

K- wing Physiotherapy Gym Sports New Look **“Specializing in Stroke Care”**

By Sally Fur

Through the generous support of the Ontario Command of the Royal Canadian Legion, the physiotherapy gym on the ground floor of Kilgour wing has undergone a complete facelift and renovation. Named the *Royal Canadian Legion Physiotherapy Gym, “Specializing in Stroke Care”*, the new gym will offer group and individualized therapeutic activities and programs for all Veteran residents, with a specific added focus on stroke care.

“With the Legion’s generous support, the physiotherapy team has covered all the bases, embracing this project, to make sure the new gym will offer the best environment and equipment for our Veteran residents,” said Theresa Kay, Chief of Health Disciplines and Manager of Rehab Services in Sunnybrook’s Veterans Centre. The new Royal Canadian Legion Physiotherapy Gym now offers a large variety of therapy equipment that will specifically meet the needs of residents who have had a stroke as well as other healthcare needs. Research shows that people with stroke who are involved in long term exercise can improve their balance, endurance, and physical functioning. These findings also include older people. Furthermore, research also shows that with improvements in physical functioning there is also an improvement in social participation



Four Canadian landscape photographic images by L-wing resident Leonard Rubin were specifically chosen by residents and the physiotherapy team to add a feeling of greater space and a creative atmosphere in the gym. Upon retirement, and on the advice of his doctor to find a hobby, Rubin took up photography and continues to create new projects in the L-wing

photography studio today. It was always his dream to showcase his works one day and he is thrilled that the new physiotherapy gym will house his photos of natural beauty.

“We are truly delighted to support veterans at Sunnybrook. Through this new RCL Physiotherapy Gym, we are able to make a difference in the care provided to Veterans who have a stroke, enabling them to achieve their best possible quality of life,” says George O’Dair, President of the Royal Canadian Legion, Ontario Command.

The official opening for the new physiotherapy gym took place on Friday, January 30. Special guests included George O'Dair, President, RCL, Ontario Command; Dave Gordon, Executive Director, RCL Ontario Command; Marty Venman, RCL Sunnybrook Representative, Tri-District D.E.F. Hospital Trust Fund Committee and Lorraine Drake, RCL District Commander, Tri-District D.E.F. An open house for all staff and residents was also held later in the day.