



## DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

March 2017

### 2017 Monthly update Newsletter

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1. CaRMS match a great success for 2017

We are delighted to announce our three new residents who will be starting in July 2017. As noted below, we are very happy to have Ainsley Kempenaar, Emma Mauti, and Carolyn Sawicki join us. These three very accomplished women were chosen after a robust selection process led by our program director, Lisa Becker, who was most ably assisted by Tracia Young. This year we had 32 applications for three CMG positions. We interviewed 25 individuals through a rigorous process which included giving a five minute presentation on a non-medical topic, and interpreting a picture of a kitten. We ultimately ranked 20 individuals and we are very pleased to have matched three of our top five choices. Please join me in welcoming Ainsley, Emma and Carolyn when you see them appear in the division this summer.

**Ainsley Kempenaar**



I was born and raised in small-town Stirling, Ontario, where I grew up loving time in the outdoors with my family and friends. I later moved to Kingston to complete my undergraduate degree in Kinesiology at Queen's University, before eventually moving to Toronto for my medical training at U of T. I am a passionate "exercise is medicine" advocate, and enjoy being as active as possible in my spare time. Some of my hobbies include running, yoga, fitness classes, hiking, canoeing, and travelling. I also enjoy being creative through household DIY projects and am an enthusiastic amateur photographer. I have absolutely loved my last 4 years in Toronto and am beyond excited to be joining the PM&R team here! It truly is a dream come true and I look forward to working with all of you!



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### Emma Mauti



I was born and raised here in Toronto, where I spent most of my days in dance class learning ballet, jazz, and modern dance. That's where I really became fascinated by how the human body works. It inspired me to move to Hamilton, to study Health Sciences at McMaster University, and then to move across Ontario to study medicine at the University of Ottawa. Outside school, I enjoy cooking, art galleries, and spending time with my very entertaining family. I am thrilled to be joining such a great physiatry training program, and I look forward to returning home to Toronto!

### Carolyn Sawicki



I was born and raised in Toronto, spending much of my time playing and teaching tennis. I completed my undergraduate degree in Kinesiology at Western University where I continued to pursue my interest in teaching and fitness by obtaining my personal training certification. I then returned to Toronto for medical school. My interests in sports/MSK and neurosciences, including research experiences in traumatic brain injury and multiple sclerosis, led me to pursue a career in PM&R and I am thrilled to be joining the team at UofT! My hobbies include squash, cycling, travelling, cooking and knitting.



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### 2. CAPM&R Annual Meeting less than two months away

Many members of the division have been quite active in leading the planning for the CAPM&R Annual Meeting in May in Niagara Falls. This looks to be an outstanding meeting which will have many individuals, both within PM&R and from other specialties, presenting on a variety of excellent topics. There are a variety of superb resident events as well as educational and research presentations. You may also want to watch reruns in preparation, because our chief resident, Ida Cavaliere, will be leading a Family Feud game during the Saturday night event.

Please refer to the program at: <http://capmr.ca/annual-scientific-meeting-2017>



### 3. Four residents attend Summit for Women in Academic Medicine

We were pleased to receive an invitation for four of our residents to attend the recent Summit for Women in Academic Medicine hosted by the U of T, Department of Medicine. Drs. Ida Cavaliere, Shannon MacDonald, McKyla McIntyre, and Rebecca Titman attended the seminar which was for women only. This was a supportive setting to discuss issues that are challenging especially for women in academic medicine and ways to start to address some of those challenges.



### 4. Welcome to Liam Michael

We were delighted to hear that Kim Coros recently gave birth and allowed us to share these baby pictures. Liam Michael was born on December 6, 2016 weighing in at 8lbs, 4oz and measuring 21.5 inches in length. Kim and family are all doing well and she is still actually answering emails periodically.

If you would like to get in touch, Kim can be reached at: [kim.coros@sinaihealthsystem.ca](mailto:kim.coros@sinaihealthsystem.ca).



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Liam Michael



5. Residents and faculty participate in Achilles 18<sup>th</sup> Annual St. Patrick's Day 5K Run Walk March 12, 2017

Although Larry Robinson appeared to be either incognito or running away from a bank robbery, he was recognized by the residents at the recent Achilles 5K run on March 12<sup>th</sup>. It was very cold that day and many thanks go out to all the division members who participated in the run and helped raise money to support those with disabilities. Together, the SJR team of #61 raised an astounding \$25,575.60!! For further details, you can visit the scoreboard at: <https://secure.e2rm.com/registrator/EventHome.aspx?eventid=209071&langpref=en-CA&Referrer=direct%2fnone>



6. Save the date: PM&R Faculty Retreat, June 23, 2017

We will be incorporating an additional workshop into our planned retreat on June 23, 2017. As such, the time of the retreat will be from 7:30am to 4:00pm. The retreat will take place at the Estates of Sunnybrook with more information to follow closer to the date.

7. Larry Robinson just narrowly misses robot injury in Pittsburgh

Recently, Larry Robinson was a visiting professor at the University of Pittsburgh. He was most interested to see these independent robots roaming the halls delivering supplies to clinics and offices. Luckily, they have sensors to detect



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when someone is in front of them; they usually either swerve or stop to avoid a collision. I asked my host if they were something one could ride but Mike Munin indicated that would not be a good idea and that Pittsburgh jails may not be as comfortable as those in Canada.



Please let me know if you have items or news to add to the Newsletter. Please also don't forget to check out our Facebook page.

Our Website can be viewed at: <http://www.deptmedicine.utoronto.ca/physical-medicine-rehabilitation>

A handwritten signature in purple ink that reads "Larry Robinson".

Larry Robinson MD  
Chief, Rehabilitation Services  
John and Sally Eaton Chair in Rehabilitation Science