

A hand is shown from the top, reaching down towards a small purple flower growing from a bed of yellow moss. The sun is shining brightly behind the hand, creating a lens flare effect. The background is a soft-focus outdoor scene with trees and foliage.

Living Life



GLENROSE
REHABILITATION • HOSPITAL
FOUNDATION

Courage, Encouraged. 2014-2015

What is Rehabilitation? Who comes to the Glenrose?

Rehabilitation, by virtue of being medical care, is in the science category. It is also very much an art; an art that involves the discovery of new connections, relationships and meanings in a safe and non-judgmental atmosphere. It is a process of providing hope, fostering abilities and in many cases fueling the strength to deny defeat.

Rehabilitation is about supporting thousands to live their lives. It is about pausing to reflect on the truly important moments in life – moments where the

human spirit shines, moments where courage is encouraged. What is rehabilitation? It is living life. Who comes to Glenrose Rehabilitation Hospital? Real people who have survived an illness or injury. Real people who have been born with a complex condition. Real people who want to live their lives.

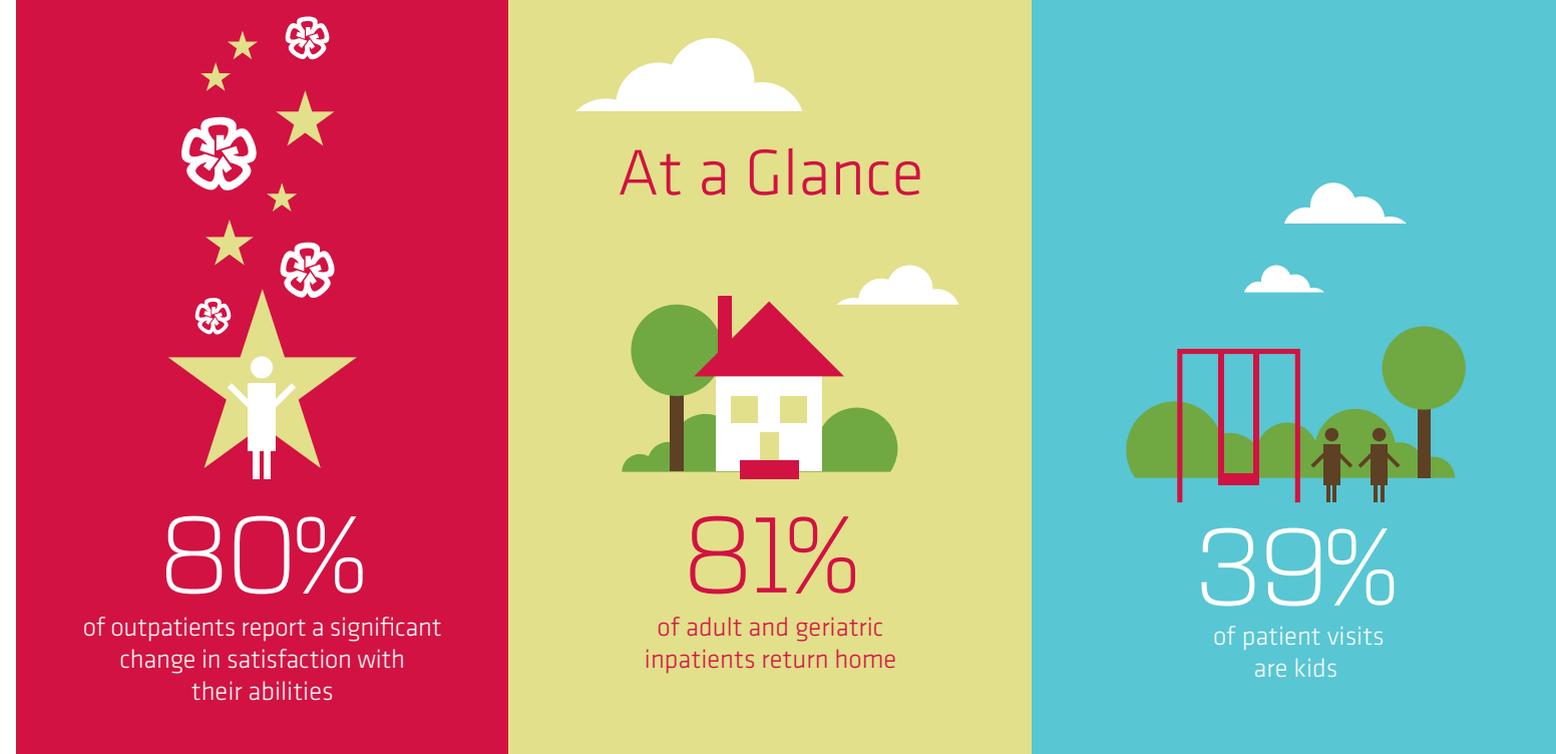
Together, with our fellow trustees, donors, supporters and stakeholders we proudly fuel thousands of rehabilitation journeys and will continue to seek opportunities to improve care and positively shape lives.



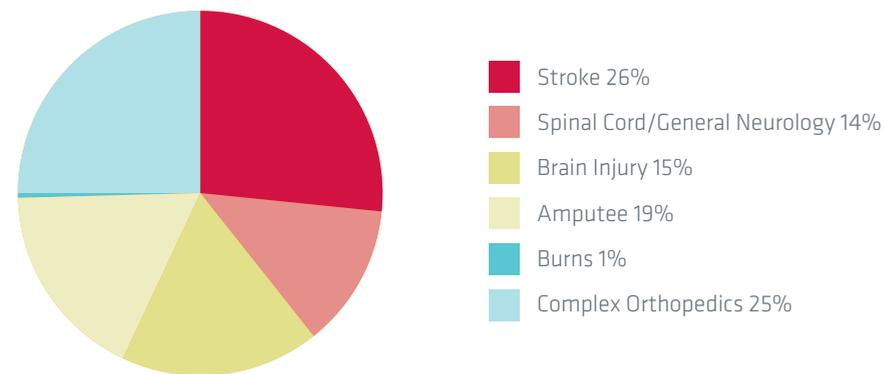
Nick Parkinson
Chair, Board of Trustees
President & CEO, YMCA of
Northern Alberta



Wendy Dugas
President & CEO
Glenrose Rehabilitation
Hospital Foundation



Adult Rehabilitation Programs inpatient



These statistics offer a glimpse into why a loved one might come to need care at the Glenrose and how rehabilitation is helping.

Perspective

Most of us tend to applaud the sprint, rather than the years of unwavering grace displayed during a string of losses. However...

**what really matters is how we personally feel while performing a task
each mission is one thread in the overall fabric of life
real fulfillment and pleasure comes from small victories**

Chris Hadfield

Glenrose patients face tremendous adversity. Their ultimate missions are realizing victories of walking, running, speaking, hearing, returning home, of living their life.

Their grace in denying defeat is truly what makes the Glenrose a unique place of hope. Our Foundation is focused on improving care to help patients live their lives.

We proudly celebrate the lives of Emma, Trevis, David, Wilf, Neil, Avyn, Stephanie, Ayden, Terry, Adam, David, Maggie and Ethan. They give life perspective and inspire us to inspire your support.



Meet Emma

She had a stroke before she was born.
Yes, babies have strokes.

Her little body has persevered through years of physical and occupational therapies, thousands of hours of specialized rehabilitation appointments and numerous surgeries.

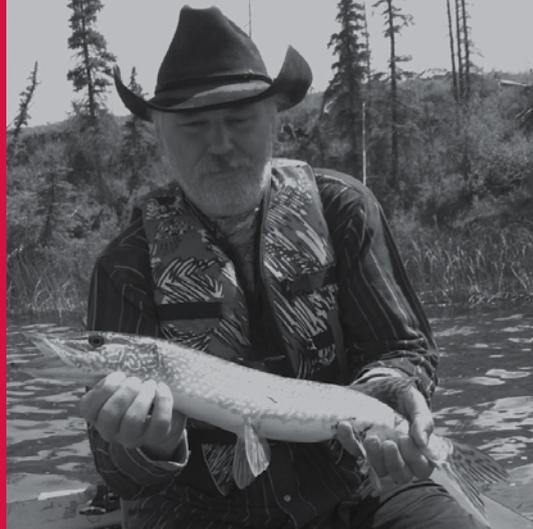


Her rehabilitation journey is helping ensure she can live her life. This includes horseback riding and swimming, two of life's great pleasures!



Meet David

A horrific bicycle accident caused a major brain injury that nearly cost him his life. His determination allowed him to walk out of the Glenrose no longer a patient.



Meet Wilf

A plumber by trade while working on a job propane in the air ignited, causing an explosion and fire. Wilf's body was 90% burned, he lost his eyesight and sustained other complex injuries. He was in a coma for months and has persevered through countless surgeries.



Meet Neil

At the age of five he fell into the cellar and broke his neck. It never healed correctly. He endured nearly a lifetime of pain and weakness. At the age of 85 he underwent major surgery and was at the Glenrose for nearly four months. Rehabilitation helped him regain his strength, mobility and independence.



Rehabilitation strengthened his abilities to live his life – including realizing his dream of being at the Final Four of the NCAA basketball tournament with his brother. He joins thousands of grateful Glenrose patients who are living their lives.



His spirit, with the support of friends and family, has driven his resilience, strength and positive energy to live his life – including proposing to Leanne! He joins thousands of grateful Glenrose patients who are living their lives.

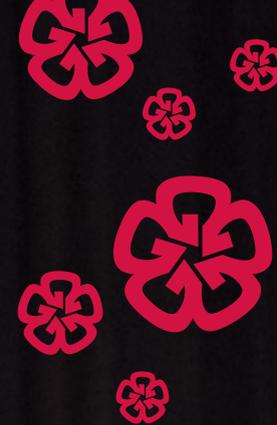


He was overjoyed to return home to his wife Marcia of 65 years so they can garden, tinker in the garage and attend their great grandson's first birthday party. He joins thousands of grateful Glenrose patients who are living their lives.



Honors Shaping Lives

Our Foundation works with the hospital to determine what would have the greatest impact on patients and their recovery – both physically and emotionally – and then find ways to make it happen. Whether it is cutting edge technology that improves mobility, patient comforts, or inventing virtual reality games to support therapies, our goal is to enrich the lives of patients.



CIRCLE OF COURAGE

Donors literally stood to transform generosity into courage. Because of this the Glenrose is one of two hospitals in Canada to have bionic robotic legs. The Ekso robotic exoskeleton represents a fundamentally new paradigm of care by augmenting both the individual's strength & our therapist's ability to work with their patients. Ekso's website states: Ekso is pioneering new frontiers to help survivors of spinal cord injury, stroke and other forms of lower extremity weakness to walk again. Circle of Courage donors helped the Glenrose pioneer this right here in our city and hospital.



Meet Avyn

Meningitis complications caused her to become deaf when she was a toddler. With cochlear implants, a sparkling personality and other supports she is thriving.



Meet Stephanie

A semi hauling two combines hit her vehicle. She was thrown six hundred feet and trapped for two hours. She didn't want her accident to win.



Meet Ayden

At age 10 he had two strokes. Yes, kids have strokes. For nearly two months Ayden relearned how to talk, walk, eat, stand – everything. He regained his strength, returned to school and days later he had a second stroke on his other side. He faced his journey again and persevered.



Rehabilitation gave back her hearing so she can do what she loves – right now that is performing in dance recitals!



Rehabilitation helped her regain independence, live on her own and walk again – she is living her life.



Rehabilitation gave him back his life so he can do what he loves – right now that is Taekwondo!



CLINICAL RESEARCH

Our Foundation has awarded 66 research grants valued over \$460,000 since 2006. Several grant recipients have leveraged additional grants, ultimately doubling our investments. In fact, a 2013 recipient transformed our one year grant of \$10,000 into a five year grant of \$880,000 that is national in scope and will benefit pediatric rehabilitation patients. Clinical research grants are missions in the thread of our patient's rehabilitation journeys. Here is a glimpse of the small victories our researchers are seeking:

Aphasia: *Exploring non-invasive brain stimulation to improve speech-language therapy outcomes for people affected by the loss of ability to understand or express speech.*

Principal Investigator: Esther Kim, PhD, Faculty of Rehabilitation Medicine, University of Alberta; Research Affiliate, Glenrose Rehabilitation Hospital

 **Life's Impact:** You are helping thousands who are vulnerable to social, occupational and quality of life decline by supporting their ability to express themselves.

Autism: *Exploring a new assessment tool to describe where the preschool child's abilities fit along the spectrum, supporting communication between families, professionals and educators.*

Principal Investigator: Lonnie Zwaigenbaum, PhD, Faculty of Medicine & Dentistry, University of Alberta, Co-Director, Autism Research Centre, Glenrose Rehabilitation Hospital

 **Life's Impact:** Current studies measure symptoms. Imagine the potential when we focus on a child's abilities!

Stroke: *Researching light-intensity physical activity supporting people post-stroke in their community.*

Principal Investigator: Trish Manns, PhD, Faculty of Medicine & Dentistry, University of Alberta, Research Affiliate, Glenrose Rehabilitation Hospital

 **Life's Impact:** You are helping sustain progress for thousands beyond the walls of the Glenrose, so they can participate in the activities they love.

Scoliosis: *Exploring the use of ultrasound and a camera system to build a better spinal brace for adolescents.*

Principal Investigator: Doug Hill, Rehabilitation Research and Innovation, Glenrose Rehabilitation Hospital

 **Life's Impact:** Teenagers undergoing brace therapy may feel shy, experience social isolation, even depression. You are helping reduce the impact on their quality of life while being treated.

Pediatric Cardiac Surgery Survivors: *Tracking the frequency of disabilities in children who survive cardiac surgery. Rates have increased by 85% and they often face permanent disabilities.*

Principal Investigator: Dr. Florencia Ricci, Research Fellow, Pediatric Rehabilitation, Glenrose Rehabilitation Hospital

 **Life's Impact:** We might help reduce or prevent adverse developmental outcomes or disabilities in children, saving them from physical, social and emotional challenges and allowing them to focus on just being a kid.

Diabetes: *Exploring a new non-invasive electrodiagnostic method for sensory testing and skin biopsy assessments to improve treatments.*

Principal Investigator: Dr. Ming Chan, MD, FRCP(C), Department of Medicine & Dentistry, University of Alberta

 **Life's Impact:** Reducing pain, numbness and loss of sensation will open a world of possibilities for older adult patients so they can age gracefully.

Augmentative & Alternative Communication: *Evaluating an on-line mentorship course for adolescents and young adults who use augmentative and alternate communication.*

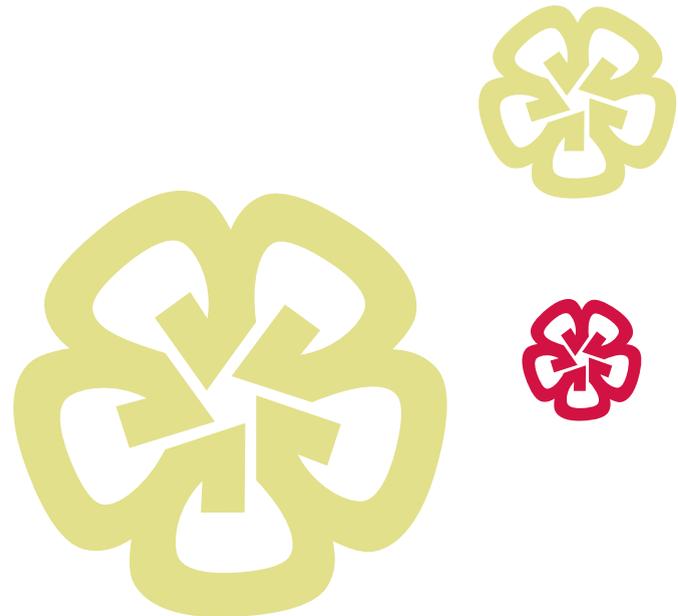
Principal Investigator: Dr. Kim Adams, PhD, Faculty of Rehabilitation Medicine, University of Alberta/Joint Research Appointment, Glenrose Rehabilitation Hospital

 **Life's Impact:** We can help reduce barriers to maximize their education and vocational outcomes.

Dementia Research Grant

A generous donor gave a major gift to advance care for loved ones living with dementia. Six proposals were submitted and thoroughly reviewed by a committee comprised of Physicians, Glenrose Senior Management and the Foundation. The committee unanimously awarded the grant to the “Reversing Cognitive and Functional Impairment in Alzheimer’s Dementia with a ketogenic diet” proposal.

 **Life Impact:** This project will potentially offer a readily available dietary supplement that is affordable and maybe efficacious for patients and helpful for families supporting a loved one with Alzheimer’s Dementia. More specifically, it will explore the potential to provide symptomatic improvement for the individual with Alzheimer’s Dementia. Stay tuned!



MISSION

The Glenrose Rehabilitation Hospital Foundation was created specifically to enhance the exceptional care the Glenrose Rehabilitation Hospital delivers to patients. Our goal is to raise funds that fuel innovation, research and education, as well as acquire advanced equipment and technology. Our investments – donor investments - give patients, their families and staff an array of tools to help them positively shape their futures.

Meet Terry

A hunting injury resulted in a major leg infection, leaving Terry in constant pain and limited walking ability for more than six years.



Meet Maggie

She has cerebral palsy.

This impacts her ability to move and maintain balance and posture. Her spirit and support from her family guide her to persevere through surgeries, casts and hours of therapy.



Meet Adam

Adam was hit by a train on his last day of work. He survived and while he is now a double amputee he continues to embrace everything life has to offer.



The Glenrose offered solutions. Today he is a proud amputee who walks alongside his granddaughter and continues his love of hunting and horseback riding. He joins thousands of grateful Glenrose patients who are living their lives.



Rehabilitation helps her build strength and skills to just be a kid – this includes fishing! She joins thousands of grateful Glenrose patients who are living their lives.



Using a digital scanner funded by donors, Glenrose specialists fitted him with advanced prosthetics so he can live his life, be that driving again or riding his spider motorbike. He joins thousands of grateful Glenrose patients who are living their lives.



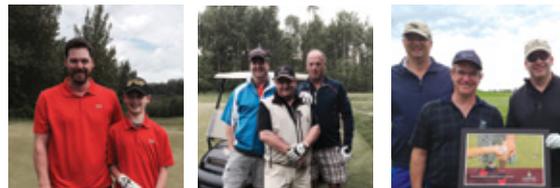
Courage Awards

We honoured Jordan, Wes, Wilf, Elsie and Tanya.
Visit www.glenrosefoundation.com,
click on Courage Awards, to learn about their
extraordinary journeys and positive outlook.



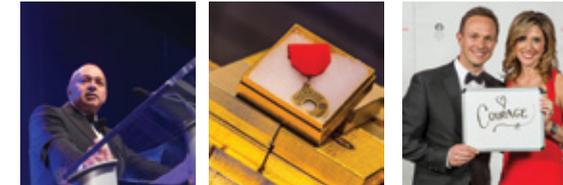
Courage Classic

Our golfers raised over \$91,000 and proceeds supported the integration of the Ekso (featured on page 9)! Blackhawk Golf Club and its members are very generous. They allow us to reserve their course exclusively for Courage Classic golfers and only 100 are permitted guaranteeing a relaxing day of golf. Several golfers have been supporting the event for 10+ years and the committee comprised of Wendy Dugas, David King, Dennis Picco, Dallas Smith and Trina Johnson have offered unwavering support.



Courage Gala

Honorary Chairs Ralph & Gay Young, and presenting sponsor Imperial Equities, transformed generosity into courage. With their fellow sponsors and guests we exceeded all fundraising goals and elevated our community's attention and dedication to investing in rehabilitation. Please visit the Glenrose Foundation YouTube channel to watch feature videos as the triumph and perseverance they celebrate is made possible by you. A special thank you to the Courage Gala Committee, chaired by Monica Park & Kelly McClung, with members Victoria Burgess, Louise Charron, Wendy Dugas, Rona Fraser, Trina Johnson, David King, Will Milroy, Susan Miskiman, Nick Parkinson, Ted Purcell and Leanne Smoliak.



50th Anniversary

2014 marked the 50th Anniversary of the Glenrose Rehabilitation Hospital. In 1964 the Alberta Government had the foresight to create the Glenrose. A hospital solely focused on rehabilitation for all ages. This was and remains unprecedented. The Glenrose serves a pivotal role that patients tell us is a lifeline to their independence. The team of physicians, nurses and rehabilitation specialists wrap around our loved ones to deliver exceptional care and interventions. When you give to the Glenrose Rehabilitation Hospital Foundation you're supporting the work that helps patients positively shape their futures. We can't do it without you.



Meet Travis

A dirt bike accident resulted in a major spinal cord injury leaving his legs and body completely paralyzed. His path in life was forever changed.



Meet David

David has autism. While this presents different challenges in social and educational settings, he has goals, dreams and plans like all kids.



Meet Ethan

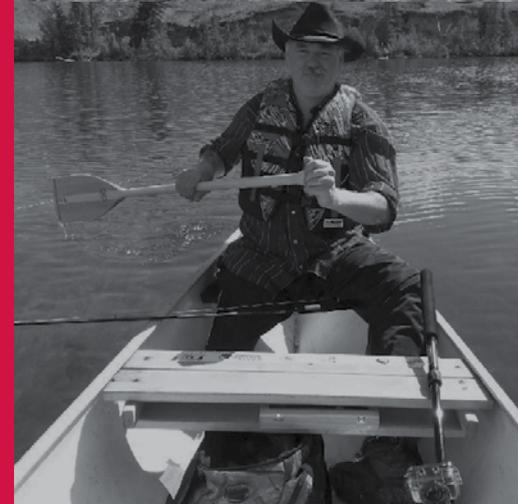
While playing street hockey in Sherwood Park with his hockey team, an accident caused him to fall into the bushes. A branch poked through his eye into his brain causing his entire left side to become paralyzed.



Rehabilitation supports him living his life – including his passion to advance the sport of powersoccer. He joins thousands of grateful Glenrose patients who are living their lives.



Rehabilitation supports his skills to focus his abilities and realize many accomplishments including the 2013 Great Kids Award for his ability. He joins thousands of grateful Glenrose patients who are living their lives.



He denied defeat, during four months of intense therapy at the Glenrose.

Ethan has used many donor funded technologies and continues to benefit from Glenrose supports to enjoy what he loves – band, golf and tubing! He joins thousands of grateful Glenrose patients who are living their lives.



Financials

REVENUE

	2015	2014
Donations	\$1,338,177	\$1,735,509
Casino	\$80,925	\$77,806
Fundraising	\$586,540	\$540,457
Grants	\$90,000	\$21,366
Realized gains on investments	\$92,206	\$87,263
Unrealized gain (loss) on investments	\$140,003	\$163,181
Dividends & interest	\$138,414	\$130,414
Total	\$2,466,265	\$2,755,996

EXPENSES

Administrative	\$211,796	\$163,940
Fundraising	\$546,094	\$579,180
Portfolio management fees	\$30,571	\$23,785
Total	\$788,461	\$766,905

Revenue over expenses before distributions **\$1,677,804** **\$1,989,091**

Distributions to Glenrose Rehabilitation Hospital **\$1,071,894** **\$1,407,157**

Revenue over Expenses **\$605,910** **\$581,934**

**this is an abbreviated statement. Complete audited financial statements are available upon request.*

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*President & CEO, Glenrose
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A special thank you to Sonia Piano for advising us throughout the year; your advice and friendship is highly valued.

THANK YOU FOR GIVING COURAGE STRENGTH.

Thank you

TOGETHER WE GIVE COURAGE STRENGTH.

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