



Courage through the year

2019/2020 Annual Report



GLENROSE
REHABILITATION HOSPITAL
FOUNDATION

Greetings

It's difficult to reflect back on the past year without focusing on the first few months of 2020 and the COVID-19 pandemic. Although the Glenrose Hospital is a rehabilitation hospital, as a healthcare foundation so much of what we do directly supports front-line staff including nurses and physicians. Patients come to the Glenrose to rehabilitate after serious injury or illness, some for a short time, some for a lifetime. Keeping the hospital at the forefront of rehabilitative care remains critical, even during uncertain times.

2019 marked the 25th anniversary of the Glenrose Foundation and we couldn't be more grateful for the community of support that has contributed to the last 25 years. Each year thousands of patients come through the doors of the Glenrose Hospital and receive world class rehabilitative care, thanks to our donors and partners.

Our donors are the difference in patients' lives and because of them the Glenrose has the absolute best in rehabilitative programs and equipment. Donor impact goes far beyond the walls of the hospital. The Glenrose is a teaching hospital where, each year, hundreds of young professional healthcare workers master skills and learn from the best. The Glenrose is also a hub for clinical research, encouraging and supporting physicians and other professionals to test innovations that will advance rehabilitation.

It has been an honour to serve as a Glenrose Foundation Trustee for 10 years including the past two as Board Chair. In that time I have been humbled and inspired by the remarkable courage demonstrated by patients as they undergo life-changing treatments and therapies. Their strength in the face of adversity has propelled our mission forward and I'm so proud of what we have accomplished together. The Glenrose Hospital is the final step in patients getting their lives back and reimagining their futures. We couldn't do this without you, thank you for being champions of rehabilitation.



Rick Vogel, ICD.D
Board Chair, Glenrose Foundation Board of Trustees

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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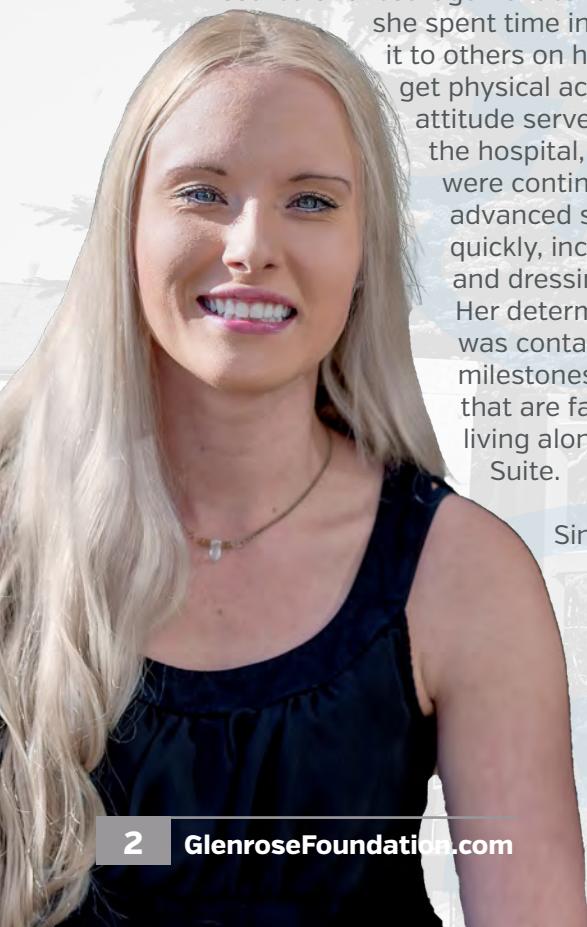
STORIES OF COURAGE

Kendra

Kendra has spent years travelling the world, earning her yoga teaching certificate, skiing and otherwise enjoying life. While skiing in Jasper, she fell and hit a tree at 70 km/h. The accident left her a paraplegic.

After a month in the ICU Kendra came to the Glenrose Hospital where she was by far the youngest on her unit. Instead of isolating herself, she identified what she had in common with the other patients and quickly became a source of encouragement to everyone around her. When she spent time in the pool, she promoted it to others on her unit as a great way to get physical activity. Kendra's go-getter attitude served as inspiration to many at the hospital, including her care team. They were continuously impressed with the advanced skills she was able to master quickly, including vertical transfers and dressing herself in her wheelchair. Her determination to learn and excel was contagious and she achieved milestones during her inpatient stay that are far beyond typical, including living alone in the Independent Living Suite.

Since going home Kendra has continued to read and research about living with a spinal cord injury. She is active with her friends and in her community and continues to knock down any barriers put in front of her.



Guy

Guy knew as soon as he hit the ground that it wasn't good; he couldn't move at all. The father of five had been trimming branches when he fell from scaffolding one storey in the air. He had broken ribs, compressed vertebrae and underwent more than 20 surgeries during his 6 months in the ICU. During this time, he went into sepsis and his organs started shutting down. The prognosis was bleak, but Guy managed to send a message to his wife--he winked at her. She knew that wink and that's when she believed he would recover.

"He worked tirelessly and diligently to develop a sense of his new normal"

~Stephanie, LPN

When he arrived at the Glenrose he had to relearn how to walk and swallow. Though his journey was challenging and painful, he focused on the positive and kept his sense of humour. Guy's 'dad-jokes' had the nurses and other patients laughing through the day and he encouraged others to enjoy being alive. When he wasn't cracking jokes, Guy worked hard with his physiotherapist to go further distances with his walker and start climbing stairs with a cane. He went from being fed through a tube to eating pureed foods and when the other patients would complain about the texture he would challenge them to keep trying.



Jordan

Jordan recently learned to do wheelies in her wheelchair, an impressive trick she is proud to demonstrate. The eight-year-old has Giant Axonal Neuropathy, a rare, genetic condition. Her mobility is impacted and she relies on a wheelchair to get around.

During her therapy appointments at the Glenrose Hospital, Jordan sets challenging goals for herself. She shows dedication to working towards those goals and she does it with a determined smile. She attended two camps at the Glenrose and at each she stood out as a leader among her peers; encouraging others and trying every activity, no matter how scary it seemed. She continually impresses her care team with her willingness to try new things and her desire to see progress through hard work.

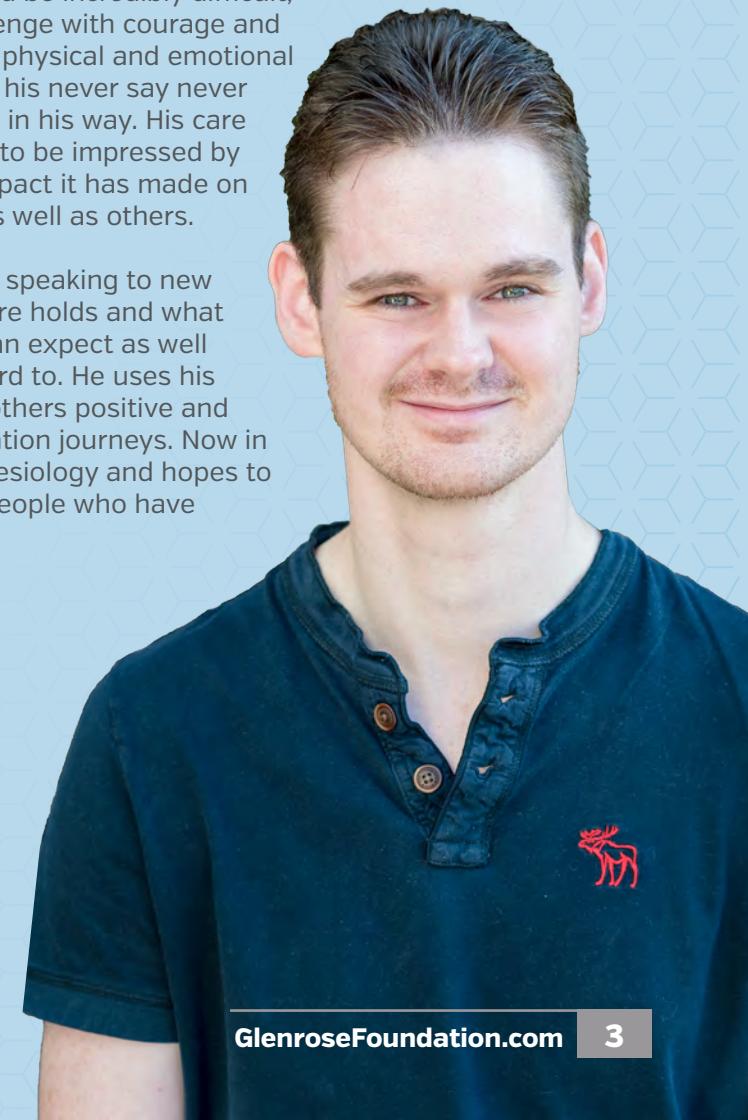
Last year Jordan started Grade 4 at a new school, and is facing that challenge with her typical optimism. She's also excited to get a new power wheelchair that will make mobility easier as her condition progresses.



Adam

It was almost seven years ago that Adam lost both of his legs as the result of being hit by a train while at work. Since then he has had to relearn how to walk, using prostheses. For most people, walking on two prostheses would be incredibly difficult, but Adam approached the challenge with courage and determination. Through difficult physical and emotional setbacks, Adam has maintained his never say never attitude and overcame anything in his way. His care team at the Glenrose continues to be impressed by his excellent outlook and the impact it has made on his own rehabilitation journey as well as others.

Today Adam volunteers his time speaking to new amputees about what their future holds and what challenges and setbacks they can expect as well as what they have to look forward to. He uses his witty sense of humour to keep others positive and laughing through their rehabilitation journeys. Now in university, Adam is studying kinesiology and hopes to help deliver adapted sports to people who have a disability.



Spinal Cord Injury Treatment Centre Society (SCITCS)



For many years SCITCS has supported the Glenrose Hospital and the patients who have a spinal cord injury. In fact, they have held a monthly pizza night for patients and their families on the spinal cord injury unit for the last 30 years!

In 2019 SCITCS generously donated an Xcite therapy system. This state-of-the-art equipment is used with people who have neurological loss of function to promote muscle strengthening and movement and allows patients to work on precise fine motor control and dexterity, while providing Neuromuscular Electrical Stimulation, (FES). Thanks to SCITCS and their generosity, patients receiving treatment on the Xcite are setting new goals for themselves and accomplishing things that once seemed impossible, such as feeding themselves.

Courage Ride for Rehab

2019 marked the fourth annual Courage Ride for Rehab, organized by dedicated committee members Dick Cotter, Laurie Hawn and Dallas Smith. The event is a 56 kilometre ride around Pigeon Lake and it has raised over \$125,000 since it began.

In addition to raising funds to support the efforts of the Glenrose Rehabilitation Hospital, the event raises awareness of the relationship between the Glenrose, first responders and the Canadian Forces. Together, rehabilitation is provided to the men and women who have so proudly served our country. Many first responders and Canadian Forces personnel participate in the ride as well.

Courage Classic

Golfers enjoyed a day of endless rounds of golf at the Blackhawk Golf Course for the 16th annual Courage Classic. Organized by a volunteer committee, the Courage Classic is a golf tournament like no other, where golfers play as long as the sun is shining. In 2019 the event saw 42 golfers fundraise almost \$60,000.



STORIES OF IMPACT

Dynamic Stair Trainer

Regaining independence after a serious injury or illness can start with relearning how to complete activities such as walking. But, as they grow stronger they need more challenging terrain, to prepare them for the world outside. This is where the Dynamic Stair Trainer comes in. This innovative equipment features both stairs and a slope and has the ability to adjust based on the patient's needs. It collects data as the patient uses it and predicts their future improvement. The Dynamic Stair Trainer has been shown to improve patient motivation and speed up the rehabilitation process.



Pediatric Family Room

Located in the pediatric unit at the Glenrose, the Family Room is a self-contained suite where families from out of town can stay while their child is an inpatient at the Glenrose. This suite serves as a home away from home for those who need it most. It allows parents to remain close to their child and alleviates the stress of navigating a new city and finding somewhere to stay. There are two locking bedrooms and a large common area featuring a kitchen, living room, dining room and full bathroom. The common area spaces can be used by any parent on the unit who needs a space to relax, eat a meal or have a shower.



Having a child in the hospital is one of the most difficult things a family can experience and thanks to the generous support of Circle of Courage donors, the Pediatric Family Room will make their lives easier.

Edmonton Oilers Pediatric Procedure Room

Thanks to the generous support of the Edmonton Oilers Community Foundation, the Pediatric Procedure Room was built with our littlest patients in mind. This includes a child-sized procedure table and lots of fun things like iPads and virtual reality glasses. Kids needing minor procedures, such as removing a cast or stitches, can enjoy a welcoming environment complete with a Hunter-themed room and lots of pictures of the Edmonton Oilers mascot to help them get through visits, which sometimes can seem uncomfortable.



STORIES OF IMPACT

First Response to Fashion

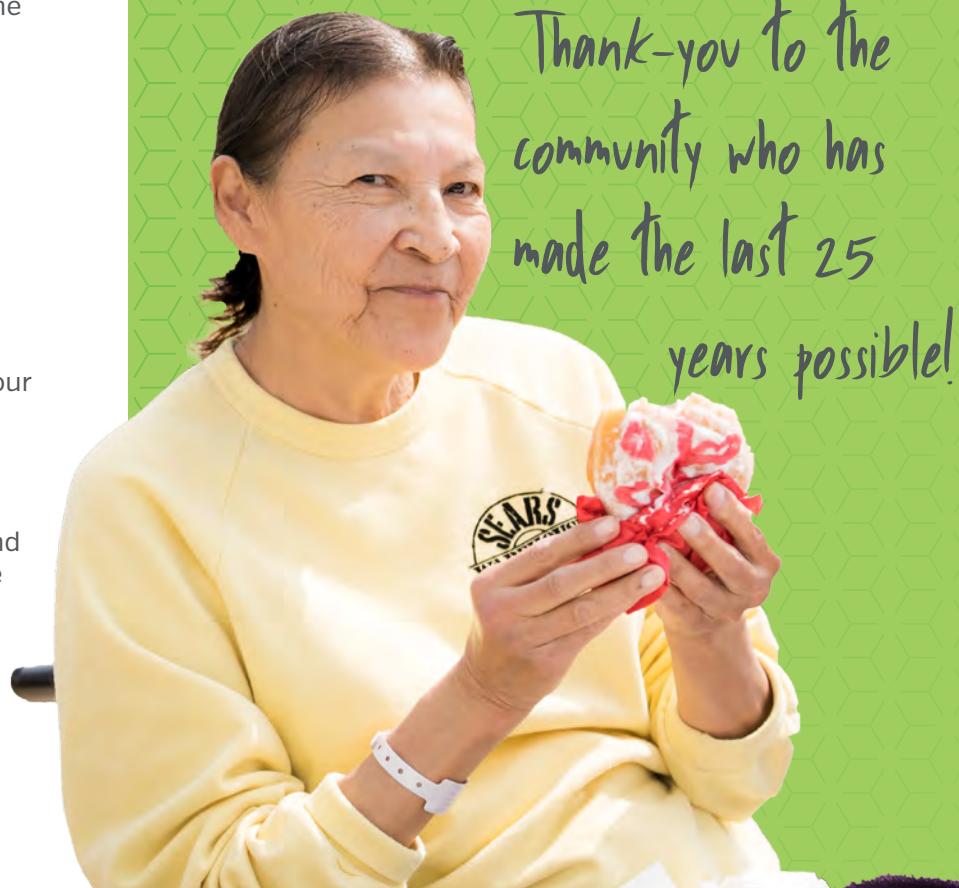
Post-Traumatic Stress Disorder [PTSD] research gets a helping hand thanks to the Fashion First fashion show. The show features first responders as models walking the runway to raise critical funds for research. In 2019 the theme was 'The Roaring Twenties' and the event raised \$35,000.

Courage Gala

The theme for the 2019 Courage Gala was 'Colours of Courage' and guests were encouraged to dress in the colour that represented courage to them. Everything, from the lighting and décor to the evening's meal included colorful components. The event is planned and executed by a volunteer committee of incredible community members and Glenrose supporters. Overall, 650 people attended and raised \$575,000 advancing rehabilitation and patient care at the Glenrose Hospital.

25th Anniversary

The Glenrose Foundation celebrated its 25th year in 2019. The last 25 years have been filled with innovation and advancement in rehabilitation, all in support of the patients at the Glenrose Rehabilitation Hospital. To commemorate the event, the Glenrose Foundation held a barbecue lunch for all the patients, staff and neighbours of the hospital. The event was kindly sponsored by UNITE HERE! Local 47, a long-time partner of the Glenrose Foundation.



Thank-you to the
community who has
made the last 25
years possible!

Highlights of the last 25 years

Syncrude Centre for Motion and Balance – Opened in 2002

The Syncrude Centre provides assessment of motion difficulties and treatment of balance disorders. A combination of computer-based technology and highly specialized staff allows for an objective approach critical to the assessment of a client's motion or balance. This information can then be used to provide a customized treatment plan for each client. For motion difficulties, this plan may include detailed directions for surgical intervention or alternatively, non-surgical options may be indicated. For balance disorders, the assessment information may be used to put together a customized rehabilitation program, which uses the balance technology as a training aid.

McBain Pediatric Unit – Renovated in 2004

Thanks to donor generosity, the 10-bed, pediatric in-patient unit was completely renovated. The unit features a playroom and art space to keep kids busy during rehabilitation. The space also includes a kitchen and dining area where patients can relax and spend time with their families.



HIGHLIGHTS OF THE LAST 25 YEARS

Building Trades of Alberta Courage Centre – Opened 2010

The Building Trades of Alberta Courage Centre [BTACC] is one of the most technologically advanced rehabilitation and research centres in Canada and has significantly changed the landscape of rehabilitation research. The goal is to develop and support clinical use of innovative therapies that decrease health care costs, shorten lengths of stay, while assisting patients improve their functional mobility, increase their activity and enhance participation in the community. As the hub of rehabilitation research and the clinical implementation of technology, the BTACC is divided into three main domains: virtual reality, robotics and serious gaming.

Courage in Motion Centre [CIM] – Opened in 2011

The CIM Centre at the Glenrose Hospital is home to the CAREN [Computer-Assisted Rehabilitation Environment]. The CAREN features a treadmill with a split-belt, motion hydraulics and a circular surround screen.

The CAREN is used to treat patients with a wide variety of conditions including stroke, amputation, brain injury, spinal cord injury and psychiatric disorders such as phobias and PTSD. Each patient has a specific rehabilitation plan, giving their clinician instant feedback on performance and adapting to become more or less challenging depending on the patient's needs. The screens present different scenarios, much like video games, to keep the patient engaged throughout treatment.

The CAREN system was acquired through a partnership with the Canadian Department of National Defence [DND], the Alberta Government and the Glenrose Foundation.



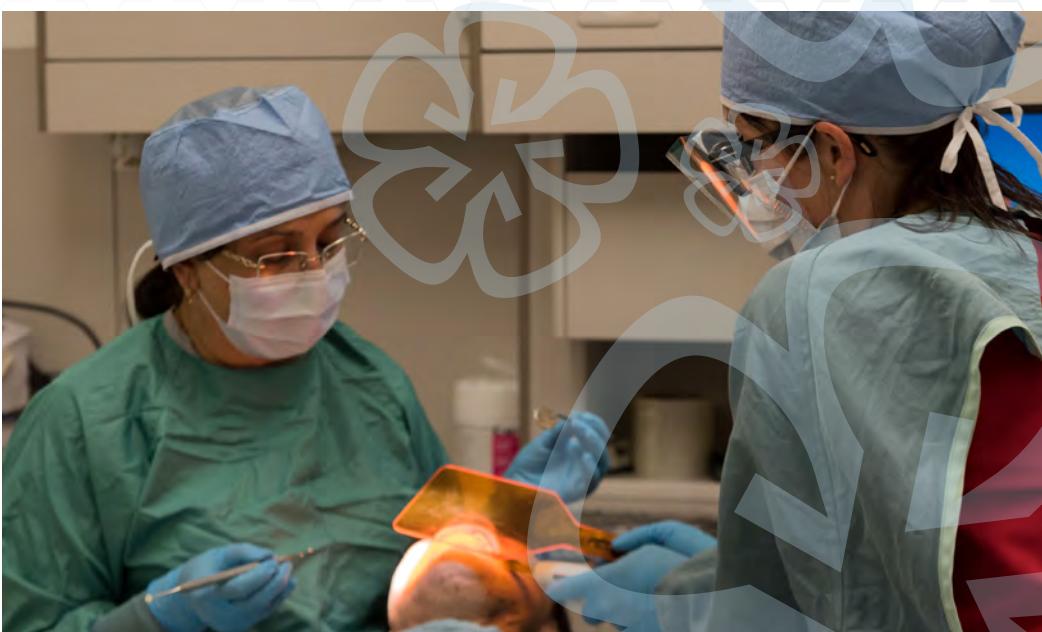
Independent Living Suite – Opened in 2011

The Independent Living Suite provides opportunities to integrate the needs of patients, clinicians, researchers and industry partners within a home-like environment. It provides patients with safe opportunities to practice activities of daily living in a realistic home environment with immediate access to the health care team and to introduce patients and clinicians to home based rehabilitation technology.



Dental Clinic – Opened in 2012

The Dental Clinic at the Glenrose Rehabilitation Hospital provides unique access to dental care for anyone with mobility challenges or chronic conditions. The redeveloped and expanded clinic includes eight operators with patient lifting equipment to provide assistance to patients who require help moving from wheelchair to dental chair. Thanks to a partnership with the University of Alberta School of Dentistry, the Dental Clinic also provides dental students with an increased opportunity for hands-on learning.



Circle of Courage – started in 2013

Each year, a special group of donors pledge at least \$1000 each to a specific program or specialized piece of equipment. Projects funded include: eye gaze technology, the Eksoskeleton, Pediatric Family Room, Xsensor, Brain Camp, 3D printer and, in 2019, a Clinical Driving Simulator.



UNITE HERE! Local 47 Courtyard – Opened in 2016

UNITE HERE! Local 47 committed \$600,000 to the Glenrose Foundation for the playground renewal project. This project is part of the Foundation's Write the Future campaign. Play therapy is essential to the rehabilitation journey of pediatric patients and extends to therapeutic benefit for patients of all ages. the playground is fully accessible for patients of all ages, including adults.





Audio Induction Loop, Dr. Bill Black Auditorium – Opened in 2018

An audio induction loop was funded by the Glenrose Foundation as part of renovations to the Dr. Bill Black auditorium. The audio loop is an assistive listening technology for individuals with reduced ranges of hearing and allows them to hear more clearly and with less background noise. The space was renovated with accessibility in mind, including a powered, height-adjustable podium, acoustic panelling and surface-level stage access. The City of Edmonton recognized the space for its accessibility with a Mayor's Award in 2019.



Financials

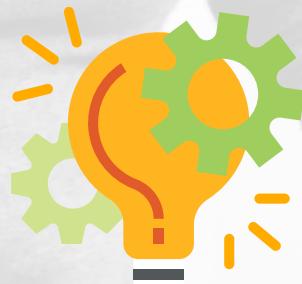
	2020	2019
Revenue		
Donations and fundraising	\$2,182,019	\$2,355,556
Casino	\$161,090	\$198,485
Government grants	\$163,551	\$187,374
Realized gains on investments	\$104,347	\$54,757
Unrealized loss on investments	[\$498,656]	[\$13,297]
Dividends & interest (net of management fees)	\$196,534	\$197,575
Total	\$2,308,885	\$2,980,450
 Expenses		
Administrative	\$448,584	\$273,225
Fundraising	\$1,218,689	\$895,088
Total	\$1,667,273	\$1,168,313
 Excess (deficiency) of revenue over expenditures	\$641,612	\$1,812,137
Distributions to Glenrose Rehabilitation Hospital	\$1,617,904	\$562,565
Revenue over Expenses	[\$976,292]	\$1,249,572

Where your money goes



Research

\$1,044,241



Technology & Equipment

\$365,421



Facilities & Programs

\$208,242



Distributions Committed to AHS

\$4,364,640





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