

Courage

Through the year



GLENROSE
FOUNDATION

2018 Annual Report

GREETINGS

Message from the Board Chair & CEO

The past year was one of transformation for the Glenrose Rehabilitation Hospital Foundation. We have continued to build on the strength of the Foundation by introducing new team members with a renewed focus on the strategic vision of the organization. Throughout the last year the Glenrose Foundation supported important programs and technological advancements while the hospital continued to provide the best possible patient care.

Not only is the Glenrose the largest freestanding, comprehensive tertiary rehabilitation hospital in Canada, we are one of the most advanced rehabilitative hospitals in North America. Our success comes from a network of partners and a community of supporters who believe in leading-edge research, innovation and education to create positive patient outcomes and enhance the healthcare experience.

We are a distinct institution in healthcare – with nearly 80,000 patient visits each year, we provide critical rehabilitative medicine and care for a broad range of patients, from young children to older adults.

We are focused on advancement. This year marks the 25th anniversary of the organization and while we reflect back with pride on the accomplishments of the last 25 years we also look forward with excitement to the year ahead.

But most of all, we are a compassionate community of support. We support those who demonstrate courage every day as they face their rehabilitation journeys and reimagine their futures.

None of this is possible without the support of our donors and community and we are incredibly grateful to each of you. Thank you for being champions of rehabilitation.



Rick Vogel
Chair, GRHF Board of Trustees



Miranda Jordan-Smith, BA, MBA
President & CEO, GRHF

The Glenrose Rehabilitation Hospital is the largest freestanding, comprehensive tertiary rehabilitation hospital in Canada.

With nearly 80,000 patient visits every year, our hospital helps patients living with illness, injury or chronic conditions gain or regain their independence.

The Glenrose Rehabilitation Hospital Foundation helps provide innovative equipment, programs and technology in order to help patients recover, relearn life skills and rediscover their full potential.

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Meet

CAROLINE & ANDREAS

The sound of birds chirping, a plane flying overhead, the laughter of a loved one. For Caroline Schwabe, none of these sounds were distinct. Talking sounded like mumbling – even with the use of her hearing aids. She depended on lip reading or her husband, Andreas, to help her in conversations. As her ears weakened so did her bonds with those around her.

“When you have been given a gift like this that changes your life for the better, it is so profound.”

- Caroline Schwabe

Caroline struggled to have meaningful conversations to forge friendships and often ended up feeling lost or that she was missing something.

In 2017 an audiologist thought that a cochlear implant would be a good option for Caroline and an answer to her communication struggles. A cochlear implant is an electronic device placed inside the skull to stimulate the hearing nerves. After months of testing doctors gave Caroline the answer she was searching for. Feelings of hope washed over Caroline

and those she held closest. In surgery there are no promises or guarantees of a positive outcome, yet all she hoped for was something better than what she had before. In December 2017, Caroline went in for surgery, and while it was a success, her brain still had to learn how to decipher the signals.

Imagine learning how to hear for the first time; it is a gradual and difficult process. Caroline struggled to tell the difference between noises and voices. From there she had to learn what everyday sounds were, like an ambulance driving by or the sound of a fridge humming.

Caroline and Andreas worked together to help her build a bridge between what she was seeing and what she was hearing. Now, when Caroline speaks to her husband she can look into his eyes instead of deciphering his words through lip reading,

strengthening their connection and devotion to each other. The couple is now spreading the kindness and knowledge they received at the Glenrose by educating the public about hearing protection.



Foundation at work

BRAIN CAMP

Brain Camp is a peer supported camp where kids are able to have fun with others who share similar journeys while they work on intensive therapy over two weeks. The camp helped children ages 10, 11 and 12 who developed cerebral palsy after experiencing a stroke before birth or within one month of birth overcome individual obstacles.

Unique to the 2018 Brain Camp was its inclusion in the CHILD-BRIGHT research network study on non-invasive brain stimulation. Campers set their own goals for camp, from learning how to snap with their weaker fingers to putting their hair in a ponytail. Seemingly small tasks turned into huge achievements for these campers. While working on their therapy, campers wore a headset for twenty minutes of energy stimulations as opposed to an invasive approach.

Therapy was a large portion and driver of programming at the camp, but children jumped at the chance to play and create with others who could understand what it takes to break through a medical challenge.

This incredible camp was made possible thanks to the generous donations from the 2017 Circle of Courage donors.





Meet

ADDYSON

You never think that it will be your family that is rocked by a medical misfortune. The Parsons family never dreamed of the journey their young daughter, Addyson, would travel and the way that their lives would change for the foreseeable future.

It began with a blurry right eye. Addyson asked her sister to take a look to see if there was anything obstructing her vision, thinking that it was something simple to fix. They couldn't figure out what was wrong so Addyson's mother took her to the optometrist, but that only raised more questions. The Parsons family was then sent to the Stollery Children's Hospital. Doctors did a CT scan and, in the early hours of the morning, doctors told Addyson's mother, Angel, that Addyson had a brain tumour. This is information no parent or child should have to hear, but it was something the whole vvs family was determined to overcome.

At first Addyson didn't quite know what was going on. She understood that surgeons would soon be removing some tissue from her brain, but to her it seemed like it would be a small operation that would be a big help. Unfortunately, her tumour was

actually the size of an orange and removing that much tissue left Addyson's entire right side weak.

This is where her journey to recovery with the Glenrose Rehabilitation Hospital begins. She arrived at the Glenrose in a wheelchair, seeming fragile to those who hadn't met her yet. They were quickly proven wrong when Addyson displayed incredible positivity and determination to heal. She knew it wouldn't be easy, but with the help of staff at the Glenrose and her own inner strength she also knew that she would regain her outer strength.

Addyson's right arm wouldn't stop shaking and therapists looked for ways to regain some of the control that she lost. They encouraged her to build up her strength by using it as much as possible, even though it was the last thing that she wanted to do. To keep her focused on using her right arm, Addyson's left arm was put in a cast to encourage use in her right arm. Therapists also wanted her to feel empowered in her own wellness journey. They had Addyson start a list of activities that she could do with only one hand and involved her in her treatment plan.



Recovery didn't mean sitting off to the side and watching other kids flourish; to Addyson recovery meant seeing past her circumstances, remaining positive, and finding unique ways to rehabilitate at the Glenrose. To Addyson, recovery meant hope. Wanting to engage and motivate others, Addyson even planned a cooking class where they made delicious treats. Patients admired what she was accomplishing and staff were in awe of the effort she put in each and every session.

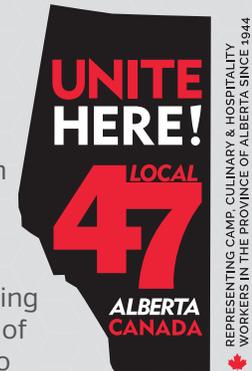
Even though she is still working on growing function in her right arm, Addyson has now learned to write and work with her left hand. Her "I can do anything" attitude inspired other children receiving treatment at the Glenrose and the progress that she has made serves as a reminder that there is nothing that Addyson cannot overcome.



Meet UNITE HERE!

LOCAL 47

UNITE HERE! Local 47 is Alberta's premier Camp, Culinary and Hospitality Union. Their relationship with the Glenrose started with a \$600,000 donation to renew the courtyard and playground, making them more accessible for patients like Addyson. Giving back is an important part of their culture. They are also the presenting sponsor of the Courage Gala.



Foundation at work

REFLECTION & RENEWAL CENTRE

In times of significant change, illness or loss, people require more than just physical care to help them cope with challenging circumstances. At the Glenrose Rehabilitation Hospital, patients and their caregivers now have a peaceful, tranquil space for meditation, reflection, quiet time and prayer.

Opened in 2018, the Reflection and Renewal Centre accommodates people of all faiths to bring spirituality, as well as a soothing connection with light and nature, into their healthcare journey.

Through the generosity of donors, the Glenrose Foundation was able to refurbish a former meeting room into a peaceful space that welcomes all. The space is open 24/7 to patients, families, staff and physicians as a retreat for quiet reflection, meditation and prayer. The Reflection & Renewal Centre is non-denominational, supporting people of all cultures and beliefs. Within the Centre there is an adjoining ablution room for washing of hands and feet, a sound system for a Bluetooth connection to music and a seating area for small gatherings.



“It’s quiet
and serene. It
reminds me of
our mosque.
It’s nice to have
something to
use here at the
Hospital.”

- Nazir Khatib

Nazir Khatib came to the Glenrose Hospital for Rehabilitation after a stroke. His wife, Anisa, uses the Reflection & Renewal Centre almost every day. “Everything is there, it is peaceful and wonderful,” said Anisa.



Meet

DIANNE

Imagine never being able to tell someone that you love them. Never being able to voice how much you appreciate your loved ones and how they have changed your life for the better. It is something that most of

had to be aggressive in their approach to save Dianne's life. When she woke up she discovered that doctors removed her thyroid gland, larynx and most of her tongue. For anyone this would be

“Rather than allowing the many barriers faced during rehabilitation to defeat her, Dianne and her husband Keith approached each challenge with determination and grace. Dianne is an inspirational self-advocate for her communication rights and needs; and through her perseverance and openness to accept change, Dianne has become a strong role model for all augmentative and alternative communication users.”

- Brittani Adamson

us take for granted. Dianne Cooper spent her life voicing her love to her family, but a medical curveball has permanently changed the way that she communicates. With the help of the Glenrose Rehabilitation Hospital, Dianne has found ways to break down barriers and learned a new way to communicate with others.

Six years ago Dianne went in for surgery to remove cancerous lymph nodes in her neck. A 10-hour procedure took a turn for the worse; the cancer had spread further than doctors had anticipated and they

devastating, but for Dianne, a public speaker and entrepreneur, the realization that she had lost the ability to talk felt like the end of her world.

When she arrived at the Glenrose Rehabilitation Hospital to begin recovery, Dianne could only communicate through written notes. At the Glenrose, she found her voice again thanks to technology.

Speech Language Pathologist, Brittani Adamson, helped Dianne choose an app to be her voice on a tablet, helping her written

notes come to life. In their first session it was clear to Brittani that Diane would work hard and that the next time they met she would master her new voice.

After radiation, chemotherapy and three more surgeries, Dianne's body has been through a lot. The Cooper household isn't quite what it used to be without Dianne's original voice, but her whole family is now getting used to their new normal. Despite the challenges, Dianne found the courage to embrace her new voice.



Foundation at work

GLENROSE REHABILITATION RESEARCH, INNOVATION AND TECHNOLOGY (GRRIT) HUB



The goal of the Glenrose Rehabilitation Research, Innovation and Technology (GRRIT) hub is to more directly develop innovative ideas into meaningful improvements in the quality of life for people with physical and cognitive impairments in both the clinical and community environments.

Through the use of existing AHS resources, coupled with funding provided by the Glenrose Foundation and external funding agencies/groups, GRRIT provides flexible support for technical assistance, dedicated time for physicians and clinicians, traineeships and specialized equipment for projects that can lead to improvements in the quality of life for Glenrose Rehabilitation Hospital patient populations and their caregivers. Through support for GRRIT the Glenrose Foundation is developing a culture of innovation at the Glenrose Hospital.

Celebrating the impact of our

COMMUNITY

Every year thousands of patients are supported by our community, patients who can't receive the same level of care anywhere else. The Glenrose Rehabilitation Hospital provides patients living with illness, injury or chronic conditions with the best support possible all because the community stands behind our mission. Thanks to the commitment and dedication of everyone involved, our signature Courage Gala and Courage Classic have raised more than \$3 million in five years – supporting critical advancements at Canada's largest rehabilitation hospital.



The 2018 Courage Gala

What a spectacle of Courage! Recently awarded “Best Fundraiser” by the Edmonton Event Awards, the Glenrose Foundation’s Courage Gala presented by UNITE HERE! Local 47 was certainly a night to remember. With a theme of ‘We Are Courage’, gala attendees were immersed into the lives of several Glenrose patients who shared their struggles and triumphs, proving that there is strength in healing together.

The annual fundraising event has supported areas of care all over the Glenrose Rehabilitation Hospital and raised \$678K (gross) in 2018.



The 2018 Courage Classic

Another fun-filled day in support of patients at the Glenrose Rehabilitation Hospital! In 14 years, the Courage Classic has raised hundreds of thousands in support of patient care. In 2018 alone, the tournament raised \$102K (gross).



2018 Courage Ride

In addition to raising funds for the Glenrose Rehabilitation Hospital Foundation, the event raised awareness of the relationship between the Glenrose Rehabilitation Hospital, the YMCA and the Canadian Armed Forces who together, provide rehabilitation services to those who serve our country with bravery and selflessness. Thanks to all sponsors, participants and donors, the event raised more than \$46K.



2018 Syncrude Oil Country Championship

The Glenrose Foundation is proud to partner with the Edmonton Oilers Community Foundation to receive funds raised at the Syncrude Oil Country Championship. Funds raised at the 2018 championship are supporting the addition of a new Pediatric Procedure Suite at the Glenrose Rehabilitation Hospital.



Fashion First

Over the past four years, First Response to Fashion has raised an outstanding \$83,000! Through community partnerships and the participation of First Responder models, this unique fashion show supports ground-breaking PTSD research that will provide invaluable care: mind, body and soul.

FINANCIALS

Revenue	2019	2018
Donations and fundraising	\$2,355,556	\$2,523,288
Casino	\$198,485	\$219,749
Government grants	\$187,374	\$142,850
Realized gains on investments	\$54,757	\$92,538
Unrealized gain [loss] on investments	[\$13,297]	[\$152,488]
Dividends & interest	\$197,575	\$137,597
Total	\$2,980,450	\$2,963,534
Expenses		
Administrative	\$273,225	\$289,258
Fundraising	\$895,088	\$777,556
Total	\$1,168,313	\$1,066,814
Revenue over Expenses before Distributions	\$1,812,137	\$1,896,720
Distributions to Glenrose Rehabilitation Hospital	\$562,565	\$456,969
Revenue over Expenses	\$1,249,572	\$1,439,751

Where your money goes



Research
\$239,253



**Facilities
& Programs**
\$127,787



**Technology
& Equipment**
\$195,523



Future Commitments
\$2,364,580



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