

October 9, 2009

## **Blake Jamieson Update**

On August 28 **Blake Jamieson**, son of long time Weasels **Norma and Bob (Dr. Bob) Jamieson** suffered a serious **biking accident** in which he damaged his back. Blake has spent many weeks recovering in the spinal unit at VGH and has since been transferred to the GF Strong Rehabilitation Hospital. The following is a recent update, provided by Richard Prokopanko ..... Thanks Ricard.

***Blake remains dedicated, upbeat and focused on improvement.***

***Blake Jamieson is settling into an extensive rehab program at GF Strong which includes several hours of strength building and muscle movement exercise everyday. The focus is to build the strength in his arms, hands, fingers and his upper body and eventually they will move to his lower limbs which still have feelings but little movement. GF Strong has an amazing array of rehab specialists and a excellent variety of exercise machines, water pools and weigh machines which provide a diversity of opportunities for Blake to improve. The food is bad but family and friends are helping out to ensure he is eating well. The good weather is allowing a few hours a day outside in a wheel chair – the fresh air and warm sun is keeping his spirit strong.***

***According to Bob and Norma, Blake continues to demonstrate remarkable physical and mental strength and meets every day with a positive attitude and a refreshing sense of humor. Bob and Norma have seen progress in his range of movements, if is slow coming but they are confident that there is more improvement to come.***

***Blake is sharing a room with another young (20 yrs old) patient with a similar challenge and together they maintain a strong confidence and commitment to improvement. Bob and Norma are with Blake daily and compete with an endless line up of friends, med students, national ski team members and family.***

***The really positive news for the Weasels is that Dr. Bob is looking forward to assuming his 2010 volley role as the Chief of the famous and renown “Dream Team”. Dr Bob has asked many questions about the preparations for the men’s side, and asked about all the guys and is confident he will meet and exceed his obligations. We are very glad to hear that and look forward to working with him in February 2010.***

***Bob and Norma are extremely grateful for the Weasels endless amount of prays, well wishes and thoughts that have been passed on to their family.***