

Technology in the Rehabilitation Sciences

Technology is everywhere in our lives now, and Dr. Sara Saunders is running a project to ensure that the use of technology is not harming the employees within the McGill community. See more on p.10.



At the Virtual Reality and Mobility Laboratory, Dr. Anouk Lamontagne uses avatars in her research. See more on p.4!

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SPOT

SCHOOL OF PHYSICAL & OCCUPATIONAL THERAPY

S

STUDENTS/STUDYING

S is for Students! Each year, SPOT opens its doors to various groups of high school students who may or may not know what physiotherapy or occupational therapy are. Among these groups is the Eagle-Spirit Camp, run by SPOT Alumna Jessica Barudin with assistance of several current SPOT students and faculty.



The Eagle-Spirit Camp was back this year, introducing First Nation youths to the OT and PT professions, by way of accessibility challenges including a wheelchair race in Hosmer House!

P

PROFESSIONS



Promotion of the professions. SPOT grads help improve workplace ergonomics all over the country, and now they have an option to complete a clinical placement in McGill's own office spaces, thereby promoting the professions to workers who may not realize the potential of a referral for advice. Read the full article on page 10.

O

OUTREACH

Outreach – working collaboratively to improve health care for Quebecers and Canadians. The first cohort of students graduated this year from McGill's Physical Therapy Extension Program at the Université du Québec à Chicoutimi. Read more on page 9.



T

TRAINING



Training the trainers in Haiti – While many training and teaching activities take place in Montreal, SPOT faculty are also involved in teaching, training, learning and service activities with a global reach. Seen here is the team of Dr. Matt Hunt, Dr. Aliko Thomas and Prof. Crystal Garnett, in the field.



From the Director's Desk

SPOT: TECHNOLOGY IN REHABILITATION

Dear Colleagues and Friends of the School,
Chers collègues et ami(e)s de l'École,

This year, the theme of SPOT's Newsletter is *Technology in Rehabilitation*, one of our cross-cutting transformational strategies that is embedded within many, if not all of our research and educational domains. *Technology is revolutionizing rehabilitation by providing innovative solutions to functional challenges*. At SPOT we are harnessing the power of technology to better understand disease and injury and to promote recovery, independence and health.

The researchers at SPOT are leaders in the application of novel technologies to rehabilitation and health. For example, we have a long tradition of applying sophisticated 3-dimensional movement analysis technologies to better understand the mechanisms of injury and recovery with rehabilitation.

Over the past decade, new technological innovations are part of our research and treatment efforts. These include:

- Virtual reality (including commercial products and experimental technologies);
- Novel magnetic resonance imaging technologies including diffusion tensor imaging and magnetic resonance spectroscopy, as well as brain stimulation techniques;
- Computer-based gaming and access tools (for memory, music and communication applications in therapy and research);
- Robotics and use of simulators in education and therapy
- Health informatics; and
- Development of software for particular and specific purposes (apps) in treatment and research.

In the classroom, our students are exposed to new cutting-edge technologies and their application to rehabilitation science. In the coming years, we will experience much greater uptake of these new technologies and tools in our everyday rehabilitation practice. These are exciting times at the School of Physical & Occupational Therapy!

Le thème de ce journal cette année est la *Technologie en réadaptation*, une des stratégies clef en nos domaines en recherche et en éducation. *Des solutions innovantes aux enjeux fonctionnels sont livrées par la technologie révolutionnaire en réadaptation*. À l'École, nous maîtrisons la technologie pour mieux comprendre les blessures, les maladies et ainsi pour promouvoir la récupération, l'indépendance et la santé maximale.

Les chercheurs à l'École sont chef de file en applications de nouvelles technologies aux domaines de la réadaptation et de la santé. Par exemple, nous éprouvons une longue tradition de l'utilisation complexe de l'analyse du mouvement en trois dimensions pour mieux comprendre les mécanismes de blessure et de guérison par la réadaptation.

Pendant la dernière décennie, d'autres nouvelles technologies se font une partie intégrale de nos efforts en recherche et en traitement, incluant:

- la réalité virtuelle;
- des technologies d'imagerie en résonance magnétique;
- des jeux et applications via ordinateurs;
- l'utilisation de robots et de simulations en éducation et en thérapie;
- l'informatique de la santé; et
- le développement d'applis et d'autres logiciels.

En la classe, nos étudiants se servent de nouvelles technologies de pointe et apprennent leurs applications en science de la réadaptation. Dans le futur proche, nous allons éprouver encore plus l'application de connaissances et l'implémentation de ces technologies et outils dans notre quotidien.

Ce sont des moments passionnants à l'École de physiothérapie et d'ergothérapie!

Sincerely,

DR. ANNETTE MAJNEMER
Director and Associate Dean

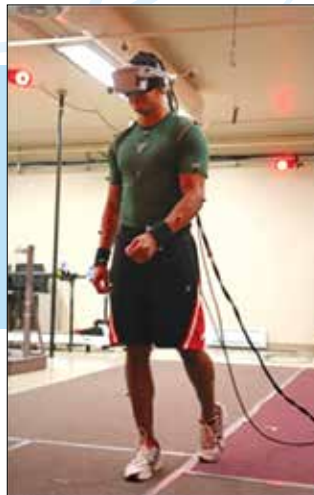
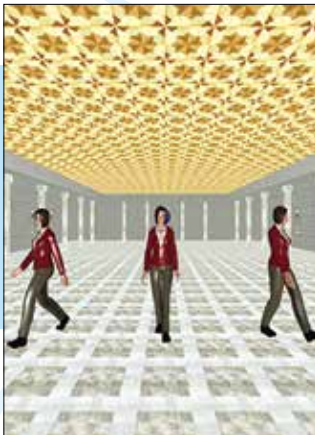
How do you
follow SPOT
news & events?

Excellence Through Growth is the motto of the School, and it is reflected in the growth of the School's Social Media presence, engagement and outreach! Engagement through **Facebook** has increased by 50% in the past year: 500 "likes" (summer 2014) to 750 "likes" (summer 2015); **LinkedIn** contacts have more than doubled: 100 to 219 in the same period. See also our **YouTube**, **Twitter** (hashtag #mcgillspot) and **Instagram** (mcgill_spot) links.



Technology in Rehabilitation

- As key investigators in the Candrive research team, Drs Barbara Mazer and Isabelle G elinas used technology to study naturalistic driving in older drivers. See more about the Candrive study at <https://www.candrive.ca/en/home.html>



- At the Virtual Reality and Mobility Laboratory, Dr. Anouk Lamontagne uses avatars (see image far left) to study the control of complex locomotor tasks in stroke survivors. Using virtual reality technology the participant (near left) sees the images in the helmet-mounted display.

- The Advanced Technology & Rehabilitation Lab: Dr. Philippe Archambault (with glasses in photo on the left) recently took his Jintronix Rehabilitation System to India to share his knowledge and work. At far right is a screenshot from the miWe2 "smart" wheelchair simulator.





● Dr. Shawn Robbins, with Dr. Richard Preuss, run the Clinical Integration of Musculoskeletal Biomechanics (CLIMB) Lab. They and their team measure joint motion, joint forces, muscle activity, and strength during a variety of activities such as walking (shown here to the left). Strength is assessed at different joints at varying speeds and contraction types; muscle activity is captured at the CLIMB lab to better understand how muscles are being used during activities.

● Understanding how the brain reacts to exercise can help in the prescription of exercise to improve motor memory and skill learning. The image to the right shows Dr. Marc Roig at work in his MEMORY and MOTOR Rehabilitation Laboratory (MEMORY-LAB). This lab is located at the Jewish Rehabilitation Hospital, and in the photo he and his research assistant are seen using the Transcranial Magnetic Stimulator with Frameless Stereotaxic Neuronavigation to study the long-term changes in cortico-spinal excitability as a result of a single bout of acute cardiovascular exercise. The larger/wider applications of what he is exploring will help identify cortico-spinal mechanisms underlying the effects of exercise on procedural memory.



● **Using technology to keep kids moving while in hospital**

The interactive bicycle (Expresso) shown in photo to the right allows children to get the feel of a real outdoor bicycle instead of just pedalling on a boring stationary bike. The handle-bars are motion-controlled and kids get to shift gears just like on an outdoor bike; they get to feel the terrain that they see on the screen. On the screen they can choose from beginner to expert tours or they can chase dragons and aim for a high score. We hope that by making exercise fun children will be more motivated and engaged to continue exercise at home.



● **La technologie au service de l'activité physique à l'hôpital**

Ce vélo interactif permet aux enfants de se sentir comme en vélo à la maison, ce qui est beaucoup plus intéressant qu'un simple vélo stationnaire. Les guidons sont contrôlés par l'enfant et il peut changer les vitesses selon le terrain rencontré. Ils peuvent choisir entre des parcours débutants à expert ou partir à la chasse aux dragons. Nous espérons que si les enfants ont plaisir à bouger qu'ils seront plus motivés à maintenir leur niveau d'activité physique à la maison.

STUDENTS WINNING AWARDS

Helen M. Gault Award



Dr. J. Soicher presents the Helen M. Gault Award (PT) to Simon Dalle-Vedove. This award honours leadership, scholarship and professionalism demonstrated throughout the program.

OPPQ Clinical Prize of Excellence



President of the Ordre professionnel de la physiothérapie du Québec, M. Denis Pelletier, presents the OPPQ Clinical Prize of Excellence to Samantha Archambault.

OEQ Clinical Prize of Excellence



Mme L. Tremblay presenting Ordre des ergothérapeutes du Québec Clinical Prize of Excellence to Kelly White.

CAOT Award



Dr. B. Nedelec presents Canadian Association of Occupational Therapists Prize to Victoria Blais.

Pat Wells Memorial Award



Dr. J. Soicher and Mr. Chris Wells present Sabrina Figueiredo with the Patricia Ann MacDonald Wells van Daele Memorial Award. This award recognizes outstanding work related to the aging population.

Physio Montréal Travel Award



Lisa Ricci accepts the Association Physio Montréal Travel Award from Ms. Shannon McShane.





Dr. Nicol Korner-Bitensky Altruism Award



Kelly Race (left) and Jennifer Khalil (right) standing with Award Committee Chair, Dr. I. Gagnon. Winners of the inaugural Dr. Nicol Korner-Bitensky Altruism Award (Dr. N. Korner-Bitensky, inset).

Winners of the inaugural Dr. Nicol Korner-Bitensky Altruism Award were selected from the OT and PT graduating classes based on their generosity of spirit as evidenced by their contributions to the well-being and needs of other students over the year of their professional training.

COTF Award



Dr. B. Nedelec presents the Canadian Occupational Therapy Foundation Future Scholar Award.

The Canadian Occupational Therapy Foundation Future Scholar Award honours students' strong potential to conduct research based on their attributes exhibited during the Masters' Research Project.

Jo-Jo Graduate Fellowship



Dr. E. Kehayia (left) and Ms. Judith (Jo-Jo) Kornbluth-Gelfand present Jessica Goldschlegger with the Judith Kornbluth-Gelfand Graduate Fellowship.

Richard and Edith Strauss Musculoskeletal Doctoral Fellowships



The Richard & Edith Strauss Fellowship recipients, David Anekwe and Fadi Al Zoubi smile with renewal Tatiana Ogourtsova (left) and Director Dr. A. Majnemer.

The Barbara Rosenthal Prize



Lina Ianni accepts the Barbara Rosenthal Prize from Dr. Kehayia and Mrs. Rosenthal.

The Kavita Kulkarni Memorial Prize



Yu-Ting Chen with Mr. and Mrs. Kulkarni and Dr. E. Kehayia.

Margherita Rapagna Memorial Prize



Gevorg Chilingaryan accepting the Margherita Rapagna Memorial Prize from Dr. E. Kehayia.

The Alice Chan-Yip Multiculturalism Award



Dr. M. Hunt accepts the Dr. Alice Chan-Yip Multiculturalism Award on behalf of Nancy Descôteaux, shown here with Dr. Chan-Yip and Director Dr. Majnemer. Ms. Descôteaux was unable to attend the ceremony because she was actually using the award for its purpose: she was completing her project in Haiti!

EDUCATION Milestones

The theme this year was Technology!

Physio Martha Visintin **A** discussed the integration of body-support ambulation technology in our understanding of the benefits of early walking in the rehabilitation of patients post-stroke. SPOT OT graduate Victoria Stuhec **B** delved into technology as a means of communication and learning in the contexts of children with hearing impairments or autism spectrum disorder. PT and OT students, Anthony Teoloi **C** and Carl Majdalani **D** (left and right, below) lead their classmates in reciting the Student Oath. Dean and Vice-Principal Dr. David Eidelman **E** and Director, Dr. Annette Majnemer **F** enjoyed the festive atmosphere of this significant milestone marking the students' transition from classroom to first clinical placements.

NAME-TAG CEREMONY 2015



MASTERS' PROJECT PRESENTATIONS

The final academic milestone prior to graduation of the professional masters' cohort is the Masters' Project! Designed to develop research skills and scholarly appreciation of rehabilitation practice and research, management and health care delivery, the presentations of the projects is a special event held at the end of the summer each year.

First prize in the Masters' Projects Presentations went to the team involved in investigating the *Nordic walking in patients with chronic obstructive pulmonary disease*. **G** Second prize went to the Haiti project team: *Perceptions of their employment profile for graduated rehabilitation technicians in Haiti*. **H**

READ MORE:

www.mcgill.ca/spot/research/ot-pt-student-projects



McGill's Physiotherapy Extension Program at the Université du Québec à Chicoutimi (UQAC) celebrated the first cohort graduating in the spring.

La collation des grades 2015 a révélé notre première cohorte de finissants du programme d'extension de Physiothérapie (baccalauréat en réadaptation en physiothérapie) de l'Université du Québec à Chicoutimi (UQAC).



McGill's Physiotherapy Equivalency Program for Internationally Trained Physiotherapists

Dr. Liliane Asseraf-Pasin began her involvement in the dossier of Internationally Trained Physiotherapists (ITPTs) almost 30 years ago, when she was employed at the licensing board of Québec, the Ordre professionnel de la physiothérapie du Québec. Continuing her commitment to the ITPTs, this year, she received funding from the McGill Retention Program to support the equivalency program at McGill. Dr. Asseraf-Pasin estimates that over the last 16 years at McGill, in spite of difficult funding situations, she has assisted "more than 120 students; coaching them, mentoring them... These students are so dedicated and committed to the profession... it's not always easy for them, but they make it, and once they finish they are so grateful..." to be able to practice in Québec.



READ MORE: www.mcgill.ca/spot/programs

PHYSIOTHERAPY EQUIVALENCY PROGRAM
MCGILL UNIVERSITY SCHOOL OF
PHYSICAL & OCCUPATIONAL THERAPY



Technology and Scientific Discovery

SPOT Outreach

Technology is everywhere in our lives now, but it is not always easy on the muscles and joints. Under the leadership of Dr. Sara Saunders and SPOT Prof. Hiba Zafran, SPOT students have an opportunity to complete student placements working in **ergonomics**. In pairs, they observe McGill employees at their work spaces at McGill, in order to make recommendations for office health, to help deal with the demands of technology. This is a new

and innovative way that SPOT faculty and students are being active and engaged members of the McGill community and extending the outreach of the School.

Nouveau cette année! Actuellement, l'École de physiothérapie et d'ergothérapie de McGill offre un placement clinique en **ergonomie de bureau**. La communauté de McGill bénéficiera pendant que les étudiants complètent leurs évaluations et proposent leurs recommandations.



SEE MORE in the Med e-News: http://publications.mcgill.ca/medenews/2015/06/11/workplace-ergonomic-evaluation-on-mcgill-campus/?utm_source=8887&utm_medium=email&utm_campaign=MEDCN

Participants at the annual Knowledge Translation Day, hosted by the Edith Strauss KT team led by Dr. Anita Menon.



SPOT Alumni and guests enjoying catching up on news and networking, at a McGill Alumni Event organized at CPA Congress in June in Halifax.



PT undergraduate, Anthony Teoli shown here presenting his poster on the mechanics of trunk movement in various gait patterns, at CPA's 2015 Congress in Halifax.



OTPT Games provides an opportunity for students to shine. This year SPOT hosted the event (see group shot below) and they won the Banner Competition with the Harry Potter-themed banner seen to the left!



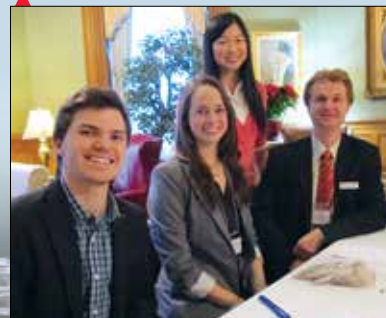
THE EDITH ASTON-MCCRIMMON LECTURESHIP



The 2014 Edith Aston-McCrimmon Lectureship was given by Dr. Gaétan Tardif, MD, FRCPC, * President of the Canadian Paralympic Committee and Director of Physiatry at the University of Toronto. Dr. Tardif addressed last year's theme of Diversity with an eloquent presentation on the added value to all, of including people traditionally marginalized by disability into everyday life. **READ MORE:** www.mcgill.ca/spot/alumni-0



Students and University Advancement staff help at the welcome table, left to right: Xavier, Kimberly, Lucy and Mark.



Dr. Tardif (centre), flanked from left to right by Sarah Marshall, Andrew Harper and Patricia Harper (grand-nephew and grand-niece of Edith Aston-McCrimmon) and Dr. Annette Majnemer, SPOT Director and Associate Dean.



Dr. Erika Gisel (Professor Emerita) and Dr. Alice Chan-Yip discussing the Lecture, at the reception.



Dr. Bernadette Nedelec, Director of the OT Program with Dr. Dorothy Thomas-Edding (retired SPOT faculty) catching up at the reception.

Open House 2014

Open House 2014 saw close to 150 potential students and their families at our dynamic booth, staffed by faculty, alumni and SPOT students.

Join us on
Sunday October 25 2015!

Contact us at:
events.spot@mcgill.ca



For Upcoming Events, **READ MORE:**
www.mcgill.ca/spot/alumni-0



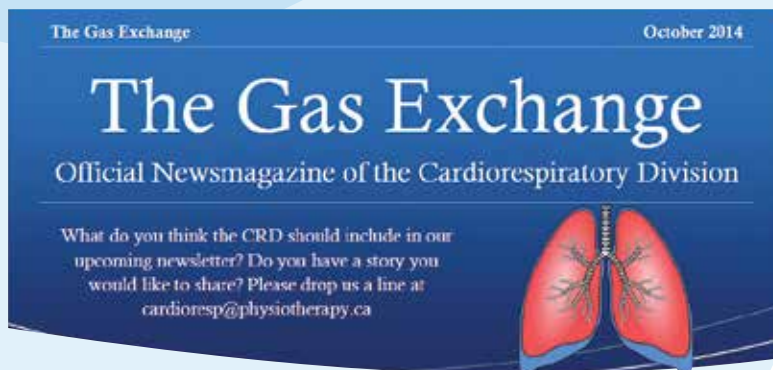
More News



Dr. Isabelle Gélinas (centre, above) has been named **Muriel Driver Memorial Lectureship Awardee**. This Award was established by the Canadian Association of Occupational Therapists to honour a CAOT member who has made an outstanding contribution to the profession through education, research and professional practice. In the photo above at left is Lori Cyr, CAOT President, and on the right is CAOT Executive Director, Janet Craik. **Congratulations, Isabelle!**

McGill students were major contributors in the fall 2014 edition of “**Gas Exchange**” – the Cardio-Respiratory Division (CRD) of the Canadian Physiotherapy Association’s newsletter.

Both **Cyndi Otfinowski** *The relationship between depth of breathing and walking speed in individuals post-stroke* and **Jacqueline Lam** *Are your elderly clients physically active? Research findings and tips on identifying their barriers!* had their articles accepted for publication, and Cyndi was recognized for her Student Research Award! Congratulations also to Cyndi for being elected as a new CRD executive member (Treasurer).



Dr. Keiko Shikako-Thomas and Annette Majnemer are pleased to report that the app, **JOAY**, they have been developing has gone “live” and is available for free download across Canada! This app enables families of children with disabilities to find leisure activities relevant to their child, close to home or where-ever they might be. Featured in Montréal Families magazine, The Gazette, CTV Canada, this exciting new development is another example of technology improving the quality of life of Canadians!

Homecoming 2014

Recognizing a Special Alumna



Dr. Dorothy Thomas-Edding is shown here with friends, and Director Dr. Annette Majnemer.

The 2014 Alumni Award of Merit was granted to Dr. Dorothy Thomas-Edding. She was an Associate Professor at SPOT for 27 years, was SPOT's first member of the Faculty Honour List for Educational Excellence, was among the first PT's in Canada to pursue doctoral training, was President of the CPA and the Canadian Association of University Schools of Rehabilitation. In addition, Dr. Thomas-Edding led the development of the first BSc(PT) program in the Caribbean, funded by CIDA grant.

Celebrating the "4" and the "9" graduates



Dr. Majnemer is shown presenting Alexander Trotsky with the inaugural Lois Radcliffe Memorial Prize, in recognition of the importance of excellent student practitioners in the field of physiotherapy.



The Lois Radcliffe Memorial Prize was established in 2013 by the family of the late Lois Radcliffe (DipPT) 1948. The award is granted to an outstanding undergraduate student entering the applied Master's program in Physical Therapy, in recognition of high academic standing in combination with excellent performance in clinical practice.



SPOT grads all! The Claudi family: mom, Madeleine (centre) PT 1946; big sister Carol (left) PT 1979 and little sister Heather (right) PT 1984!



For Upcoming Events, READ MORE: www.mcgill.ca/spot/alumni-0

Spring Clinical Day 2015

Clinical Supervision has been a key component of the programs at SPOT for decades. Supervisors come from local hospital centres, rehabilitation centres, private clinics, community service points as well as Canadian and international sites. Each year we celebrate the exchange of knowledge at the Spring Clinical Day.

2014-15 Clinical Educator Award of Excellence:



2014-2015 Clinical Educator Award of Excellence: For a clinical educator who has demonstrated exceptional performance in student clinical practice teaching and mentoring, and who inspires students to passionately pursue professional practice! This year's winners were Kim Loo (OT) and Katharina Ciobanete (PT), pictured here with OT Director Dr. Bernadette Nedelec (on left) and PT Director Dr. Judith Soicher (on right).



Thanks to sponsors Atlas Medic (top) and Professional Orthopedic Products Canada (POPs) (above)!

READ MORE ON OUR CLINICAL PROGRAM AT: www.mcgill.ca/spot/clinicaleducation



Occupational Therapy

Long Term Service Awards, in alphabetical order:

- Rena Birnbaum
- Rita Carducci
- H el ene Laberge
- Kathleen Montpetit
- Ada Pagnotta
- Line Parent
- Suzanne Rouleau



Physical Therapy

Long Term Service Awards, in alphabetical order:

- Tammy Abramovitch-Ostroff
- Diana Bastasi
- David Cassidy
- Ann Hetherington

Retirement Recognitions:



Sheryl Shuchat



Giovanna (Janey) Venezian

OT: Gail Peters and Sheryl Shuchat (top)
PT: Avagail Borsuk and Giovanna (Janey) Venezian (above)

KUDOS!

L'EXCELLENCE PAR LE RAYONNEMENT
EXCELLENCE THROUGH GROWTH



McGill's **Dr. Mindy Levin**, Professor at SPOT and Member of the Integrated Program of Neuroscience at McGill was recently awarded the 2015 **Enid Graham Memorial Lecture**, the most prestigious award given by the Canadian Physiotherapy Association (CPA). This Lecture was established in 1980 to honour the founder of the Canadian Association of Massage and Medical Gymnastics (later the CPA) and leader in the early years of the Association.

– J. Clement.

Shown in the photo are Dr. Mindy Levin and CPA President, Doug Treloar



Dr. Philippe Archambault has been named the recipient of McGill's **Rosemary Wedderburn Brown Faculty Prize**, in recognition for his outstanding contributions to rehabilitation science.

NEW HIRES

SPOT welcomed five new faculty members



Newly hired: Welcome to five (5) new tenure-track faculty! Left to right are: **Timothy Wideman, Keiko Shikako-Thomas, Laurence Roy, Tania Janaudis-Ferreira and Marie Brossard-Racine!**



Drs. Isabelle Gélinas and Barbara Mazer had their multi-centre research video, "Understanding the older driver: innovation meets opportunity" awarded **Best Video and Peoples' Choice Award** at the AUTO21 2015 Conference.

Watch the video here: <https://www.youtube.com/watch?v=LsE26tl6nGw>

Retirements



We said good-bye to long-time support staffer, **Liliane Cardinal** who has retired to the Ottawa area.



Prof. Suzanne Rouleau was successfully nominated to the **Faculty of Medicine Faculty Honour List** for 2015-16.



Dr. Matthew Hunt has been awarded the **Jonathan Campbell Meakins and Family Memorial Fellowship**. This honour is to reward and promote excellence in medical education at McGill and beyond.

See more at www.mcgill.ca/spot/faculty

ALUMNI ARE OUR HISTORY...

Alumni are our history, with over 4000 graduates of the School's PT and OT programs! As graduates, you have made unique contributions to society, having benefitted from your education at the School. Many have returned for graduate training, others remain connected as clinical supervisors, fulfilling a vital role in the training of future therapists.

Donor support directed to the School is vital to our educational mission, enabling us to support student events and student travel to conferences, buy new teaching equipment and provide fellowship support to international graduate students. Funds are also used for visiting professors, for seminars, lectures, workshops, and clinical awards.

Some of you (about 12%) have generously donated funds in response to annual fundraising appeals. Over the past 5 years, total donations from Alumni range from \$48,000-\$52,000/year but on average only 73% is directed specifically towards the SPOT.

We hope that you will support SPOT's continued success by specifically directing your donation to the School of Physical & Occupational Therapy (SPOT).



Pictured here with SPOT Director and Associate Dean, Dr. Annette Majnemer are Isabel Hrapkowicz (left) and Kelly Race (right) who presented this year's Graduating Class Gift – a donation towards a memorial tree in honour of the late J. Dulay.

PHYSICAL & OCCUPATIONAL THERAPY 2014-2015

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Follow us through the year on:



Photos in this issue: Nancy Alarie, Colby Briggs, Edmond Chung, Owen Egan, Heather Lambert, S.C. Marshall, Nicolas Morin, Monica Stanik.

Your comments and inquiries are welcome – please direct them to: sarah.marshall@mcgill.ca



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THE MAKING

You can help McGill *Make History* by directly supporting students in Physical and Occupational Therapy in one of three ways:

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- **BY MAIL** - To make a gift by cheque, make it payable to McGill University and mail to:

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