

Donation makes difference for Bridgepoint

Physiotherapy patients at Riverdale facility to benefit from NuStep machine



Mirror photo/JILL KITCHENER

IN TRAINING: Mary Brown works out on a NuStep TRS 4000 Recumbent Cross Trainer donated by the Beaches Lions Club. Looking on are Bridgepoint Health Foundation CEO Terrance Slobodian, Beaches Lions Club members Fred Rossiter, Keith Begley and Colleen Clarke and Bridgepoint Health president and CEO Marian Walsh.

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The Beaches Lions Club is making good on its public service mandate of neighbour helping neighbour through a recent donation to Bridgepoint Health's physiotherapy program.

Fred Rossiter, a longtime Lion and volunteer at the facility for complex chronic disease and disability, spearheaded the idea of donating a \$5,000 NuStep cross-trainer machine to the hospital.

He had seen first hand how much patients benefitted from using the facility's two other units.

EXPAND SERVICES

This third NuStep machine, which is used for toning, strengthening, developing coordination and improving cardiac function, will allow the facility to expand its services to even more patients in its day treatment program.

"This new equipment will improve the quality of life of patients. It's really a great gift," said Marian Walsh, Bridgepoint Health CEO.

"This is the best example of why east Toronto is such a great community. And the Lions are a great example of what community organizations can do."

Rossiter shared a few words at a small ceremony held last week at Bridgepoint Health.

"I feel like this is my second home. I'm very proud our Lions Club was able to raise the

funds for this piece of equipment," he said.

"I'm very happy about it."

Walsh said the donation also means a lot to the patients and staff at Bridgepoint Health.

"This is a great way to start the new year," said Walsh, noting the hospital has a long-standing relationship with the Toronto Beaches Lions Club.

Mary Brown, an outpatient at the day treatment centre, was one of the first ones to try the NuStep machine.

'FANTASTIC'

Grappling with a balance problem, Brown also offered her gratitude.

"This is fantastic. I think it's going to do a lot of good," said Brown, who began physiotherapy at the hospital a few months ago.

"I appreciate it and I hope it does the trick for me."

Bridgepoint Health's day treatment centre serves roughly 15,000 people annually including 450 in-patients.

Upwards of 20 to 25 patients will use the new NuStep machine each day.

"This is a high-demand piece of equipment that every patient in day treatment uses for their therapy," Walsh said.

Each year, the Toronto Beaches Lions Club gives several thousand dollars to community service projects.

Most of the donations are made anonymously to organizations or with little public awareness.