cohen
Florence Jewett
Cecil Cheatters
Herbert Bostock
Thomas Ernest Painter
George Pattison
Arthur Norman Stone

First World War Veteran Dies at age 107

By Sally Fur

Victor “Lloyd” Clemett, Canadian First World War veteran and resident at Sunnybrook, passed away peacefully on Wednesday, February 21. Mr. Clemett’s passing leaves only two surviving Canadian veterans from the Great War. Mr. Clemett was 107.

Lloyd Clemett was born Victor Lloyd Clemett on December 10th, 1899 in Toronto. At the early age of five his mother passed away. When he was seven, he and his two sisters and three brothers were orphaned. This resulted in a move to Omemee, Ontario to live with an older cousin, his wife and their four children. Due to a financial strain on the family he went to work in a creamery wrapping butter at the tender age of eight years. He worked at various jobs including the leather tannery until the war started in 1914.

In 1916, at the young age of 16, he felt the need to follow in the steps of his three older brothers who had previously enlisted. He joined the 93rd Battalion in Peterborough as a Private. Shortly thereafter he transferred to the 109 Battalion in nearby Lindsay, after he learned the Colonel was from his hometown of Omemee. That summer, after three weeks of training in Kingston, Pvt. Clemett was sent to England. While stationed in England, his Colonel discovered his youthful age and decided to transfer him into the Forestry Brigade instead of sending him home. In July 1917, the Brigade was deployed to France, and Lloyd was stationed in Aubin St. Vast.

He stayed with the Corps until 1918 at which time the Germans were making a heavy push toward the front lines. Clemett volunteered to go to the front lines several times and was headed there when the armistice was declared.
His brother Albert was injured in action as the result of grenade shrapnel to his head. He survived and lived a relatively normal life until age 96. His two other brothers returned home as well.

Upon his return to Canada, Mr. Clemett took advantage of courses offered by the Army to help him obtain employment as a railway agent with the Canadian Pacific. He played hockey for the Brampton Maple Leafs from 1925 to 1928 and also coached a ladies softball team during that same period.

In the late 1920’s he and his brother-in-law started a lawn mower sales and service business on Danforth Avenue in Toronto. They managed to survive the Great Depression and in the early 1940’s closed the business. He then worked for Rennie Seeds servicing lawn mowers in downtown Toronto until the early 1950’s. After that, he was hired by the old Village of Leaside, now part of Toronto, as a meter reader and repairman. His coworkers elected him as their union steward and he retained that position until his retirement in 1965.

He and his wife Catherine with their two boys spent many happy summers at their cottage on Lake Huron near Kincardine. The cabin was constructed originally in 1939 by his mother-in-law. Lloyd made a significant contribution to the Point Clark Beach Association. In honour of his 100th birthday, the Association named a street after him and made him an honorary life member. At 106 Lloyd still looked forward to being at the cabin for part of the summer.

After his wife, Catherine, passed away in 1993, Lloyd continued to live alone in his family home in North Toronto and enjoyed baking bread and cookies. He was an avid hockey fan and recorded the scores of every Toronto Maple Leaf game from the early days, even before they were called the Maple Leafs. He also maintained a daily diary from the time he retired, logging in the events of the day including weather and temperature.

Mr. Clemett resided in the Kilgour wing veterans residence beginning in the fall of 2004.
The Alzheimer Society of Toronto’s “Walk for Memories” was held on January 27th at BCE Place. This year’s event exceeded the fundraising goal of $350,000.

Thank you to all the supporters who helped the physiotherapists’ “Veteran Physio Team”. The Sunnybrook team raised close to $500. Next year the goal will be to raise twice this amount.

The Alzheimer Society is very helpful to many of our residents and families, providing excellent educational materials and practical support facilitating good care for those dealing with the difficult aspects of dementia.

For more information visit www.alzheimer.ca

**Walk for Memories**

**Veterans Grant a Wish**

The Sunnybrook Veterans Grant a Wish Program is dedicated to fulfilling the hopes and dreams of veterans living at Sunnybrook Health Sciences Centre.

To date, over 160 wishes have been granted. The goal is for EVERY veteran to have a wish granted. Submit your wish today! Referral boxes are located near the L wing ground elevators and the Artisan Market.

For more information please contact: Leanne Hughes at (416) 480-5490

The Sunnybrook Veterans Grant a Wish Program is generously sponsored by The Veterans Honour Ride Foundation.

### December Wishes

- Scottish and Irish music
- To go home for Christmas
- Large print books
- A copy of The Da Vinci Code (large print)
- A new blazer and dress pants
- An anniversary dinner celebration
- To go to a steakhouse for dinner
- A TV/VCR combo
- To visit home for Christmas
- A desktop computer

### January Wishes

- Digital camera
- CD Player
- Dinner with family and friends
- Visit to an Art Gallery and lunch
- To go to Casino Rama with her sons
- A Wheelchair cape
- A trip to Ottawa
- Dinner at Canyon Creek Steakhouse
Life Long Journey Series

Bus Trip to the Paul Day: Battle of Britain Exhibit

By Keith Shields and Karen Morris

On Thursday, January 11th, a group veterans interested in the nostalgia surrounding the Battle of Britain boarded the bus to the Gardiner Museum.

Upon arrival the group was greeted by very gracious staff and treated to a movie about the sculptor Paul Day who was commissioned to create a magnificent Terra Cotta model of scenes of the Battle of Britain. This model has been bronzed and stands proudly along the Thames in London.

Day was able to “capture the reality” of the various stages survived by the people of Britain during this very dark period in their history. He was also able to portray day-to-day events and capture scenes in the lives of those who survived this battle.

We could actually see the stress on the faces of the fighter pilots, observe plane spotters in the fields, families in bomb shelters wearing gas masks and see St Paul's Cathedral standing alone amongst the ruins.

Keith Shields, a fighter pilot with R.C.A.F. describes the exhibit as helping him to understand, in the words of Winston Churchill, “Never in the field of human conflict was so much owed by so many to so few.”

Birthday Celebration

First World War veteran, Dwight Wilson recently celebrated his 106th birthday with family, and friends from his K wing residence. Mr. Wilson enlisted as a bugler with the 69th Artillery Battery at age 15. He is one of two surviving Canadian veterans from the First World War.

Mr. Wilson’s granddaughter Laurie, read official greetings from Her Majesty Queen Elizabeth II, Governor General Michaelle Jean and Prime Minister Stephen Harper.

The Honourable Greg Thompson, Minister of Veterans Affairs Canada (standing) and Ms. Suzanne Tining, Deputy Minister, VAC and Stephen Little, District Director, VAC also attended the birthday party and personally delivered their own birthday wishes.
To those who know me and those who don’t - I’m going to share something that makes me very proud. I’m referring to my late husband, Arthur G. Plumb. Art passed away February 28, 2006 at the age of 87. He spent the last 19 years of his life residing in the K-wing at Sunnybrook. The later years were on K2E, under the leadership of Suzanne Plowman his patient care manager. He received excellent, tender care from his nurses.

In planning the speakers for Art’s funeral in the Sunnybrook Chapel, Father Tony asked me: “Would you like to say anything?” I quickly replied: “Oh, no, no.” That night I recalled his question and thought to myself: “I could have said something.” However, I didn’t and I later regretted not having had the courage.

Diagnosed at 30 with Multiple Sclerosis, Art had been married and fathered three children before I met him in St. James United Church in Montreal in the spring of ’63. We married in ’65, had our daughter Jane in ’68 and later that year moved to Toronto.

My husband was a man of incredible inner strength. He endured many ailments and years of pain and discomfort, but bore them with great dignity. There were difficult years of surgeries (before he entered Sunnybrook), but I hardly ever heard a complaint from him. Despite the disability of MS, he lived as normal a life as possible and didn’t let anything stop him.

When we first met, Art was walking with two canes, swinging one foot and then the other. Slowly, awkwardly and obviously with much effort, he would walk, climb stairs (with a little help from behind), drive his car (with manual controls) and live alone in an apartment. I was able to convince him to get a wheelchair, so that he (and I) would have easier access to places of interest.

After moving to Toronto, Art was in and out of hospital a few times a year until he entered Sunnybrook in April 1987. Being an incredibly positive person, he was determined to make the best of his situation. He declared on behalf of his fellow veterans: “We have come here to live, not to die”. With that outlook, he quickly became involved. Within a year, he was president of the Veterans’ and Community Residents’ Council, a position he held for a total of 10 years. The Council grew in credibility under his leadership. This was a very satisfying time for him. I was also involved to a certain extent. I was his sounding board, his pseudo-secretary, support and critic. He was in great demand for radio, television and newspaper interviews, especially around the 50th anniversary of the end of World War II. He made numerous friends at Sunnybrook.
I will not list the changes and improvements he made on behalf of his fellow residents. There are too many. One, which is very special to me, is the gazebo out behind K-Wing. Art conceived the idea, worked on a design with the Sunnybrook carpenters, and was responsible for raising the funds. The shingle hanging over the entrance reads “Place d’Art” or “Art’s Place”. It is a takeoff on the name “Place des Arts” a concert hall in Montreal.

There is a wonderful recreation and creative arts therapies program at Sunnybrook for the veterans. Art had never held an artist’s brush in his hand, but decided to join the watercolour painting class. This became a much-loved pastime and he produced many paintings that were framed and reside in my home, Jane’s home and a few other places. The very first painting he did won first prize for Hospital Entries at the CNE. He also enjoyed painting silk scarves and many of those have been framed. There was a continuing loss of dexterity in his hands, but that didn’t stop him. What a wonderful creative outlet this was.

Art was responsible for getting a bus (thanks to the generosity of the Royal Canadian Legion) that held 14 wheelchairs and 9 walkers. He named the bus “Bullet”. It was painted royal blue and gold and was later replaced by “Bullet II”. To be able to go on outings was a huge thing for the veterans. We took full advantage of this opportunity and went on group trips to dinner, art galleries, and picnics at Centre Island, etc.

For several years, Art and a few of the other residents would visit schools just before Remembrance Day to talk to children. This was important to him because he felt strongly that the younger generation should know about the war and the part Canadians played.

Remembrance Day is very special in K-wing. The attendance is growing each year and now there are closed-circuit televisions set up in several places for those who can’t find a seat in the main hall. One year Art was the guest speaker at the service. This was the first time a veteran had done so. It was usually an executive of the hospital or a dignitary of some sort. He gave an excellent speech—with no notes. He never wrote anything down. It was all in his head. I had to borrow the video and, with multiple stops and restarts, wrote down his words for posterity.

After I ceased working outside the home in 1990, my afternoons were spent at K-wing having coffee with Art, sitting in the beautiful gardens, chatting with passersby. This became my second home. In 2004 we made a gift of a “Jeffers Red” maple tree. It is thriving and produces a wonderful colour in the fall.

Now that he is no longer with us, I still go down to K-wing twice a week to visit. It is difficult to give up something that was a part of my life for such a long period of time. The gardens are “my back yard” and provide much enjoyment for me and everyone else. It is nice to see those who were important to Art. He was surrounded by the best. For this I am truly grateful. Thanks to everyone who made his later years full and rewarding.

Art loved hawks and used to say: “When I come back, I am coming as a hawk”. On a recent trip on the 401 with Jane, we saw a hawk sitting on a highway sign. Jane exclaimed, “That’s Dad!” I found a beautiful picture of a hawk in one of three large books on Birds of the Eastern and Northern Forests that Art had given me many years ago. I copied one of the illustrations with acrylic paints and framed it for Jane so that she could see her “dad’s return” every day.

He is so much a part of us and will always be. I feel proud and privileged to have been his wife.
**PEACE of Cake 2006**

By Sally Fur

For the third year in a row, chefs, staff and students of the Faculty of Hospitality and Tourism at George Brown College came and together with members of the Canadian Armed Forces, to visit and present gift baskets filled with specialty baked goods to 500 veterans at Sunnybrook.

This year the baskets included holiday goodies such as brownies, mince tarts, shortbread, a gingerbread teddy bear and of course the delicious PEACE fruitcake, a recipe that the School’s director Chef John Higgins created when he worked for the Queen at Buckingham Palace.

Pastry Chef and Coordinator of the Pastry Arts Program, Ian Gallacher led this year’s “Peace of Cake” initiative in which a total of 1,500 gift baskets filled with delicious holiday goodies (up 500 from last year) were baked and then assembled all in the spirit of giving.

Along with the veterans at Sunnybrook, this year’s initiative reached out to Toronto’s Pathways to Education, the Salvation Army, and the Yonge Street Mission.

Four years ago, the Peace of Cake campaign started when Chef Gallacher came up with the idea to send fruitcake to Canadian troops stationed overseas. At one time, Chef Gallacher was a personal chef to Sir Elton John.

Gino Falconi, band conductor for the combined bands of the Royal Regiment of Canada, Governor General Horseguards, 7th Toronto Royal Canadian Artillery and Queen’s Own Rifle entertained the veterans with a spectacular selection of holiday music.
Calendar of Events

Tuesday, March 20th - Festival of the Arts

The second annual Festival of the Arts (a Creative Arts Therapies initiative) will take place on Tuesday March 20th. Residents and families of K and L wings are encouraged to participate in different art, music, and horticulture therapy interventions in an informal, festive atmosphere. The festival will take place in Warrior’s Hall and the K wing Annex, and it will be an all-day event. Drop in and experience how the arts can benefit you!

Thursday, March 29th - Jewish Passover

A Passover Seder for veterans and their families (2 guests per veteran) will take place in the McLaughlin Auditorium at 6:00 p.m. Please make reservations by calling ext. 3552.

Friday, April 6th - Good Friday

A celebration of Liturgy of the Word, Reading of the Passion, and Holy Communion will take place at 11:30 a.m. in the K wing Annex.

Sunday, April 8th - Easter Sunday

An Easter Interdenominational Service will commence at 10:00 a.m. in the veterans chapel. There will also be a celebration of Easter Mass at 11:30 a.m. in the K wing Annex.

Monday, April 9th - 90th Anniversary of the Battle of Vimy Ridge

Please join us for a special commemorative event to mark the 90th Anniversary of Vimy Ridge in Warrior’s Hall at 2:00 p.m. on April 9th. Vimy Ridge was a turning point for the Allied forces, and back home in Canada, the victory united Canadians and brought honour and pride to a young nation. All are invited to attend.

Wednesday, April 18th - Veterans Memorial Service

A special memorial service will be held for widows, family members and friends who lost a loved one who lived in K or L wing in 2006. The service will be held in the L wing front living room at 7:00 p.m.
Show your support of Aging & Veterans Care

Contributions to the Aging & Veterans Care program are gratefully accepted, helping us meet special or urgent needs in a timely fashion. Donations to the A&VC program will help fund high priority needs such as capital improvements to the veterans’ residences and educational fellowships in Aging. Donations to the Veterans’ Comfort Fund helps us provide our Veteran residents with ‘extras’: equipment, events and entertainment items that help to enhance their quality of life. Support of the Palliative Care Trust Fund helps to enhance the living environment for patients and families receiving palliative care.

Donations can be made in memory or in honour a loved one, or to acknowledge a special event such as a birthday or anniversary. If you so choose, Sunnybrook Foundation will send a card to your honouree or their family letting them know that they have been honoured through a donation. A tax receipt will be issued for all donations over $10.

How to donate:

By Mail:
Cheques should be made out to Sunnybrook Foundation

For a specific designation, please write ‘Veterans Comfort Fund’, ‘Palliative Care Unit Trust Fund’ or ‘Aging and Veterans Care’ on the bottom of your cheque.

Mail your donation to:
Sunnybrook Foundation,
2075 Bayview Avenue, Room H332,
Toronto, ON, M4N 3M5

By Telephone:
call 416.480.4483 for the Sunnybrook Foundation

By Internet:
www.sunnybrook.ca/foundation and follow the simple instructions

Thank you!

One of Canada's Foremost Veterans Residences

14 March/April 2007