



Hôpitaux Shriners
pour enfants
Shriners Hospitals
for Children™

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THE ORTOPEDIK

Helping Kids Defy the Odds

Chairman's Reflections

Ten years ago, I attended my first meeting of the Board of Governors at Shriners Hospitals for Children (SHC) - Canada.

I felt privileged to be a part of this group, discussing the business of "our" Hospital. I immediately knew that I would enjoy the experience of serving such an important cause.

It is difficult to believe that so much time has passed since that first meeting. And as I look back, I realize that it is the people that have had the greatest impact on me.

First and foremost, stands the spirit and determination of our patients. Children and adolescents who constantly look beyond their physical challenges, and often their pain, as they strive to live a normal life like other kids of their age. And of course, there is the life-long commitment of the dedicated parents who choose to always be there for their children, whatever sacrifice it takes.

They are all truly inspiring. They are the reason we do what we do as Shriners.

Most Board members are not health care providers. Our role is to provide the health-care professionals, research scientists and staff with the tools they need to provide the care we are so proud of. Their dedication and compassion gives quality to our philanthropy. They deserve our respect and our continued support.

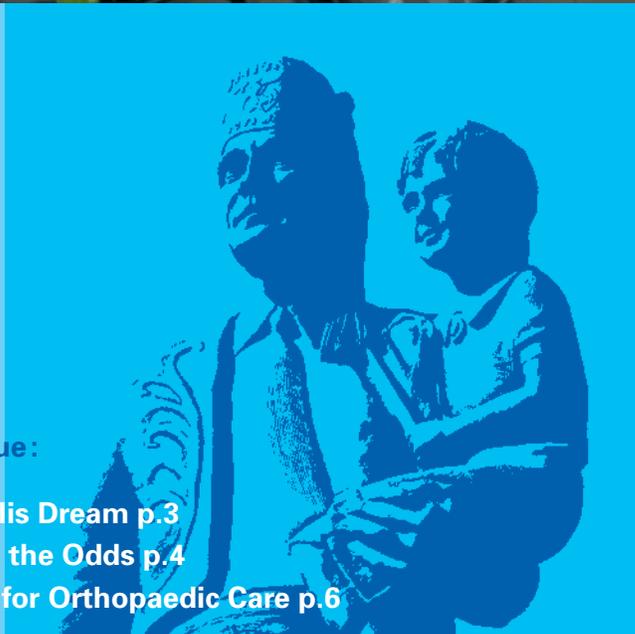
For Shriners, their Hospitals give meaning to their fraternity. They participate directly in many ways, always as volunteers, providing transportation to patients, giving tours of the facilities, serving as Board members, coordinating patient's visits with the Hospital staff or by fundraising. They do this because they are passionate about providing medical care and research to better the lives of children. **[continued on page 2]**



■ Valérie, 15 years old, wins medal in Quebec games [page 4]

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Mr. Morrison pals around with his buddy Dusty

[continued from page 1] We are all part of a team working toward a common goal. So too are the community members and stakeholders from whom we regularly receive generous support. Without them, we could not accomplish our goals.

I have truly enjoyed being part of that team, yet the SHC regulations tell me that it is time to pass on the torch to others.

The future of our Hospital remains filled with exciting and important challenges. I am confident that we have the right team in place to face those challenges. They are ready to take the torch in hand and to carry it forward on our collective behalf.

I end this experience as I started it: privileged to be a part of such a great philanthropic cause and part of a team of such inspiring, dedicated, compassionate and generous people. To all of you, deserving of so much more, I extend my thanks for your collaboration, support and friendship, but mostly my gratitude for what you do for the children. |

Gary Morrison,
Chairman of the Board of Governors

Administrator's Message

Shriners Hospitals for Children (SHC)-Canada would not be a center of excellence in patient care, teaching and research without the leadership of its Board of Governors and particularly that of Chairman Gary Morrison. As Mr. Morrison's term comes to an end, I would like to thank him on behalf of our patients, the staff and the community for his dedication, his passion and his compassion. As described by renown business leader, John Welch, "leaders create a vision, articulate the vision, passionately own the vision and relentlessly drive it to completion". In the last five years as

Chairman of the Board, Mr. Morrison accomplished a great deal, faced many challenges while seizing every opportunity to influence decisions and to shape the future.

At Shriners Hospitals for Children-Canada, we pride ourselves on giving children the opportunity to reach their full potential and to help them fulfill their dreams. For many, the word impossible is not in their vocabulary. They become passionate about art, sciences or sports. As the Vancouver 2010 Olympic Games draw near, we would like to introduce

some of the children who have found great joy and accomplishment while participating in various sporting activities. Some enjoy sports with their families and friends and take pride in their ability to be a part of the sport, while others have chosen to pursue Paralympics dreams in 2010 or 2012. I hope you enjoy their inspiring testimonials!

Enjoy your reading.

Céline Doray

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We want to hear from you! If you would like to ask us a question or suggest a topic for an article in an upcoming edition of the Orthopedik, please contact us at gfouellet@shrinenet.org or 514-282-6990.

The Orthopedik can also be downloaded from www.shrinershospitals.org/Hospitals/Canada.

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Living His Childhood Dream

[**Emmanuelle Rondeau**] A silver medalist at the 1998 Paralympic Games in Nagano, Japan and gold medalist at the 2006 games in Turin, Italy, Dany Verner is thrilled that his next paralympic experience will be in Vancouver in 2010. “This time, we’re going to play at home, in front of our fans. It’s going to be really special to feel the crowd behind us!” Dany has been a forward with Team Canada’s Sledge Hockey Men’s Team since 1998, wearing jersey number 9.

A native of Mascouche, Quebec, Dany is 32 years old and, like many of his generation, grew up admiring hockey giants, his heroes Mario Lemieux and Wayne Gretzky. This is why in 1988, at the age of nine, he joined the *Démons Roulants de Laval*, a junior sledge hockey team. He fell in love with the sport. From his first year, Dany had a taste of victory when the *Démons* won the *Winterlude Junior Tournament in Ottawa* in 1988.

Dany has not only done battle on the ice. Born with spina bifida, he went through over 20 corrective surgeries to help him live autonomously. At the age of 10, his surgeon suggested that an operation be done at the Montreal Shriners Hospital for Children. After the experience, Dany asked that his file be transferred to the Hospital, where he was a patient until the age of 21.

“When I found out there was a national sledge hockey team, I dreamed about it, but I didn’t think I was of high enough calibre or had the potential,” Dany says. He remembers that when he took part in the Nagano games, his first major international experience, he received emails and letters of encouragement from the staff of the Hospital. After the memorable event, he was very proud to show them his medal and shake hands with the staff who had taken such good care of him.



Dany Verner visits SHC-Canada following the Nagano Games in 1998

During his ten years in junior hockey, he completed a diploma in industrial design and now works as a reservations agent at Transat Holidays, a flexible employer who allows him to travel as needed.

Reaching the national team and making his dream come true required effort and perseverance. Dany trains almost daily, does two sessions on the ice per week and travels with Team Canada at least once a month. |

Today, a veteran of the national team, Dany says that “the experience of sledge hockey gave me self-confidence and taught me that with perseverance, we can overcome obstacles and reach our goals.”



Dany Verner at the World Sledge Hockey Challenge in 2007

Basketball: a Challenging and Rewarding Experience

[Valérie Faubert] My name is Valérie Faubert and I'm 15 years old. This year, to get in shape, I decided to get involved in a wheelchair basketball team. To be able to play better, I needed a basketball chair, so I decided to ask the Shriners if I could have a grant. They looked into it right away and happily agreed!

My experience with basketball has been very enriching. It's a sport that I discovered through the Viomax program, and if I hadn't discovered this incredible sport, I wouldn't have had the chance to take part in the winter 2009 Jeux du Québec. When the coach told us we would take



part, I was really happy. And, we won all of our games and the gold medal!

I'm now starting my second year of basketball. I truly like this team sport. It gives me the chance to play on a real team, to build muscles and to stay in

shape. I recommend wheelchair basketball to all young people, even those who aren't in a wheelchair or who don't have a disability but who like to have fun at a sport.

Getting involved in a sport is very important, because it allows us to forget our illness from time to time and to get out of the house. And the younger you are, the more quickly you learn. There isn't only basketball; there are other sports too. So don't just sit there doing nothing: I encourage everyone to take part in a team sport and your life will be the better for it! |

Youngest Player to Score a Goal in International Competition

A mother's perspective

[Paola Sic] My husband and I never considered that our son Vito had a disability. Ever since I can remember if he had a ball in his hands he was happy. He was born with cerebral palsy, and therefore we spent time at Shriners Hospital in Montreal. As he was growing up he had multiple Botox treatments in his hamstrings, calves and groin and also had a heel cord lengthening procedure. During all of his physiotherapy, as long as a ball was involved Vito participated willingly. In turn the staff at the Hospital always encouraged Vito to play and to participate in soccer and sports in general.

My son grew up playing soccer in our local league in Rivière des prairies, Québec. As he was getting older and other teenagers getting bigger and stronger, Vito played less and often substituted. One day, he got scouted by the Assistant Head Coach for the Canadian Men's Paralympic Team. Vito has been attending the training camps for the past two years, but this fall, he became part of the team, playing forward in a recent competition in Holland. He became



Vito at the CP-ISRA World Championships in the Netherlands in November 2009

the youngest player to score a goal at the international level for the Canadian Paralympic / Cerebral Palsy soccer team.

I am thankful that we were able to do this for our son. He and his teammates do not



"I am a forward. My job is to get open, control the ball and create scoring opportunities"

consider any disabilities; they treat each other as equals and work together as a team. I am so proud that Vito is able to live these incredible experiences and to represent his country.

The player's perspective

[Vito] Becoming part of the National team has given me the opportunity to play in a competitive league, to train with the best and to compete against the best.

My coaches tell me that I have a good future on the team. I love the game; I like the competition and the thrill of it all. During our recent international competition our team moved up in the rankings and next we will try to qualify for the Pan Am Games. I was impressed with meeting players from other countries, experiencing different cultures and the official ceremonies surrounding the event.

I have already lived experiences that I never would have if I didn't play soccer. |

Hard Work and Patience Can Make Dreams Come True!

[Emmanuelle Rondeau] Stephen always dreamed of playing football. Today, he is 15 years old, but by the time Stephen reached his 10th birthday, the discrepancy between the length of his right and left leg was of 8 centimeters. He had to face



Stephen at centre of photo bearing the flag

his second leg lengthening treatment. This very active boy who played basketball and swam asked Dr. Reggie Hamdy if he could play football. The answer was no, not during the lengthening treatment. It lasted a long 18 months. “Recovery has to do with how much you put into it. We were told, first crutches, then baby steps... if you work hard those baby steps turn into running pretty fast”, remembers Danielle, Stephen’s mom.

Once this treatment ended, Stephen asked once more if he could play football. Dr. Hamdy explained that first, his leg would have to be straightened and strengthened. Stephen accepted to be fitted with a third Ilizarov device. Following the treatment in August 2008, when Stephen asked Dr. Hamdy if he could play football... the answer was YES, you can play! Stephen went on to play football with his local team. |

“Playing football and basketball means I can be just one of the guys. I have had to work longer and harder than everyone else to reach my goal, but it is worth it. I love being part of a team and it feels good to know that I can do what ever I put my mind to,” commented Stephen.

Camille Discovers Skiing!

[Gilles Bérubé] In spring 2009, 13-year-old Camille enjoyed the cross-country ski season with her family thanks to orthotic devices adapted by orthotist Marc-André Catafar of Gatineau, and paid for the



Shriner’s Hospitals for Children-Canada. According to Camille’s parents, Gilles Bérubé and Louise Guay, “the receptiveness of the Shriners Hospital confirms its true interest in the well-being of children. Practicing sports allows them to grow up in a stimulating world in spite of their disability, which

makes a major contribution to their motor, psycho-social and physiological health.” |

“I love the feeling of speed when I slide along the snow on my cross-country skis; plus, it’s a sport I can practice with my whole family until I’m a hundred years old, just like Jackrabbit did,” Camille says.

Sports are Fun!

[Emmanuelle Rondeau] Lauren has favourite sports for every season. In the summer she water skis, swims and cycles with her family. When fall hits, swimming lessons start and so does basketball season. In the winter, Lauren heads to the hills for some downhill sit skiing with her family and friends... and in the spring,

“I like downhill skiing and water skiing because you get to meet new people and have fun with your friends and your family” chirps in Lauren.

this 13 year-old can be found horseback riding.

Lauren was fitted with her first sit ski at the age of 4. She was encouraged to start this sport by her father Greg. “We



decided to try skiing with Lauren because it is a sport that we practise as a family” explains Greg. He goes on to say: “water skiing and downhill skiing has helped Lauren to develop planning, balance, and strength, skills that kids who have disabilities don’t necessarily develop because they always have help. At the ski hill and while playing other sports Lauren has learned simply by watching and emulating the older teenagers and adults who are also in wheelchairs.” Sports have helped Lauren to develop life skills, autonomy and independence. |

A Must for Orthopaedic Care

[Kathleen Montpetit, Joanne Ruck] Rehabilitation services are provided by the Physiotherapy (PT) and Occupational Therapy (OT) Departments. These health care professions are dedicated to restoring function to children and youth of all ages whose lives have been affected by a health condition.

Physiotherapists and Occupational therapists provide treatment and education to children with orthopaedic and neurodevelopmental conditions. Some children treated at Shriners Hospitals may have a simple orthopaedic problem such as hip dysplasia or elbow fracture or a chronic and complex diagnosis such as cerebral palsy or arthrogyrosis.

Working within a multidisciplinary team the therapists strive to restore function, facilitate independence, enhance normal development and prevent disability. In particular, therapists find ways for children to have full lives in spite of their physical disabilities and to decrease the burden of care on the families. |

Occupational Therapists are involved with children with upper extremity dysfunction, limited independence and delays in multiple domains. Some of the interventions OT's provide include:

- Training in activities of daily life; dressing, toileting, etc
- Provision of assistive devices or technical aids such as a rocker knife for cutting meat or keyboard guard for a computer
- Provision of positioning equipment, seating devices, and wheelchairs
- Loan of special car seats and adaptive equipment for temporary use after discharge
- Exercises and training in handwriting and other fine motor skills
- Exercises to increase range of movement and fabrication of splints to maintain correction

Physiotherapists use a wide variety of treatment modalities and techniques to improve function such as:

- Electrotherapy to control pain and increase muscle strength
- Heat and cold for pain control and swelling
- Hydrotherapy to facilitate movement and ambulation in a warm pool in preparation for walking on dry land
- Exercises to increase range of movement, strength, and endurance
- Developmental exercises to achieve gross motor skills such as crawling standing and walking
- Specific training to prepare injured adolescent athletes for return to their sport.



Gabriel is being fitted with a splint by Mary Rabzel, OT, and Danish Mansoor OT student from the University of Ottawa



Justine works in the swimming pool with PT Corinne Mercier

Inspiring Generosity

[Harpreet Kaur Bilkhoo] While completing an International Baccalaureate Program at the École Secondaire Antoine-Brossard high school in Quebec, Harpreet Kaur Bilkhoo had to develop and realize a one-year project. Here is an overview of the project and what brought her to share it with SHC-Canada.

“First we had to define our goal and our topic. I had to identify all my passions and interests, and then figure out my favourites. I identified artistic creation (painting) and children.

At daycare when I was little, I spent my time taking care of and playing with younger children. The children I had the good fortune to meet often told me that they wanted to become a celebrity or

practice a particular profession, basically, a cherished dream. Growing up, I realized that not all of these children would have the chance to see their dreams come true. Certain children had physical or psychological disabilities. This is one of the reasons that I want to become a pediatrician.

To complete my project, I decided to combine my minor artistic talent with my love for children and create a work that depicts Paralympic athletes. It shows young people that these athletes give it their all to make their dreams come true and



Left to right: Harpreet's family present a donation as well as her painting to Emmanuelle Rondeau, information agent at SHC-Canada

take part in the Paralympic Games. I hope that this painting gives hope to the Hospital's young patients so that they can blossom and get everything they can out of life.” |

Strong Legs Run So That Weak Legs May Walk...

[Guylaine Ouellet] In Montreal, these simple words have become the official motto of the local Shrine Bowl, an annual charity football game to benefit the hospital since the inaugural bowl game in 1987. This year's event King and Queen, Shriners patients Anakin-Luc (8 years old) and Keana (6 years old) were excited to represent the Hospital at the event and to watch the players in action. During the media launch, former Alouettes Running Back, Éric Lapointe (sporting the red tie), joined the players and the coaches of the Sherbrooke University's Vert et Or, André Bolduc and the Concordia University Stingers, Gerry McGrath to invite the population to attend and support the event. This edition of the Montreal Shrine Bowl game brought the total amount raised for the Montreal Shriners Hospital for Children to \$734,000 over 23 years. |

Former Concordia Stingers Football Player Gives Back

[Guylaine Ouellet] “Prior to selecting the Shriners Hospitals for Children - Canada in Montreal, I contemplated various charities. I chose the Shriners Hospital of Montreal because I wanted to associate myself with a charity whose tradition was important to me. I remembered my playing days with the University of Concordia Stingers, and how fortunate I was to have played in the first five Shrine Bowls in Quebec (1987-1991). During those years, the Shriners Hospital of Montreal allowed some of the players to visit the kids at the hospital. I immediately felt a strong bond with the work of the Shriners, doctors, nurses, and support staff helping these kids every day. However, I didn't have an opportunity to give back in the way I wanted... until now!” said Ron About. |



Concordia's friendly mascot Buzz was swarmed with friends during the media launch at the Hospital



A portion of the net proceeds of the first camp of the Ron About Quarterback School held in May 2009 was reserved to benefit to the hospital. Mr. About presented his donation of \$ 340 to Administrator, Céline Doray



Tunis Shriners Fund Patient Participation at Camp Massawippi

[Joanne Ruck] In June 2009, En Route 2009 at Camp Massawippi was the first independence type camp held for adolescents and young adults with Spina Bifida from Quebec. The camp focused on developing basic skills leading to autonomy and independence. Campers from across the province were chosen: 9 girls and 3 boys, ranging in age from 16 to 24 years.

The campers learned a variety of life skills such as budgeting, grocery shopping, cooking and nutritional needs, doing laundry and were introduced to vocational orientation. Socializing was also emphasized and fun was had by all who attended a local rodeo. They had a great time participating in adapted water skiing, wheelchair basketball and tennis.

The participants generally achieved the goals they set for themselves over the two week period and promised to continue to work on autonomy upon their return home.

Funding was secured from the Office



Natalie experienced fishing while at Camp. "I want to thank Shriners Hospital and the Tunis Shriners with all my heart for this life changing experience" wrote Natalie in a Thank you card sent to the Hospital

des personnes handicapées du Québec and the Association of Spina Bifida and Hydrocephalus of Québec, Estrie and Montreal. Shriners Hospitals for Children (SHC)-Canada, thanks to funding from Tunis Temple from Ottawa, sponsored patient, Natalie Teeuw, to attend the camp.

The following rehabilitation centers collaborated and provided professional man-

power to host workshops held throughout the camp: MAB-Mackay, Constance Lethbridge Rehabilitation Centre, *Centre de réadaptation Estrie, Institut de réadaptation en déficience physique de Québec* and SHC-Canada. Professional representation from SHC-Canada included nurse Judy Costello, who held a session entitled "Can a healthy lifestyle influence your body's health"; social worker Trudy Wong held an interactive workshop on "self esteem, friendship and intimacy"; physiotherapist Joanne Ruck participated in the individual goal setting sessions at the beginning and evaluations at the end of the 12 day camp.

Future plans include holding a similar camp for teens and young adults with Cerebral Palsy in 2010, holding a City Survival camp in a university residence in Montreal in 2011 and a trip out of the province in 2012.

The momentum in transition to adulthood is building due to inter-establishment collaboration and commitment to teens with physical challenges. |

Rameses Shriners Travel 500 Kilometers to Give \$50,000



From left to right: Robert McGregor, Recorder Rameses Shriners (Toronto), Raymond Causton, Potentate Rameses Shriners (Toronto), Dr. Robert Drummond, Hospital Vice-Chairman, Don Rowe, President of the Peel Shrine Club and Bryce McBain, President of the Oakville Shrine Club

[Guylaine Ouellet] On October 24th, 2009 a bus full of Shriners and their wives from Ontario came to visit SHC-Canada. They took this opportunity to present Dr. Robert Drummond, Hospital

Board of Governors Vice-Chairman, with a generous donation of \$50,000 from the Peel Shrine Club. Several other contributions were offered by the Oakville Shrine Club. |

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