Innovative research • Accessible communities • Difference makers

In Motion

SPECIAL 25TH ANNIVERSARY MAN IN MOTION WORLD TOUR EDITION • A RICK HANSEN FOUNDATION MAGAZINE

Rick Hansen Foundation

On August 24, 2011, at Cape Spear in Newfoundland, Rick Hansen presented a Difference Maker Medal to 13-year-old Jacob Manning, the first participant in the 25th Anniversary Relay.

Canada's Man In Motion continues to lead • Page 3

25 years of making a difference.

Scotiabank is a proud supporter of the Rick Hansen Foundation.

Through Rick's limitless resolve, the Foundation will continue to fund research for a cure for spinal cord injury and initiatives to build an inclusive world.

During the Rick Hansen 25th Anniversary celebrations, you can help make Rick's goal a reality by donating at any Scotiabank branch.

25th Anniversary Rick Hansen Relay

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Canada's Man In Motion
continues to inspire

Everyone can make a difference. Just ask Rick Hansen.

Looking back 25 years on the origins of his historic Man In Motion World Tour (MIMWT), Hansen says, "The biggest challenge was simply starting such a massive dream. I had to shed the shackles of self-doubt, the external naysayers, the fear of failure and the unknown, and finally the seductive lure of talking and planning the project into oblivion. Just getting the wheels going out of the Oakridge Mall in Vancouver, heart pounding out of my chest, was the biggest challenge."

Don Alder, a friend of Hansen's since childhood, co-piloted the MIMWT that travelled 40,000 kilometres through 34 countries over 26 months. "He's a regular guy," says Alder. "But with Rick, everything is a possibility. He turned his passion into an agent of social change by inspiring others to make a difference, too."

What an impact those efforts have made. Driving awareness of the challenges people with disabilities face and spurring their acceptance as equal members of society, and raising funds to support spinal cord injury (SCI) research and treatment was just the beginning.

Today, the Rick Hansen Foundation (RHF) drives initiatives that accelerate breakthroughs in SCI research and care, and achieve greater accessibility and inclusivity for those with disabilities.

Hansen's vision includes the formation of a global SCI research network that he believes will drive a further 50 per cent reduction in the severity of paralysis in the newly injured. "In 25 years, we will see newly injured patients returning to full functionality," says Hansen. The RHF is also advancing an ambitious Global Accessibility Map – a web-based ratings tool that aims to help address society's growing accessibility and mobility needs.

How do Hansen and the RHF team do it? "Rick comes up with a visionary idea to help Canada or the world and then he pulls stakeholders together and inspires them to unite towards a common goal," says Alder. "I guess you would call that leadership."

That's Canada's Man In Motion.

Then & now

$26 million
Funds raised during the original Tour.

vs.

$245 million
Leveraged investments toward SCI research, rehabilitation and quality of life initiatives.

30%
Chance of some varying degree of recovery for an individual in Canada with an SCI.

vs.

70%
Chance of some varying degree of recovery for an individual in Canada with an SCI. "Some people now even walk away from an injury with full recovery," says Hansen.

Future need

60%
Estimated increase in the number of people who will have mobility problems by 2030, due to aging population and other factors.

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Solutions on the move

Twenty-five years ago, when an individual sustained a spinal cord injury (SCI), the mortality rate was high, and a serious injury invariably resulted in permanent paralysis, says Vancouver surgeon Dr. Marcel Dvorak.

Today, surgery is performed as soon as possible, and patients are seated upright in their hospital beds the next day, beginning the long process of rehabilitation.

"The last 25 years have seen an explosion in advances in our ability to effectively manage the spinal column," says Dvorak, who also serves as Scientific Director of the Rick Hansen Institute, which specializes in SCI research and best practices implementation. "In the next 25 years, we expect to see great advances in directly addressing and influencing the cord itself."

Without the work of the Rick Hansen Foundation, the Blusson Spinal Cord Centre in Vancouver, where Dvorak works, would not exist. In fact, the Foundation has changed the nature of spinal cord research, he says.

"When Rick showed up, there was little if any sharing of information. There were isolated researchers here and there, but research wasn't co-ordinated or integrated. His most powerful legacy, I think, is the creation of a network of scientists – working in concert and sharing ideas," says Dvorak.

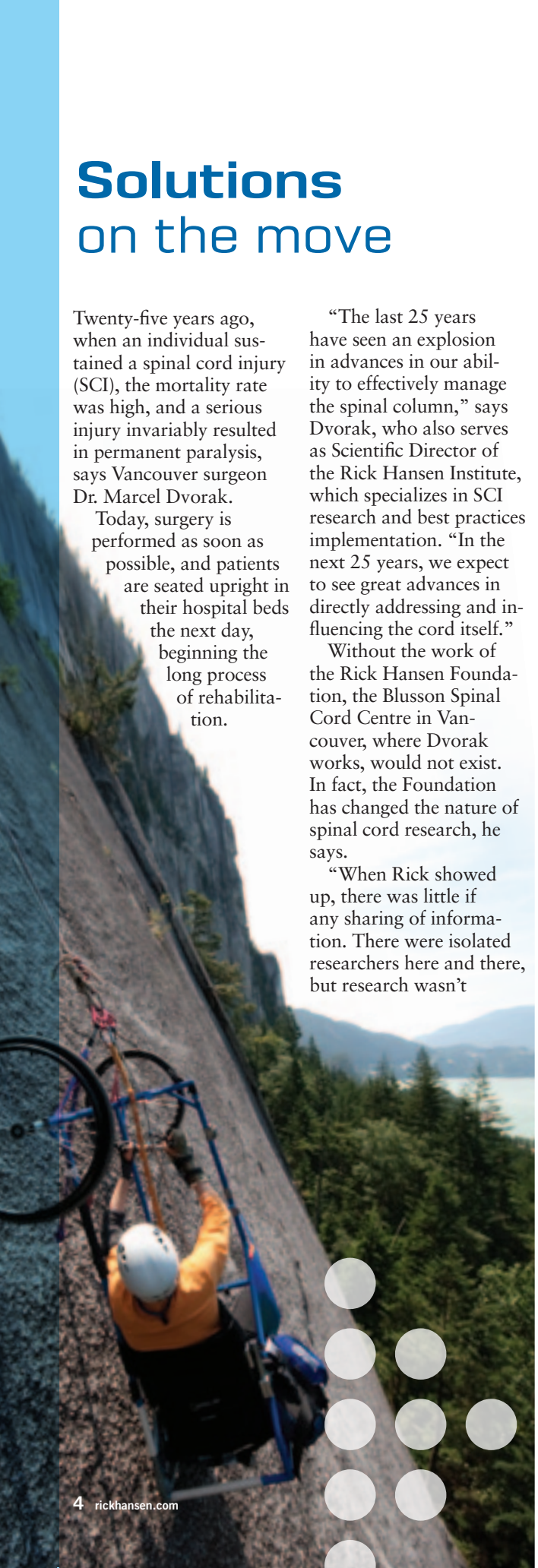
Research funded by the Foundation has also changed the quality of care for individuals with an SCI.

Brad Zdanivsky – a quadriplegic who has climbed the sheer side of the Stawamus Chief mountain outside of Squamish, B.C. – has a condition known as autonomic dysreflexia (AD).

Though affecting many people with SCIs, AD (in which over-activity of the autonomic nervous system causes an abrupt onset of excessively high blood pressure) isn't widely understood by health professionals.

"When it gets out of control, you go to the hospital. If you're not an effective advocate for yourself, AD can be misdiagnosed," says Zdanivsky. "Without proper treatment, AD can cause stroke or retinal hemorrhaging."

With support from the Institute, Dr. Andrei Krassioukov has developed a curriculum to teach emergency personnel about management of AD, and so far, more than 130 emergency professionals have been trained.



Climbing B.C.'s Stawamus Chief mountain is just one of the physical challenges Brad Zdanivsky has overcome.

Pathways to progress

What kinds of advances are improving the lives of those with spinal cord injuries? Here are two examples of research supported by the Rick Hansen Institute (RHI).

Bursts of electricity boost hand function

For those living with the effects of paralysis, such as stroke patients and quadriplegics, picking up a piece of paper can be almost impossible. But research supported by RHI is helping to restore finger movement and hand function. The Functional Electrical Stimulation (FES) therapy provides short bursts of electricity to the forearms of patients, and early results are promising, with some patients able to grasp a cup of coffee and hold a newspaper for the first time after their injury.

Common drug for uncommon problem

Can an acne drug offer hope to those with an SCI? Clinical trials supported by RHI have discovered that administering the acne medication minocycline within 12 hours of an injury can minimize additional damage and inflammation to the spinal cord. These results show patients may recover greater physical mobility – reducing the severity of their injury and therefore reducing the length of hospital stays, the incidence and severity of complications and the need for home care services.

Creating more accessible communities

Marika van Dommelen was born with spina bifida. As a child, she spent lonely hours in her wheelchair beside the playground as her friends frolicked. But after her son Benjamin (now 11) first asked her to take him to the playground, she felt it was time for a change.

"I explained to him that, because there were no accessible playgrounds, there would be at least 20 feet of sand between us. If something happened, I wouldn't be able to help him. He was three years old," she says, tears welling up in her eyes. "And he looked at me, and said, 'It's OK, Mommy. I understand.'"

Today, as a result of her work and a partnership between the City of Langley, B.C., and the Rick Hansen Foundation, there are two wheelchair-accessible playgrounds near her family's home. "We've had some wonderful times playing there together," says van Dommelen.

The Foundation has helped develop more inclusive communities for 25 years, in part through leadership training that includes the Rick Hansen School Program, which engages youth to make a difference.

The Foundation's latest accessibility initiative is available as an online tool. The Rick Hansen Global Accessibility Map allows individuals with disabilities and their friends and families to obtain information on the accessibility of restaurants, stores, hotels, parks and services.

The Rick Hansen Global Accessibility Map offers the opportunity to submit and obtain reviews from a mobility, hearing and sight perspective on the accessibility of buildings and services.

Besides providing accessibility information, the tool is intended to create more awareness about the economic power of people with disabilities, says Daryl Rock, chair of the Global Accessibility Map steering committee.

"So often someone using a wheelchair goes with friends to the local pub, then finds there are steps. Rather than making a fuss, they ask their friends to carry them in, so the inaccessibility has no economic impact."

Now it is easy to check on accessibility and make informed decisions when choosing a location, he says. "When accessible enterprises have more clients coming through their doors, it creates an incentive."

For more, visit rickhansenglobalaccessibilitymap.com

Honda efforts drive change

Honda is best known for its cars, trucks and motorcycles, but when it comes to accessibility, Honda Canada assistant vice-president Jean-Marc Leclerc says the company takes an equally innovative approach. In addition to its continuing development of ASIMO, the world's most advanced humanoid robot, Honda is working behind the scenes on accessibility solutions, including special walking-assist devices to improve mobility for those with disabilities.

In support of the Rick Hansen 25th Anniversary Relay, Honda Canada has developed a special app that will enable Canadians along the Relay route to share their mobility dreams online. In addition, "We have partnered with RHF to help fund one of those dreams," says Leclerc. "It's a mobility enabler."

Learn more, visit honda.ca/news/rickhansen

Marika van Dommelen, pictured here with husband Jan and son Benjamin, pushed for wheelchair accessible playgrounds in her community.

Patients ReJoyce
a new technology for recovery

A spinal cord injury is a serious matter, with recovery involving grueling rehabilitation. But ask Jennifer Gabrysh, who became a quadriplegic in a 2007 swimming accident, and she'll tell you there was a bit of fun to be had as she worked to regain some use of her hands.

Gabrysh participated in a clinical trial of ReJoyce (Rehabilitation Joystick for Computerized Exercise), a game-based hand, arm and shoulder rehabilitation workstation.

"With ReJoyce, I've regained strength and precision in my hand function," says Gabrysh. "I am able to write with a pen and handle supplies at work and at home. They may be small tasks, but they are really important to me."

Occupational therapist Su Ling Chong guides study participant Jennifer Gabrysh through a demonstration of the ReJoyce system at Edmonton's Glenrose Hospital.

ReJoyce consists of a table-top mount, a spring-loaded arm and a hand-dexterity trainer. With handles, a pressure gripper, a doorknob, a key, a peg, a jar top and coin simulators, the technology simulates many tasks of daily living.

The therapy can be administered through "tele-rehabilitation" – a web-based delivery similar to Skype, supervised remotely by a physical therapist.

Gabrysh wears a bracelet on her wrist and forearm with built-in electrodes that are activated by a slight tooth click facilitated by an electronic sensor behind her ear. The bracelet allows her to open and close her hand while playing boxing, bartending or car-racing games.

"In conventional rehab, people put pegs in a peg board, then take them all out. It is extremely mundane," says Andy Prochazka, CEO of Rehabtronics Inc. and son of one of the scientists who co-developed ReJoyce. "ReJoyce disguises all of that. People do more repetitions without even realizing it."

Created by the University of Alberta's Arthur Prochazka and Jan Kowalczeski, with more than $360,000 in funding from the Rick Hansen Institute, ReJoyce has been the subject of clinical and scientific studies around the world.

A 2008 survey found occupational and recreational therapists agreed it has either more or far more therapeutic benefit than routine therapy.

"I'm thrilled that ReJoyce could soon be used for in-home rehab," says Ms. Gabrysh. "I saw positive results and, for me, access to this technology can't happen fast enough."

Putting research into action

Created in 2007 by the Rick Hansen Foundation, the Rick Hansen Institute (RHI) has a challenging goal: a world without paralysis after a spinal cord injury (SCI). Challenging because an SCI changes life forever. One's physical mobility, employment, health and family are all affected.

That is why RHI is committed to working with researchers, surgeons and rehab professionals in order to translate SCI research into practical solutions for people with SCI. As part of the Blusson Spinal Cord Centre in Vancouver, the Institute works with the International Collaboration on Repair Discoveries and the Vancouver Coastal Health Spine Program – and other partners in Canada and around the world – to accelerate breakthroughs in SCI research and advances in treatment and care of people with SCI.

Today and into the future, RHI's work is reducing the incidence and severity of paralysis after an SCI, improving treatment and care, and improving the quality of life for individuals and families.

To find out more, visit rickhanseninstitute.org

25th Anniversary Relay
a celebration of hope

On August 24, exactly a quarter-century after Rick Hansen began the Canadian segment of the Man In Motion World Tour, he launched the Anniversary celebration by placing a medal over the shoulders of 13-year-old Jacob Manning at Cape Spear in Newfoundland.

Diagnosed with type-1 diabetes in 2008, Manning volunteers in his community of Conception Bay South, N.L., where he works to inspire other youth to lead more active, healthy lives. His Relay run was dedicated to his grandmother, who spent the last years of her life in a wheelchair.

After running beside Hansen for his 250-metre Relay segment, Manning passed the medal to Mel Fitzgerald, who competed with Hansen in wheelchair events at the Los Angeles 1984 Olympic Games and was with him in Cape Spear 25 years ago.

Over a period of 273 days, the Rick Hansen Medal, designed by the Royal Canadian Mint, will be relayed across Canada by 7,000 Difference Makers – individuals who have made their communities better, healthier places to live. With the support from municipal, provincial and federal governments and corporate partners including McDonald's and Nike, the Relay will visit more than 600 communities.

Jim Richards, executive director of the Relay, says, "In addition to celebrating the Anniversary of the Man In Motion World Tour, we see this as an opportunity for Canadians to celebrate and recognize people who are working to make their communities better.

"Awarding the Difference Maker Medal to these individuals recognizes their contributions, whether they're helping create an inclusive society, volunteering with the local hockey team or working toward environmental conservation. Rick's story has been a catalyst for many people, and with this Relay, we're celebrating Rick and 7,000 others who are making a difference every day."

The Relay will end its journey in Vancouver on May 22, 2012, with Homecoming Celebrations. Check rickhansenrelay.com to find the exact dates when the Relay will travel through communities across the country and where local celebrations are taking place.

Shaping a healthier, more inclusive world

As part of the 25th Anniversary of the Man In Motion World Tour, the Rick Hansen Foundation and the Rick Hansen Institute will host more than 2,500 global influencers and leaders in Vancouver for Interdependence 2012. From May 15 to 18, this international conference will focus on accelerating progress toward accessible communities for all, and research for a cure to paralysis after spinal cord injury.

Featuring environmentalist David Suzuki, inventor and entrepreneur Ray Kurzweil, award-winning researcher Michael Fehlings, and athlete and advocate Rick Hansen, the conference will foster dialogue among those in governments, tourism, design, sports, business, research and health care to build a healthier and more inclusive world.

Presenting Partners

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"Twenty-five years ago, Rick made us believe in the power of a dream, and we were privileged to play an active part in helping carry his message home. He's been a catalyst for change in making Canada more accessible and inclusive, but part of his legacy is that he's now inspired a new generation of Canadians into becoming difference makers in their own communities, which is a remarkable achievement."

George Cohon
Founder
McDonald's Canada/McDonald's Russia

Honouring difference makers

More than 7,000 Canadian "difference makers" will be honoured during the Rick Hansen 25th Anniversary Relay, transporting the Rick Hansen Medal from coast to coast to coast in celebration of the 25th Anniversary of the Man In Motion World Tour.

These difference makers have been inspired by Rick and are contributing to their communities in their own way.

Trevor Redmond

On September 20, 2011, Trevor Redmond hit the streets in Stellarton, Nova Scotia, for his portion of the Rick Hansen 25th Anniversary Relay.

"I ended up dancing the whole section. It was wonderful to do that on a leg I had almost lost 25 years ago," he says.

In 1986, Trevor planned to follow Rick Hansen when he came through town. "I was going to ride my bike as far as they went that day."

Just days before the event, he was hit by a car, nearly losing his leg.

In the hospital, Trevor received an autographed t-shirt and photo from Rick Hansen. "He has been a beacon of light," he says. "I picked my hero well."

In celebration of his leg, and for cancer prevention, awareness and research, Trevor walked across Canada in 2006 and biked across in 2009.

"The more we move, the more we move others," he says. "That's what Rick did for me, and why I move for others."

Sonny Davis

At five years old, Sonny Davis was diagnosed with Muscular Dystrophy and told he wouldn't see his 30th birthday.

"Last summer, I celebrated my 30th spin around the sun with a trip from Victoria, B.C., to Thunder Bay, Ont., to raise awareness of Muscular Dystrophy," he says. "I wanted to present a message of freedom from labels – especially the ones you place on yourself.

"The Rick Hansen Foundation caught wind of what I was doing and invited me to help carry the medal in between cities. I kicked off the Relay from Cape Spear, Newfoundland."

Sonny (& Chair) – as he calls himself on his e-mail signature – travelled 1,000 kilometres between Cape Spear and Charlottetown and picked up the medal again as it left New Brunswick.

"I'm in the unique position of being able to honour one of my childhood heroes," says Davis. "It's been like stepping into an actual dream."

Dr. Brian Kwon

Orthopedic surgeon and researcher Brian Kwon became interested in spinal cord injuries during his residency at the University of British Columbia, and has since received a New Investigator Award from the Canadian Institutes of Health Research, been named one of Business in Vancouver's Top 40 under 40 and attracted more than $8 million in research funding.

"Rick was very inspirational to me as I wrapped up my residency and set off to do a PhD in spinal cord regeneration, which focused on people with chronic spinal cord injury," says Dr. Kwon, who also serves as RHI's Associate Scientific Director. "He's a big part of the reason I'm in this field."

Kwon's team in Vancouver has identified bio-markers for spinal cord injury – research that is now being expanded across Canada with the support of the Rick Hansen Institute. In addition, he says, "we've established guidelines on how therapies are translated from bench to bedside and have been active in developing new, more clinically relevant models for testing new therapies."

LEFT. Trevor Redmond from Calgary walked across Canada in 2006 and biked the nation in 2009 in support of cancer research and prevention, and participated in the 25th Anniversary Rick Hansen Relay in Nova Scotia. BELOW LEFT. Last summer, Sonny Davis, who has lived with Muscular Dystrophy since childhood, celebrated his 30th birthday by biking from Victoria, B.C., to Thunder Bay, Ont., to raise awareness of the disease. BOTTOM RIGHT. Dr. Brian Kwon has been instrumental in advancing spinal cord injury research and attracting funding for the cause.

Be a difference maker

You can bring big and small change to the world. Here's how:

Volunteer.

Lending a hand allows a non-profit organization to do its best work possible.

Donate.

Contributing to a charity – through a fundraising event or from your bank account – gives it the resources to make a positive impact.

Spread the word.

Use social media and personal connections to raise awareness about the great work of a charity.

Be the change.

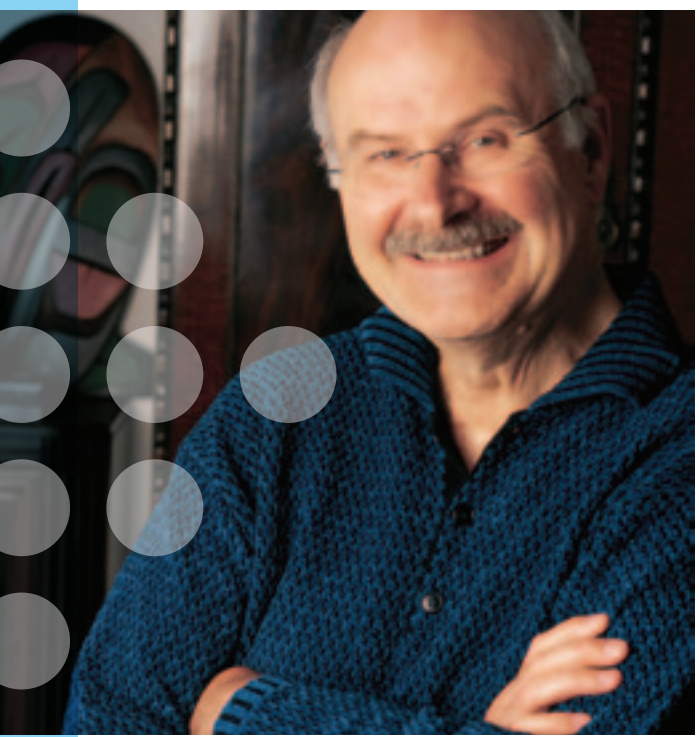
Actions speak loudly, so seize opportunities that help others.

Do it now.

Today is the best time to start making a difference.

Turning the corner

In November 2002, after slipping on a wooden deck at his family cottage, former B.C. Premier Mike Harcourt tumbled over a 20-foot cliff. "Next thing I knew, I was on hard rock, face down in the water, paralyzed." His wife Beckie scrambled to his aid and called for help.



The Coast Guard brought Harcourt to a local doctor who administered a steroid to mitigate swelling, a vital intervention. At Vancouver General Hospital (VGH), Dr. Marcel Dvorak, a researcher with the Blusson Spinal Cord Centre – an organization supported by the Rick Hansen Foundation – awaited Harcourt's arrival by air ambulance.

Dvorak skilfully removed bone fragments that threatened Harcourt's spinal cord and inserted a titanium plate to stabilize his vertebrae. "I woke up the next morning with Marcel beaming at me."

Among Harcourt's visitors was Rick Hansen. "I met Rick when I was Mayor of Vancouver and he was a crazy young guy. He brought this idea of raising money for spinal cord research by going around the world in a wheelchair. I handed him a personal cheque for $100. He returned to Vancouver two years later, a hero."

On February 28, 2003, following intense therapy, Harcourt walked out of VGH. "I have some paralysis, but I can whack a golf ball and play mixed-doubles tennis."

For his own sake and others, Harcourt is glad he supported Hansen. "Rick inspires people to see that you can do something with your life despite an accident. The Foundation is improving research, medicines, treatments and accessibility. The progress has been good, and it's continuing."

Thanks to fast and appropriate action by first responders, a skilled surgeon and his personal determination, former B.C. Premier Mike Harcourt managed to walk away from a spinal cord injury.

Join Rick Hansen in his journey

At the Rick Hansen Foundation, we know that small acts can make a big difference. Here are some ways to support our goals to find a cure for paralysis and create accessible communities.

Send a Virtual Medal

Honour difference makers in your life by sending them a Virtual Medal. For a $5 donation, medals are delivered via e-mail or Facebook, and accompanied by your personalized message. Visit rickhansen.com/virtualmedal.

Be a monthly supporter

For a minimum donation of $25 per month, you will receive a commemorative Rick Hansen 25th Anniversary Relay Medallion.

Leave a lifetime legacy

After caring for family and friends, please consider leaving a legacy to the Rick Hansen Foundation by naming us in your will. To discuss options, contact our development team at fundraising@rickhansen.com.

Host a community fundraiser

Celebrate 25 years of progress by planning a fundraiser at your work, school, church or community. We will help you with ideas, support and advice so the event can make the biggest impact possible.

For other ways to get involved or to make a donation, visit rickhansen.com or call 1-888-987-3777

25 years ago, Rick Hansen proved what one man could do.
What happens when thousands come together?

In 1987, Rick Hansen completed his historic "Man in Motion World Tour" – he travelled 40,000 km through 34 countries and raised millions of dollars towards spinal cord injury research. 25 years later, thousands of Canadians will join the Rick Hansen 25th Anniversary Relay and retrace his route through Canada in an effort to create a more accessible world. As an official supplier and a company equally committed to mobility, Honda is proud to join the Rick Hansen Foundation in celebrating the 25th Anniversary of his historic accomplishment.

To learn more, visit Honda.ca/relay and get involved.

25 Anniversary | anniversaire Relay | Relais RICK HANSEN
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HONDA
The Power of Dreams

25 Years ago Rick Hansen's Dream inspired us to believe, and we still do today.

Celebrating 25 years of commitment to Rick's dream.

25th Anniversary Rick Hansen Relay

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