



Glenrose Journeys



GLENROSE
REHABILITATION • HOSPITAL
FOUNDATION

Courage. Encouraged.

2015 - 2016 Annual Report





Stories of Hope

Our personal stories are a reflection of the experiences, interests and passions that have shaped us thus far. They're also what guide our plans for the future. But when we are faced with illness, injury or disability, it can feel like our stories – as we know them – are over. Not only does our narrative change, but also our sense of who we are and what we're capable of can feel completely altered.

The Glenrose Rehabilitation Hospital works to help people living with disability, illness or injury determine how the rest of their story will unfold. We understand that rehabilitation is rarely easy. It demands immense effort, courage and commitment from patients and their families. That's why we're dedicated to offering the physical, psychological and social support patients need to work toward regaining their independence and expanding their understanding of what's possible.

The Glenrose Foundation was created specifically to enhance the extraordinary

care and support the Glenrose delivers to patients. We raise funds that fuel innovative research and education, as well as acquire advanced equipment and technology. We work 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. With the help of our donors, we are able to give patients, their families and staff an array of tools to help them shape their futures. We also endeavour to increase understanding of the hospital's role as one of North America's pre-eminent rehabilitation centres.

In the following pages you'll find stories from some of our Glenrose alumni, who can speak from personal experience about their journey back from illness or injury. Their stories are both moving and inspirational. Most importantly, they are proof that when one story ends, another can begin and that we all have the power to write the next chapter of our own lives.

Nick Parkinson, Chair

Wendy Dugas, President & CEO

Leslie + Tyler (Isla's parents)



On June 17th 2015, my daughter Isla woke up complaining of “prickles” in her feet. I thought her feet had fallen asleep or that she was having growing pains. On the walk to kindergarten she was off balance and after school I had to carry her home. She was so tired she fell asleep on the couch, which was not at all like her.

Things quickly got worse and she was rushed to emergency at 3 p.m. that day. She was exhausted and in pain, and once the tests began – they did a CT scan, a lumbar puncture and started an IV – she was terrified. I was shocked when the doctors suspected Guillain-Barre Syndrome (GBS), a disorder in which the body’s immune system attacks the peripheral nervous system. I’m a public health nurse, so am familiar with GBS, but never, in a million years, thought my six-year-old daughter would develop it. When

Isla began having trouble breathing, she was intubated and placed on a ventilator. I will always have a hard time accepting that one day our life was normal and the next day things changed forever.

She was completely paralyzed during her time in emergency care. My little girl, who loved to sing, swim, dance, run, wake up early, play with her friends and be pretty in her clothes. Who rode her bike and scooter everywhere and hated naps. My little girl couldn’t move her body at all.

When she came to the Glenrose she needed to learn to crawl, sit, stand, walk and use her hands again. She needed to learn to comb her hair, brush her teeth, feed herself, sit on a toilet and shower. She had to work to regain strength and learn to cope with neuropathic pain. It felt so weird to celebrate her doing tummy time at six-years-old or taking her first steps. We’ve already been through all of this and yet, there we were.



At first each and every thing she needed to relearn in rehab was met with fear, crying, screaming and pain. She didn't understand what had happened to her body or how to respond. Our entire family was living in fear, disbelief and sadness. As alone as we felt sometimes, we discovered there were other people just like us. Isla's confidence grew when she saw other kids learning how to stand and walk. It was an empowering environment. Isla could identify with the other kids and cheered her fellow patients along, because it was a team effort in her eyes.

I was surprised at how family oriented the Glenrose is and how they welcomed all of us, including my son, with open arms. The staff heard and understood what I needed, even when I didn't realize it. My words will never be able to express the gratitude that I have for the caring, supporting and building up of our family.

Our new normal started at the Glenrose and our family learned to feel comfort in walking onto Unit 201. Today, Isla is back at school and still working to recover. It's a hard battle. She feels different and knows she's missing out on things in class and doing fun things at school and with her friends. But she's so resilient and excited by her progress. And so are we.



Isla



I still...

Sing, dance, and try to run. Love to dress-up. And feel pretty, even though I have scars.



I don't...

Go outside at recess. Go on field trips. Go sledding. Do so many things that I used to do. And my brother does.



I struggle...

To play with my friends. With always having to hold my mother's hand. With being different. And with being so tired.



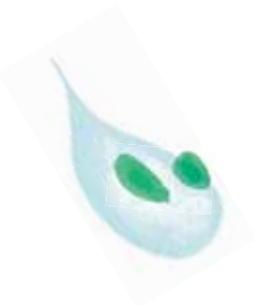
I am...

Getting stronger. Riding a three-wheel bike. Learning to scooter again. Excited to go to the Glenrose. Happy. Hopeful. Unique.



I will...

Ride a two-wheeled bike. Keep up with my friends. Straighten my fingers. Move my feet and toes. Run. Go to school like other kids.



I will always...

Be kind to others. Be grateful. Be brave. Be me.



Angelena

In August 2013, I was on vacation, house-boating in the Shuswaps, BC when I got into a tubing accident. I was whipped off the tube and crashed into a wave of water. The force of the crash dislocated my left knee, and the rotation of my knee severed the popliteal artery behind my left knee. The popliteal artery is the major artery that runs from your heart to your lower limb.

The morning after my accident, an MRI confirmed I needed emergency vascular surgery. After surgery, I developed compartmentalization syndrome and my surgeon advised me I was at risk of sepsis, which is blood poisoning, and he

had to amputate my dead limb above the knee. The tissues in my lower limb were black and dead, the muscles in my knee non-viable. My amputation was September 4, 2013 at 9 p.m.

In late September 2013, I was transferred to a hospital in Edmonton and then in October to the Glenrose to begin rehabilitation.

Coping with trauma and acquiring a disability requires a lot of mental and emotional energy. Living with grief is an ongoing effort – it isn't over after one year or any arbitrary deadline. It's only dulled, like the grief of losing a loved one.





Redefining my limits and accepting the differences has been the hardest part of my injury. Returning to work as a teacher was tough. I would fall asleep at my desk because I was too tired to drive home. It was difficult for me to accept that I was overwhelmed, because I was scared to appear weak or incapable. Learning to deal with negative emotions while in the Glenrose was essential and provided the fundamental platform for coping out of the hospital.

Before my accident I was an active soccer player, runner and snowboarder. Losing the avenue to compete or be active was devastating. I knew I needed to get active. At first I tried swimming, but I found it made me feel alone and more isolated.

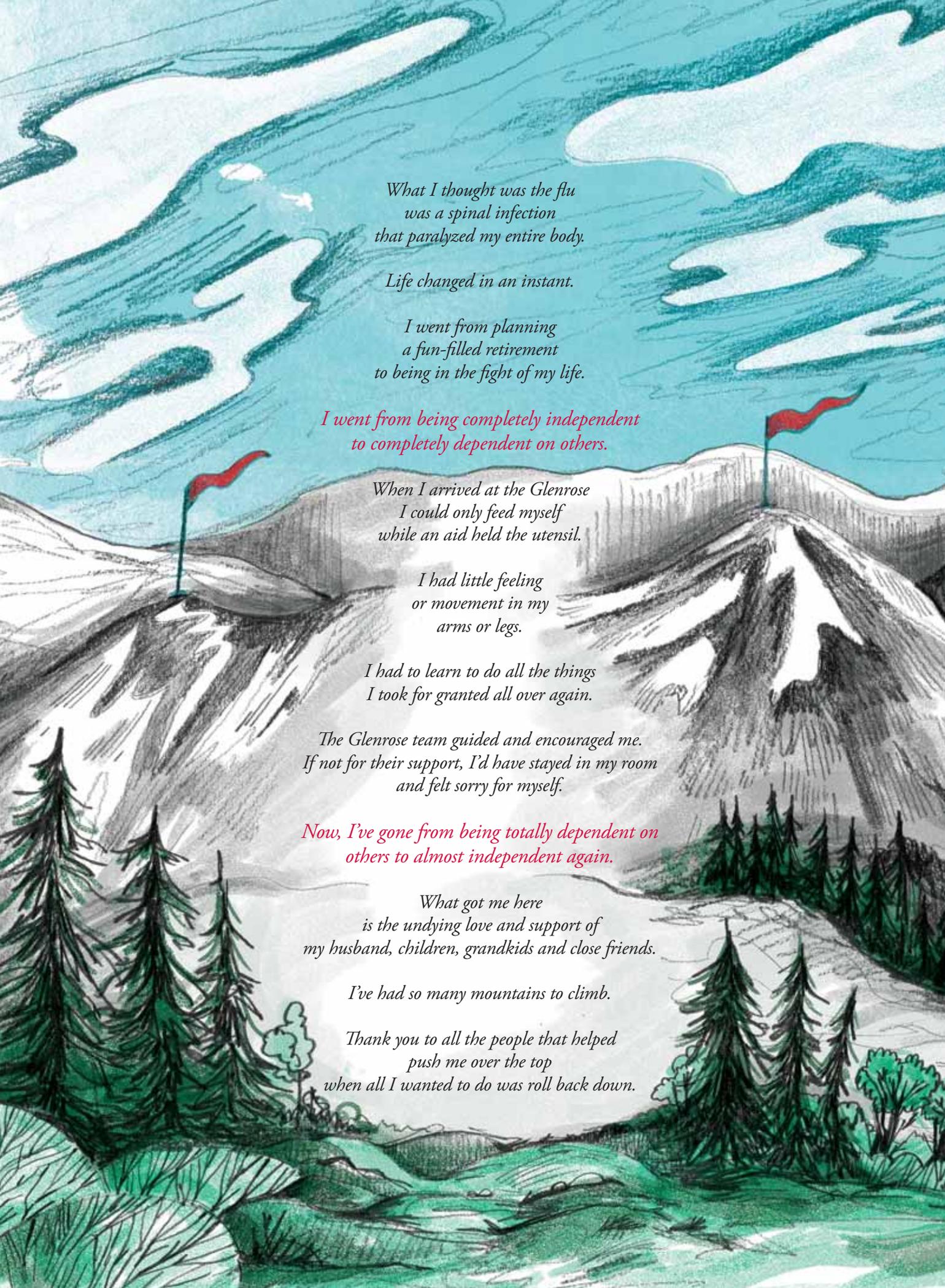
In early 2015, I was invited to try sit-volleyball. I was skeptical at first because I had never played volleyball seriously. I finally decided to attend the weekly evening practices in the Glenrose gym. When I attended my first training camp I instantly knew I had found my new team. I realized I needed that sense of belonging, and that social, emotional and interpersonal connection. I'm certain for six to eight months everyone

probably wanted to kill me because I was in the wrong places, couldn't move or react and had zero-technique. I absolutely hated being the worst player on my team and used that as motivation to get better.

In April 2015, I attended a tryout in Montreal for the roster for Team Canada's women sit volleyball team. I was selected and attended the ParaPanAmerican Games in Toronto last summer, where we won bronze. It was a surreal honour to represent my country on home soil.

If you had told me while I was in the hospital losing my leg that I would someday be a para-athlete, I never would have believed you. Today, I'm working towards Team Canada Paralympics, Rio 2016.

I never imagined in a million years that I would be an adult with a disability, but we can never predict where our life is going to take us. The Glenrose stands for equity, accessibility, quality medical care and medical innovation, to ensure we all have a safe and fulfilling future no matter what happens.



*What I thought was the flu
was a spinal infection
that paralyzed my entire body.*

Life changed in an instant.

*I went from planning
a fun-filled retirement
to being in the fight of my life.*

*I went from being completely independent
to completely dependent on others.*

*When I arrived at the Glenrose
I could only feed myself
while an aid held the utensil.*

*I had little feeling
or movement in my
arms or legs.*

*I had to learn to do all the things
I took for granted all over again.*

*The Glenrose team guided and encouraged me.
If not for their support, I'd have stayed in my room
and felt sorry for myself.*

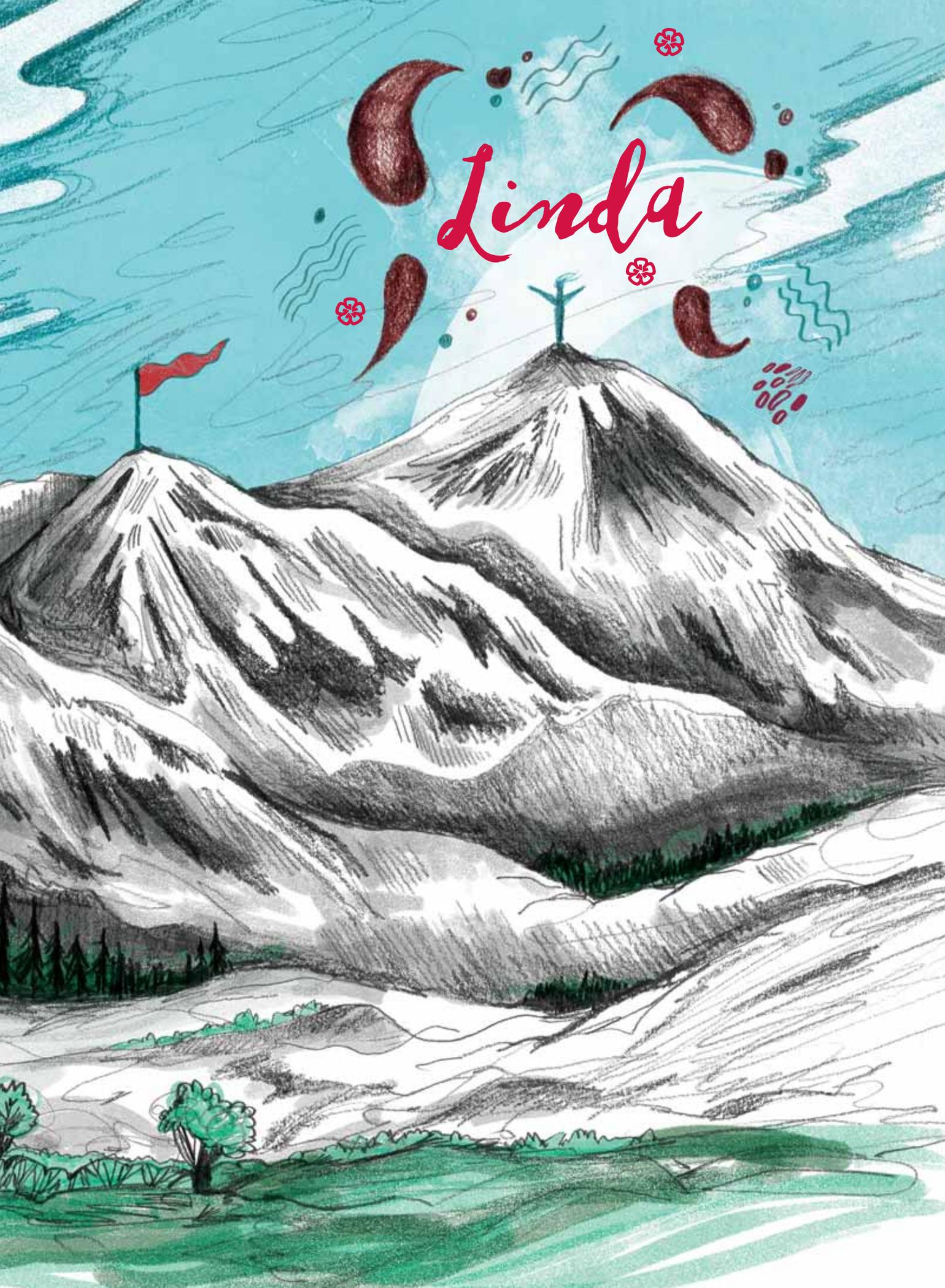
*Now, I've gone from being totally dependent on
others to almost independent again.*

*What got me here
is the undying love and support of
my husband, children, grandkids and close friends.*

I've had so many mountains to climb.

*Thank you to all the people that helped
push me over the top
when all I wanted to do was roll back down.*

Linda

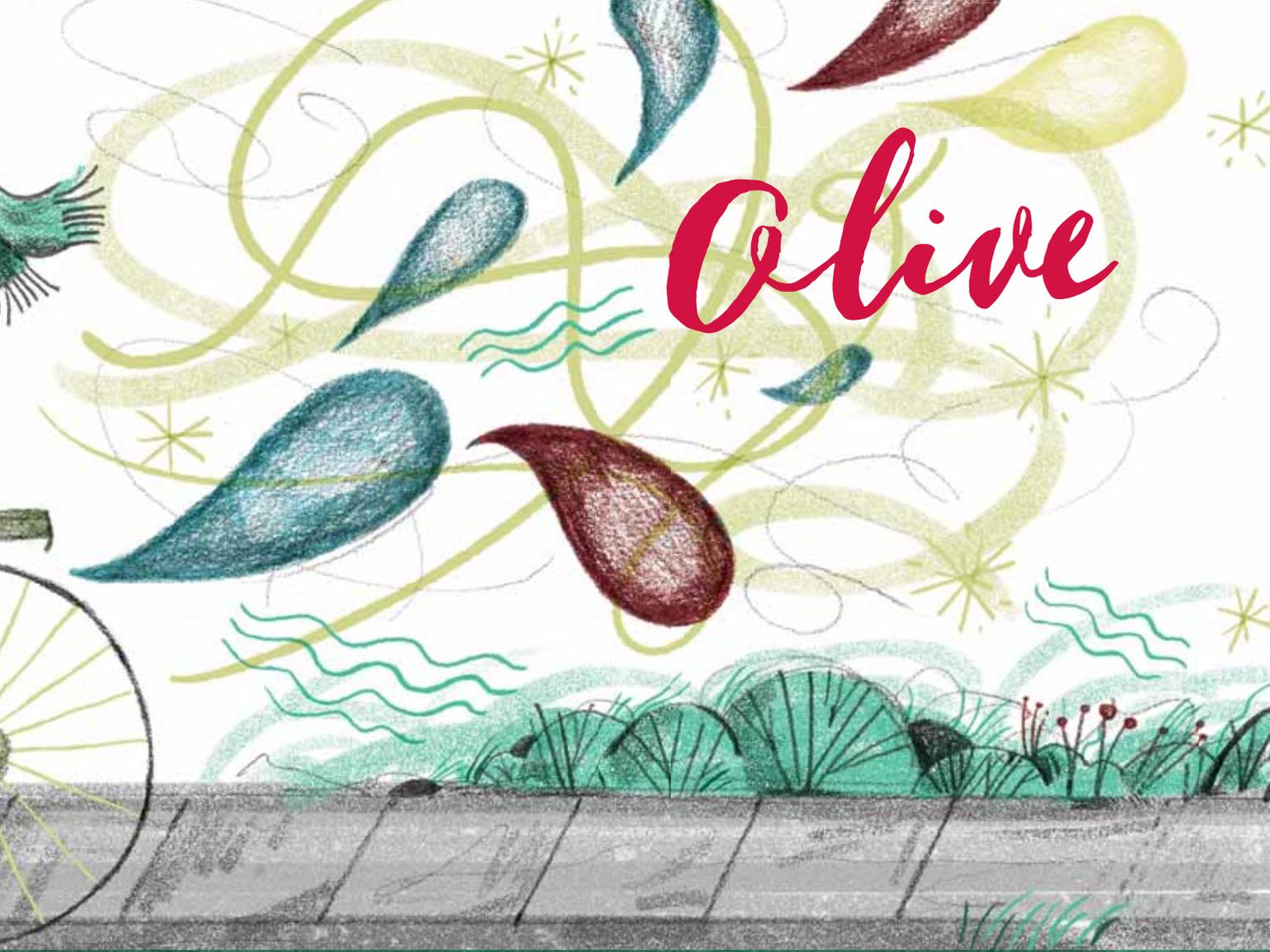




I am known amongst my athlete friends and others as the Iron Lady. I've spent most of my life walking, hiking and biking as much as possible. But in early October 2015, I was in a non-iron state both mentally and physically. I had undergone knee replacement surgery and was suffering excruciating pain. As a single 84 ½ year old woman with no relatives, I had struggled with finding support after my surgery and had been told that I didn't qualify for home care. After a few days staying with a friend, I found it difficult to do the exercises necessary to keep my knee from freezing up and medication side effects led to severe cramps and sharp stomach pains. Many times I was screaming and crying from the pain.

I headed back to the ER and once there, started crying and couldn't stop. I was quickly counseled and admitted back to hospital. After a few days, I was offered a bed at the Glenrose. I was so grateful to my doctors for getting me into this wonderful facility.

When I arrived at the Glenrose, I was examined as a whole person. Once they got my pain under control, I was able to experience the wonderful benefits of therapy at the Glenrose. After a month, I felt like a different person – physically, mentally and socially. I can now walk with my walking poles and without them, which was my goal before the surgery. It has also been inspiring to watch the patience, kindness and helpfulness that others my age received here.

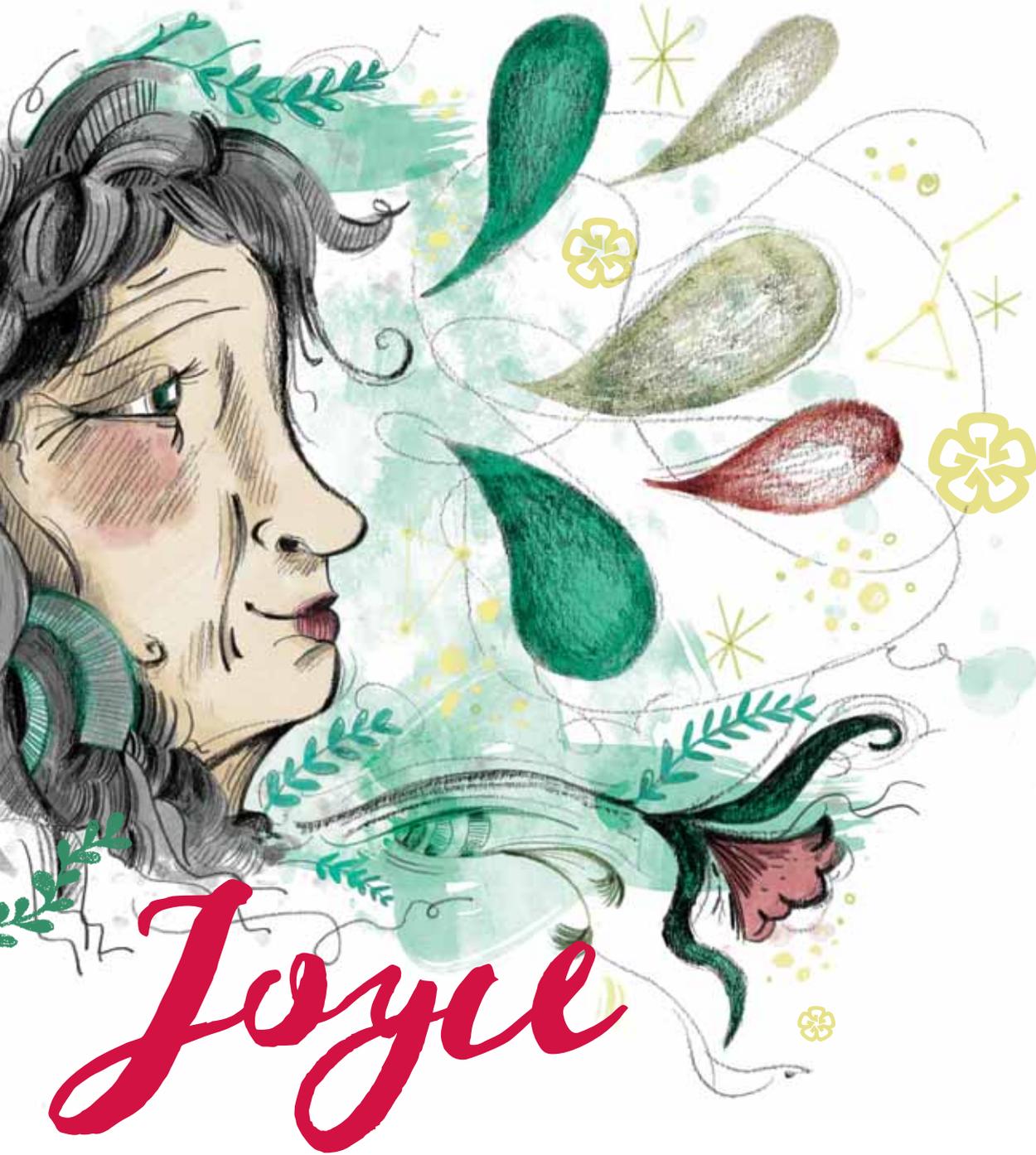


Alive

They helped me heal my mental state too, which had been sorely damaged by my post-surgery experience and a lifetime of other struggles. The psychological counseling I received helped immensely. They never treated me like an old lady with a replacement knee, but as a person who wanted to be able to walk, bike and hike again. And it was refreshing to find that the Glenrose was filled with caring people, who treated me and other older patients with kindness. There is a humane way to treat patients, especially those that are elderly and without family, and the Glenrose showed me that.

I am ready to make some changes in life, to try new things and to get back to being active. Thanks to the Glenrose, I now have a new outlook and feel more like that Iron Lady others know me as.





I came from a dark place – no hope, no future.
A life full of guilt and regrets.
I was done.
Today, I feel hopeful and blessed. My life has meaning again.
My children and I are healing.
I see healthy relationships possible with them.
It's been painful and yet humbling owning my own stuff.
It set me free.
The Glenrose has given me the tools to succeed in my recovery.
I am no longer filled with regret and remorse.
I am ready to move forward and enjoy the rest of my journey.

Don

I was diagnosed with Parkinson's Disease eight years ago and for the most part had been coping well. A coronary incident in September 2014 changed everything. When my wife learned about the Glenrose's specialized rehabilitation outpatient program, our life changed once more – for the good.

The Glenrose specialists worked tirelessly to improve my mobility and strength. I can now walk straighter, hold my head up higher and look directly at people when speaking with them. I hope that by continuing with everything I have learned, I will be able to enjoy life to the fullest for a number of years.



Michelle

I was born with cerebral palsy and life in the last five years has changed so much! I've tried so many new things, like rock climbing, skiing and kayaking. I've also travelled, and it sparked a passion in me! I'm now going to university and want to open my own travel agency specializing in developing adventure packages for people with disabilities. I am so thankful to the Glenrose. They help people get their independence back and make dreams possible.



board of trustees

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Wendy Dugas

President & CEO,
Glenrose Rehabilitation Hospital Foundation



financials

Revenue

	2016	2015
Donations	\$1,338,647	\$1,338,177
Casino	\$-	\$80,925
Fundraising	\$559,276	\$586,540
Grants	\$130,500	\$90,000
Realized gains on investments	\$70,057	\$92,206
Unrealized gain (loss) on investments	\$(167,746)	\$140,003
Dividends & interest	\$150,557	\$138,414
Total	\$2,081,291	\$2,466,265

Expenses

Administrative	\$232,305	\$211,796
Fundraising	\$566,766	\$546,094
Portfolio management fees	\$33,070	\$30,571
Total	\$832,141	\$788,461

Revenue over Expenses before distributions	\$1,249,150	\$1,677,804
Distributions to Glenrose Rehabilitation Hospital	\$635,722	\$1,071,894
Revenue over Expenses	\$613,428	\$605,910

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

write the future campaign

We're writing the future, today.

Demand for rehabilitation is about to soar. In Edmonton alone, the population aged 65 and older is expected to grow by more than 120% by the year 2030. Statistics Canada predicts that by 2036 seniors could represent 23 to 25% of Canada's entire population. Everyone gets older and we know that disability increases with age. We also know that many of the children who survive extreme prematurity or other life-threatening conditions because of medical advances will be left with some level of disability.

To keep the Glenrose at the forefront of specialized rehabilitation we launched our Write the Future Campaign to significantly advance support for rehabilitation and transform tomorrow:

1. TRANSFORM PEDIATRIC REHABILITATION

\$4,445,000 to help children write a future filled with promise

2. DRIVE PATIENT-CENTRED RESEARCH & INNOVATION

\$2,800,000 to help patients & families write a more independent future

Goal: \$7,245,000

Visit writethefuture.ca to read letters from patients & donors.

Campaign Cabinet

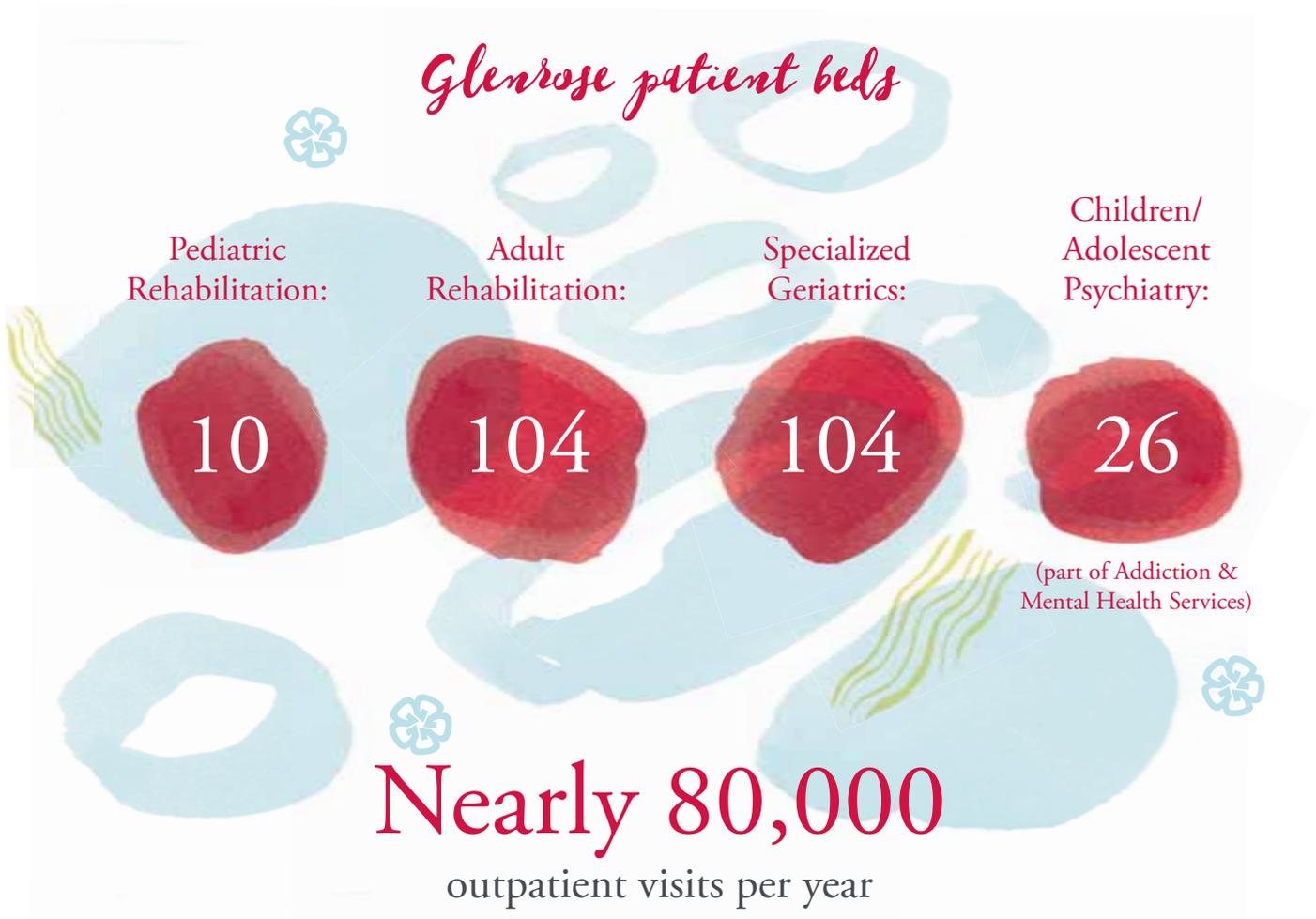
Chair: *Sine Chadi, Imperial Equities Inc.*

Members: *Harold Kunas, Community Volunteer; Warren Fraleigh, Building Trades of Alberta; Alan Kuysters, PCL Construction Management Inc.; Dave Majeski, RBC Royal Bank of Canada; Rick Vogel, Pekarsky & Co.; Patti Walsh, Grant Thornton LLP; Ralph Young, Melcor Developments Ltd.*

facts about the glenrose

It is expected that **1 in 5** Albertans will require specialized rehabilitation at some point in their life.

The average length of stay for a specialized rehabilitation journey is **six times longer** than that of an acute care hospital. And rehabilitation does not end upon discharge.





Amanda Schutz

Illustrator and Designer

A designer, illustrator and artist, Amanda is the art director for Curio Studio, an Edmonton based graphic design firm.

Her illustrations have appeared in various magazines, children's books and exhibitions across Canada and the United States. More recently, she exhibited a series of paintings themed around 'self-care' at the Glenrose Rehabilitation Hospital. Amanda is honoured to be able to use her talent to transform the words of Glenrose patients into art.

Sheena Stewart

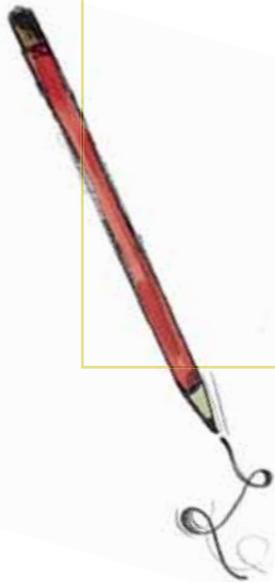
Editor

Sheena is a writer, editor and creative strategist whose work has appeared in numerous magazines, websites and advertising and awareness campaigns. She has collaborated with the Glenrose Rehabilitation Hospital Foundation on several projects and is consistently awed by the courage of its patients, their families and staff. Sheena is grateful for the opportunity to have worked with the words of the Glenrose alumni to help share their stories of hope.

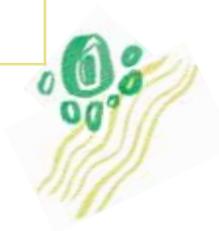


write your story

Now that you've had a chance to read some of the stories of courage from our alumni, we invite you to share your own story. Whether you are a patient, caregiver, family member, friend, donor or health care professional, we want to know your experiences and hopes. What is your vision for the future? Take a moment to write down your hopes for tomorrow. And know that whatever the future holds, together we can give courage strength.



Share this with your friends & family, maybe even with us at the Foundation allowing us to find strength from each other.





thank you

Thank you to our generous donors, partners and sponsors for fuelling the courage of our patients and their families. Your support touches and transforms the lives of thousands of patients each year by allowing us to invest in innovative technology, state-of-the-art equipment, leading-edge research and valued patient comforts. Because of you, more people can envision a future filled with hope and possibility. Visit glenrosefoundation.com to learn more.