



Leah Good and her grandfather Harvey Joseph share a cheese sandwich.

Lessons of a cheese sandwich

When nine-year-old Leah Good wanted to teach her grade 4 classmates about the challenges of living with a disability, she had them make cheese sandwiches—"Toronto Rehab style."

Leah instructed each student to hold their dominant arm—"the one you write with"—behind their back and to make the sandwich with the other arm. The children struggled with their assignment—awkwardly trying to spread margarine on the bread, lay in the cheese slice, cut the sandwich in half with a knife and wrap it in a plastic bag.

"Everyone found it very difficult," says Leah. "They all had to have some help."

The exercise was Leah's attempt to show how paralysis her grandfather experienced on one side of his body from a stroke had affected his independence and made even the simplest task very difficult.

Leah's demonstration was part of Project Give Back at her school. After spending time at Toronto Rehab with her grandfather, Harvey Joseph, during his stroke rehabilitation, Leah decided to focus her project on the work of the hospital. "The project was fun and I think it taught everybody about our story and Toronto Rehab."

Over a six-week period in the spring of 2008, Leah had watched her grandfather progress from being unable to sit independently to walking out of Toronto Rehab using a cane. "I didn't think he'd ever walk, or shave alone or work again. But I learned that things do get better with a lot of hard work—and that he's the same person he was before. I'm very proud of my grandfather," says Leah.

A quick glance in Harvey's direction tells an onlooker that the feeling is mutual. "Leah and my other seven grandchildren are my cheering section. They have helped to

keep me motivated," says Harvey, a lawyer of 40 years and a partner in the Toronto firm of Joseph & O'Donoghue, LLP.


The grandchildren were all part of a family campaign to "Get Papa Moving," explains Harvey's daughter and Leah's mother, Jennifer Joseph.

Harvey is proud to report that he kept a promise to his grandchildren to take the extended family of 16 people to Florida's Disney World as soon as he was well enough. "It took two years but we did it!"

"Dad got on and off of rides and boats with the kids," adds Jennifer. "He did everything he wanted to do. The hard work pays off."

Harvey sustained a stroke on March 11, 2008. "Toronto Western Hospital saved my life but Toronto Rehab gave my life back to me. They were fantastic—just the right mix of 'we're not going to do it for you, you're going to have to do it yourself,' and kindness and

humanity. They just worked their magic and it's been terrific."

Harvey and Marsha, his wife of 47 years, were so impressed with the inpatient and outpatient stroke rehabilitation service that they made a donation to the Toronto Rehab Foundation. The donation will be recognized with the naming of a patient room at the hospital's University Centre, which is under redevelopment. "I made the gift because I owe a tremendous amount to Toronto Rehab. It's nice that it's a patient room we are funding because that's where my heart is—with the patients." 

Please give today to help someone you love get their life back. Contact the Toronto Rehab Foundation at 416-597-3040 or visit www.torontorehabfoundation.com

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