

Community rallies around bike accident victim

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Anderson: "I have a little flicker in my left thumb. I've felt it every once in a while. It's things like that that matter here."

Mr. Anderson's "never-say-never" attitude is the most "important thing" he could hold onto, stresses Dr. Gaetan Tardif, vice president of medicine and physician in chief of Toronto Rehabilitation Institute.

The key is to "be realistic" but still to never give up hope. "to walk again," explained Dr. Tardif. "We have to strike a fine balance," said the doctor. "The patients need hope to get through. It could be a long, long haul. But, research is being carried out to reconnect (the spinal injury). It could be possible in a few years to reconnect. We do not give up."

Spinal cord rehabilitation helps maximize the independence of individuals who have a spinal cord injury. At Lyndhurst, the rehabilitation team works directly with the patients. The team is made up of a chaplain, a dietitian, a pharmacist, a psychologist, a speech therapist, a language therapist, a respiratory specialist, a therapeutic recreationist and a representative from the local community care access centre.

Patients are encouraged to rebuild their lives through treatment, specialized therapy and counseling. Mr. Anderson points out that the ultimate goal is to help patients become "as independent as possible" so they can return to their own communities.

It's been 10 weeks since the accident. As Mr. Anderson lay helpless at the bottom of the steep hill on the

other side of the country, he didn't know it then, but his life had taken a drastic turn. His future would include helping hands from caring people. He would no longer go solo through life.

As Mr. Anderson lay semi-conscious and broken, he depended on a friend to use a cell phone to alert a rescue team of his plight. Using chain saws and machetes, rescuers cut their way through the bush to reach the critically-injured cyclist.

When his parents, Bill and Chris Anderson of Main Street, Stouffville, were notified of the accident, they made immediate arrangements to fly to B.C. A medical team, meanwhile, was carrying out emergency treatment at a Nelson hospital and another team was making arrangements to airlift Luke to Vancouver, where he'd receive much-needed specialty care.

Two weeks later, accompanied by his mother, Mr. Anderson was once again airlifted, this time to a Toronto

hospital. Just before Christmas, he was admitted to Lyndhurst to begin an intensive therapy program.

He was thrilled to learn that he could get around the centre, near Sunnybrook hospital, in an electric wheelchair. He has enough feeling around his left wrist to operate the joystick on the wheelchair. Since Mr. Anderson has head movement, his long-term goal of achieving independent living is within reach. "Who knows what will happen. I am going to give it my all," he said.

Mr. Anderson has no motion below the chest. Still, he's confident that with daily therapy, spread over a long period of time, he'll gain even more strength in his arms.

"My left arm is getting stronger," he said. "It will take longer for the right arm. There was a lot more damage on the right side."

Mr. Anderson remains a gifted engineer with career goals and aspirations. "I hope to go into engineering design in the future," he said. Prior to October, Mr. Anderson was working in new home construction, using a traditional timber framing technique. His plan is to return to this particular field. "I hope to incorporate this framing technique into design engineering. I will carry on. I will return to engineering. That's what I am."

Mr. Anderson is certainly not alone. His family has been by his side every step of the way.

His friends are behind him, too. Just after Christmas, a dance at Latcham Hall raised close to \$15,000. The money will go



LUKE ANDERSON: "I will return to engineering. That's what I am."

BILL ROBERTS PHOTO

towards Mr. Anderson's goal of attaining independent living. He attended the event.

"I was overwhelmed by the support and generosity of my family and friends," said Mr. Anderson. "We, as friends, don't hear how much we matter to each other as friends until something like this happens. Every once in a while, we should stop and

remind our friends how important we are to each other. It was a wonderful party. The support and generosity shown to me has been amazing."

The Toronto Rehabilitation Institute was established in 1998 with the amalgamation of The Queen Elizabeth, Hillcrest and Lyndhurst Hospitals and the Toronto Rehabilitation Centre.

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”
-Luke Anderson

WE PUT THE JOY IN MOUNT JOY

Effective Monday, January 6, there is improved train service to our new Mount Joy GO station. There is a new morning and a new evening southbound trip, and a new northbound evening trip. As well, the morning northbound trip that ran from Union Station express to the Markham GO station will now run express to the Mount Joy GO station instead. GO Buses serve the station during off-peak hours and on weekends.

To accommodate these changes, times along the entire line have been slightly adjusted. For more details visit our website or just give us a call.

MOUNT JOY TRAINS SOUTHBOUND TO UNION	MOUNT JOY TRAINS NORTHBOUND FROM UNION
6:17 a.m. (arrive at Union at 7:05 a.m.)	NEW - 7:35 a.m. (express to Mount Joy, arriving at 8:27 a.m.)
6:55 a.m. (arrive at Union at 7:43 a.m.)	4:18 p.m. (arrive at Mount Joy at 5:03 p.m.)
7:28 a.m. (arrive at Union at 8:16 a.m.)	4:48 p.m. (arrive at Mount Joy at 5:33 p.m.)
NEW - 8:37 a.m. (arrive at Union at 9:25 a.m.)	5:20 p.m. (arrive at Mount Joy at 6:05 p.m.)
NEW - 7:25 p.m. (arrive at Union at 8:13 p.m.)	NEW - 6:30 p.m. (arrive at Mount Joy at 7:15 p.m.)

GET ON THE GO