

REH**FIT**
CENTRE

REH**FIT**
FOUNDATION

ANNUAL REPORT
2020/21



STRONGERTOGETHER

FINDING **STRENGTH**, **RESILIENCE**, AND **GRATITUDE**



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We Are Stronger Together

This past year brought new meaning to our mission of building community health while challenging us to continue serving our members as a medical fitness facility. We changed, adapted, and readjusted to provide the guidance and assistance that has benefited so many Manitobans for over 40 years.

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Enhanced Safety and Service

We have always been dedicated to the cleanliness of our facilities and the health and safety of our community. This year, we took this commitment to an even higher level.

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Excellence in Medical Fitness

The Medical Fitness Association (MFA) named the Reh-Fit Centre as recipient of the 2020 Certified Facility for the Year.

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Planning For the Future

The Centre continues to collaborate with the Foundation to bring the Reh-Fit's vision for the future into reality.



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Message from the Reh-Fit CEO and Chair

This past year challenged our community in ways we never could have expected. But it is in these difficult moments that we grow stronger, more resilient, and grateful for what we have.

Gratitude comes easily when things go as planned; when a global pandemic disrupts our livelihoods, families, and daily routines, it is challenging to look around to see the good. But research shows that individuals who practice gratitude reap the benefits of improved well-being and resilience.

Resilience plays a role in our mission of enhancing the well-being of our community. Reh-Fit serves as a resource for individuals seeking to build their own resilience through both prevention and recovery from illness and injury. Physical activity is crucial in the prevention and recovery from disease – including COVID-19. A resilient community is one that is physically active and socially connected; that the Centre has long been an important meeting place for our members is no accident. In this way, we have been planting the seeds of community resilience for over 40 years.

What, then, happens when the doors of an important community resource like the Reh-Fit are suddenly closed? Thanks to the support of our community, we were able to continue to provide health and fitness resources and social connection to so many Manitobans during the pandemic. We simply did so in different ways: we met online, over the phone, and through video call.

There is much to be grateful for – support came pouring in to the Centre through phone calls, notes, and well wishes. We are especially grateful for the generosity of our donors and the community, a testament to the impact we are making across the province.

Our exceptional staff team has worked together to advance the mission and vision of the Reh-Fit amidst constant challenges. Our members have been patient, understanding, and thoughtful through a great deal of change. Our volunteers, Boards, and Committees have been a source of strength in turbulent times.

As we look back on this past year, we wanted to simply say *thank you*. It has been a challenging year for us all, but we have seen just how strong our community can be when we support one another.

With gratitude,



Sue Boreskie
CEO, Reh-Fit Centre



Patricia Kloepper, FCPA, FCA
Chair, Reh-Fit Centre Board of Directors



WE ARE STRONGER TOGETHER

Defining Medical Fitness Beyond Our Four Walls

This was a year where the landscape of health and fitness changed drastically. For Reh-Fit, this brought new meaning to our mission of building community health while challenging us to continue serving our community as a medical fitness facility.

Our focus throughout the pandemic has remained clear: how can we continue to provide services to our community in the best way possible? Through multiple closures and reopenings, we changed, adapted, and readjusted to provide the guidance and assistance that has benefited so many Manitobans for over 40 years.

Although our doors were closed several months this year, we continued to support our community through the launch of *Reh-Fit Anywhere*, a suite of programs and services to support Manitobans with their commitment to staying active and leading healthier lives.

■ About Reh-Fit

As Canada's first certified medical fitness facility with over 40 years of experience, we believe exercise is medicine. Besides building strength, we work to build a sense of community and a culture where active lifestyles are the norm. We provide an accessible and supportive environment to help individuals achieve and maintain fitness and well-being. This includes expert guidance from professional personnel, innovative health enhancement programs, and the integration of medical, rehabilitative, and fitness services all delivered in a clean, service-oriented environment.

Coaching and Member Support

As a medical fitness facility, one of the most important services we offer is one-on-one lifestyle coaching. At the Centre, coaching helps members set goals, like how many times to visit the Centre per week, and devise strategies to make those behaviours last. During the pandemic, members suddenly had to readjust to new routines in their own homes. Reh-Fit coaches provided lifestyle coaching over the phone and by email – including individualized exercise prescriptions and follow up support – to members and program participants during lockdown.

Fitness Programing

Throughout building closures, we quickly adapted to replicate the in-person experience of the Reh-Fit to our members. The goal was to create a seamless experience for our members so they could maintain a sense of routine and normalcy in otherwise uncertain times. This meant continuing to offer registered programs virtually, including fitness, yoga, and mindfulness programming. We offered live group fitness classes, short training sessions, and educational resources as well as guided meditations to support mental well-being. Even when the Centre was open for group exercise, we continued offering programs in an all-virtual or hybrid delivery, meaning members could choose to participate at home or at the Centre.

Reh-Fit members – like Lisa Parsonage – shared their success of the continued accountability and reliability of Reh-Fit classes and programs during lockdown.



Board of Directors 2020-21

Pat Kloepper, FCPA, FCA, *Chair*
Scott Bailey, CPA, CMA, *Past Chair*
John Schubert, *Vice-Chair*
Judy Murphy, FCPA, FCA, *Secretary*
Chuck Steele, CPA, CMA, *Treasurer*
Wanda Burns, CPA, CA
Rhonda Cairns
Irene Hamilton
Mike Hicks
Linda Horosko
Nick Riediger
Betty Lou Rock
Peter Withoos

Charitable Registration Number 10765 9765 RR0001

Reh-Fit's credentialed staff provided one-on-one coaching to members and programs participants over the phone.



STRENGTH

“I’m getting the results I want, and I’m happier for it.”

Reh-Fit member Lisa Parsonage was devastated when the Centre closed this past fall. But she wasted no time getting accustomed to her new routine of online workouts through *Reh-Fit Anywhere*.

“I have worked out the most I have ever worked out in my entire life.”

Lisa – who has also lost nearly 30 pounds over the last six months – is reaping the benefits of enhanced physical and mental health.



Programs such as Cardiac Rehabilitation continued virtually with individual and group sessions as well as individual phone coaching.



Education: Fit Talks

Education is at the heart of the Reh-Fit mission. We continued our commitment to creating space for learning and connection by launching Fit Talks, a virtual series that brings together experts from the fields of health and fitness to educate, inspire, and support the well-being of our community. All sessions were held virtually and were open to the general public. This new format strengthened our public education initiative and community partnerships while forging new relationships with experts in fitness and maintaining well-being, including Heart and Stroke Foundation, St. Boniface Hospital, University of Manitoba, University of Winnipeg, ACCESS Fort Garry, and others.

GRATITUDE

Thank you to the Johnston Group for their support in presenting the inaugural season of Fit Talks.



Rehabilitation and Health Programs

It was our goal to continue to deliver high quality services to help Manitobans during this time. This includes guided exercise programs to help individuals prevent, manage, and move beyond a variety of conditions. Restore Your Health programs such as Cardiac Rehabilitation and Happy Hip & Knee continued virtually while our building was closed for indoor exercise.



Community Connection

Reh-Fit has always been an important resource for social connection, especially for older adults. In addition to checking in by phone and email, we created online social events such as Coffee Time, a casual meetup with Reh-Fit staff and fellow members, held over Zoom.



Home Exercise Equipment

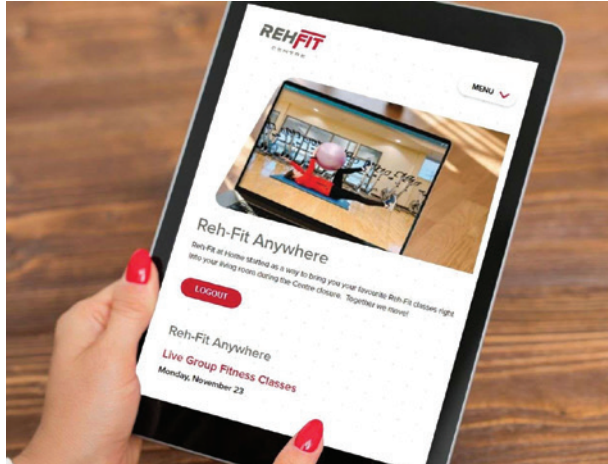
Knowing many do not have access to exercise equipment at home, we created the Anywhere Fit Kit, a compilation of easy-to-use equipment that supported members in their home workouts. The kits were sold and distributed via curbside pickup and equipment was then incorporated into *Reh-Fit Anywhere* virtual programming.





Personalized Services

After the first building closure, the Centre remained open for our full complement of personalized services delivered by licensed health professionals, including massage therapy, physiotherapy, athletic therapy, nutrition counselling, and foot care. Personal training was offered virtually, and several members – like Lee Luetkehoelter – continued meeting with their trainer from a distance.



Investing in Information and Communications Technology

The culmination of integrated, hybrid delivery of Reh-Fit programs, services, and support required an investment in technology-based solutions both at the Centre and online. We relaunched the Reh-Fit website which features enhanced navigation, accessibility, and a mobile-friendly design. This groundwork positioned us for the launch of our own secure, members-only platform for host programs delivered through *Reh-Fit Anywhere*.



RESILIENCE

“It really does pay off.”

Virtual Personal Training at Age 91

Lee Luetkehoelter, 91, has made an effort to stay physically active throughout his life, and has been a member of the Reh-Fit Centre for over 30 years. Just over two years ago, he began working with a Reh-Fit personal trainer. Since then, the pair have been meeting twice per week to focus on improving mobility, balance, and strength. During the second Centre closure, Lee and his trainer pivoted their in-person meetings to short sessions over FaceTime.

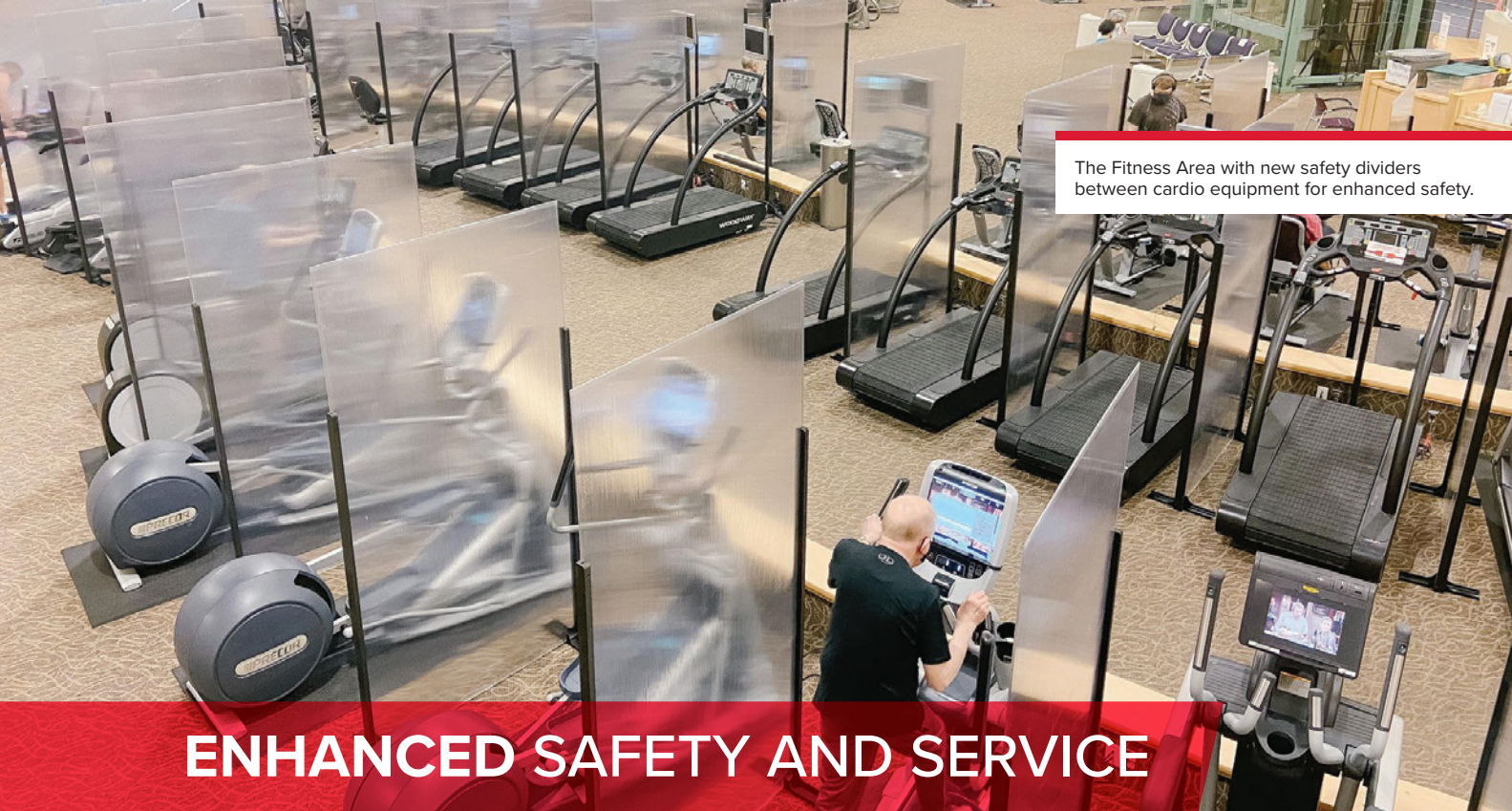
“It works rather well,” according to Lee, noting resuming their sessions during lockdown helped him get out of “a bit of a slump”.

GRATITUDE

Thanks to The Winnipeg Foundation's Stabilization Grant, we were able to pivot Reh-Fit health and fitness programming and invest in technology-based solutions required to deliver programming in new ways.

The Reh-Fit of the Future

The pandemic has pushed us forward in our effort to transform and build the Reh-Fit of the future. The hybrid model – reaching individuals beyond the four walls of the Reh-Fit – was already part of our 10-year vision. This is a model where all Manitobans, regardless of location, can be supported with individualized programs, coaching, and accountability whether they are home, travelling outside of Winnipeg, or here at the Centre. It will be how we deliver services in the future, leading to a more resilient Reh-Fit and enhanced resilience in the broader community.



The Fitness Area with new safety dividers between cardio equipment for enhanced safety.

ENHANCED SAFETY AND SERVICE

As a certified medical fitness facility, we are uniquely positioned to protect our members' safety and well-being.

Highest Standards: We have always been dedicated to the cleanliness of our facilities and the health and safety of our community. This year, we took this commitment to an even higher level by establishing the *Reh-Fit Standard of Elevated Cleanliness and Disinfecting*, which includes exceeding recommended safety measures, heightened deep-cleaning procedures, and strict enforcement.

Safety Dividers: Reh-Fit was the first facility in Manitoba to place polycarbonate panel dividers between cardio equipment for enhanced safety and comfort.

Enhanced Air Quality: Knowing the importance of proper air flow and risk of airborne illness such as COVID-19, we made investments to maximize the air flow in the Centre and in key areas like the locker rooms. In addition, we installed a new Global Plasma Solutions system in the ventilation in strategic areas to improve air quality for everyone's safety.



We support the IHRSA Active & Safe Commitment, an initiative designed to reaffirm the fitness industry's dedication to safety, show our commitment to operating industry best practices, and verify that we have taken the necessary COVID-19 mitigation steps.

■ Building Community Health In New Ways

Many of us continue to deal with grief surrounding all that has been lost over this past year. Yet throughout the pandemic, there have been things gained, including a renewed appreciation for our community health. Together, we adopted behaviours — like physical distancing, hand washing, and mask wearing — to protect ourselves while protecting our neighbours. Together, we learned how our actions are all connected to our own individual health and the health of our community.





Patricia Kloepper, Chair, Reh-Fit Centre Board of Directors (L) and Sue Borek, CEO, Reh-Fit Centre (R).

EXCELLENCE IN MEDICAL FITNESS

Reh-Fit Named 2020 Certified Medical Fitness Facility of the Year

The Medical Fitness Association (MFA) named the Reh-Fit Centre as recipient of the 2020 Certified Facility of the Year. The announcement was made at the MFA Annual International Conference, held in North Carolina and broadcast virtually. This international award is presented annually to a certified medical fitness facility that clearly serves as a benchmark of the industry, and whose results others can emulate.

Bob Boone, former CEO and President of the international association, stated that the Reh-Fit Centre was selected because it is an exceptional facility, noting the 80,000+ square foot open concept facility is particularly well situated for enhanced client safety in the era of COVID-19.

GRATITUDE

Our thanks to the support and mentorship from the Medical Fitness Association and International Health, Racquet & Sportsclub Association (IHRSA) in navigating the challenges of this past year.

Centre Improvements

We take steps every year to enhance facility and upgrade equipment to provide an inspiring environment to help people reach their health and wellness goals.

- **Equipment:** Adding state-of-the art equipment that keeps pace with the latest developments in health and fitness.
- **Renovations & Maintenance:** Each year we continue to renew the quality of the Centre by following maintenance and replacement schedules.
- **Accessibility:** We continued our commitment to accessibility through new equipment and touchless entry and exits throughout the Centre.

GRATITUDE

Our thanks to the Province of Manitoba's Building Sustainable Communities grant program who provided funding support to enhance accessibility features throughout the Centre.

Thanks to funding support through Efficiency Manitoba's Building Lighting Program, we were able to upgrade lighting in the locker rooms from fluorescent to LED lamps, resulting in cost and energy savings.

DID YOU KNOW? This past year we spent \$150,000 on improvements and routine maintenance to ensure it remains a world class facility for building community health.

2020/21: A REVIEW IN NUMBERS

While 2020/21 may be remembered as a year challenged by multiple openings and closures, there were also a number of successes along the way. Thanks to the philanthropic support of our community, we were able to continue to provide the guidance and assistance that has benefited so many Manitobans for over 40 years, while innovating to deliver programming and services in completely new ways.



EDUCATION

35

FIT TALKS

with presenters from
across the country



STAYING CONNECTED

4,675

CALLS

made to members



CONTINUED SERVICE

Open for
indoor exercise

=

194

DAYS

Closed for
indoor exercise

=

171

DAYS

Continued
service via
*Reh-Fit
Anywhere*

=

365

DAYS

REH*FIT*

2020/21 TIMELINE



First temporary
closure during
pandemic



Reopening at
50% capacity



PHILANTHROPIC SUPPORT

30

FIRST TIME DONORS

11

NEW LEGACY
SOCIETY MEMBERS

236

TOTAL GIFTS

70%

INCREASE
in total funds raised
from 2019/20



FITNESS RESOURCES

287,271

VIDEO VIEWS

1,259

VIDEOS PRODUCED



PARTICIPATION

94

REGISTERED PROGRAMS

(Fitness, Training, Education, Mind/Body,
Restore Your Health) in 2020-21

1,141

PARTICIPANTS



Second temporary
closure – building closed
for indoor exercise



Launch of *Reh-Fit*
Anywhere
hybrid model



Second
reopening at
25% capacity

The COVID-19 pandemic made for a very challenging year resulting in two temporary closures for the Reh-Fit Centre. Memberships were placed on hold and no fees were charged during the first closure. During the second closure, members who participated in online offerings (coaching, virtual seminars, programs, and fitness classes) continued to pay membership fees. Consequently, revenues were significantly affected in the year. Government assistance provided support to maintain staff and allow the Centre to operate despite capacity restrictions. A successful year of fundraising in the Foundation also provided funds to the Centre. After providing for future capital asset replacements and additions through a gift to the Manitoba Cardiac Institute (Reh-Fit) Foundation Inc., the Centre had an excess of revenue over expenses of \$36,371.

Revenue decreased from last year by \$1,402,401 (23.6%), with membership and user fees declining by 50.3%. Programs and ancillary services revenue decreased by 70.0%. Government assistance provided \$1,035,602 to offset losses in membership and other revenues resulting from closures. Thanks to the generosity of donors, the Foundation gifted \$265,000 to the Centre, an increase of \$89,895 (51.3%) from last year.

Expenses decreased by \$1,681,902 (27.2%). Compensation expenses decreased by 27.0% due to staff reductions

during closures and attrition over the year. The Centre completed facility maintenance and improvements for member and staff safety during the pandemic and into the future. Ancillary services and program expenses decreased relative to the reduction in those revenues. Savings were realized in administrative, membership, and marketing expenses. \$450,000 was contributed to the Foundation's Building and Equipment Fund to be stewarded until those funds are required. With the Foundation's assistance, the Centre is striving to meet the \$1.5M annual target established by the Capital Asset Replacement Plan.

Audit Committee

Gordon Webster, FCPA, FCA
Chair

Irene Merie,
CPA Hon., CA Hon.

Aaron Penner

Rob Rose, CPA, CA

Dave Rubel, CPA, CA

Catherine Kloepfer,
FCPA, CGA, FCA

John Schubert

Finance Committee

Chuck Steele, CPA, CMA
Chair & Treasurer

Wanda Burns, CPA, CA

Riley Gorman

Bruce Mazur

Rob Rabichuk,
CPA, CA, CBV, CF

Nick Riediger

Bert Smith

Candace Trussler,
FCPA, FCMA

Peter Withoos

INDEPENDENT AUDITOR'S REPORT ON THE SUMMARY NON-CONSOLIDATED FINANCIAL STATEMENTS

To the Board of Directors of Manitoba Cardiac Institute (Reh-Fit) Inc.

Opinion

The summary non-consolidated financial statements, which comprise the summary non-consolidated statement of financial position as at March 31, 2021, and the summary non-consolidated statement of operations and changes in net assets for the year then ended, are derived from the audited nonconsolidated financial statements of **Manitoba Cardiac Institute (Reh-Fit) Inc. (the "Organization")** for the year ended March 31, 2021.

In our opinion, the accompanying summary non-consolidated financial statements are a fair summary of the audited non-consolidated financial statements, in accordance with the criteria disclosed in the Note.

Summary Non-Consolidated Financial Statements

The summary non-consolidated financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary non-consolidated financial statements and the auditor's report thereon, therefore, is not a substitute for reading the Organization's audited non-consolidated financial statements and the auditor's report thereon.

The Audited Non-Consolidated Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited non-consolidated financial statements in our report dated June 7, 2021.

Management's Responsibility for the Summary Non-Consolidated Financial Statements

Management is responsible for the preparation of the summary non-consolidated financial statements in accordance with the criteria disclosed in the Note.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary non-consolidated financial statements are a fair summary of the audited non-consolidated financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, *Engagements to Report on Summary Financial Statements*.

BDO Canada LLP

Chartered Professional Accountants
Winnipeg, Manitoba
June 7, 2021

MANITOBA CARDIAC INSTITUTE (REH-FIT) INC.

Note to the Summary Non-consolidated Financial Statements
For the year ended March 31, 2021

Basis of the Summary Non-consolidated Financial Statements

Management is responsible for the preparation of the summary non-consolidated financial statements. The summary presented includes only the summary

non-consolidated statement of financial position and the summary non-consolidated statement of operations and changes in net assets. It does not include any other schedules, the significant accounting policies and notes to the financial

statements.

Copies of the audited non-consolidated financial statements for the year ended March 31, 2021 are available at Manitoba Cardiac Institute (Reh-Fit) Inc.

Manitoba Cardiac Institute (Reh-Fit) Inc.

SUMMARY NON-CONSOLIDATED STATEMENT OF FINANCIAL POSITION

As at March 31	2021	2020
ASSETS		
Current assets	\$ 1,248,287	\$ 1,802,354
Property and equipment	6,562,433	7,178,848
	\$ 7,810,720	\$ 8,981,202
LIABILITIES AND NET ASSETS		
Accounts Payable and Accrued Liabilities	\$ 357,600	\$ 632,751
Memberships and fees paid in advance	525,776	1,054,935
	883,376	1,687,686
Deferred contributions	4,332,550	4,735,093
	5,215,926	6,422,779
Net assets	2,594,794	2,558,423
	\$ 7,810,720	\$ 8,981,202

SUMMARY NON-CONSOLIDATED STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS

For the year ended March 31	2021	2020	% of 2021 Total
REVENUE			
Membership and user fees	\$ 1,487,120	\$ 2,991,067	33%
Government assistance	1,035,602	63,688	23%
WRHA Service Purchase Agreement funding	752,280	752,280	16%
Amortization of deferred contributions	453,918	445,728	10%
Ancillary services	269,332	800,966	6%
Programs	137,292	552,434	3%
Gift from Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	265,000	175,105	6%
Other	146,508	168,185	3%
	\$ 4,547,052	\$ 5,949,453	100%
EXPENSES			
Compensation	\$ 2,070,660	\$ 2,837,731	46%
Amortization of property and equipment	820,219	806,219	18%
Facility and operations	567,200	638,979	12%
Administrative	343,420	592,065	8%
Ancillary services	167,801	577,102	4%
Programs	50,340	242,890	1%
Membership and marketing	41,041	247,597	1%
Gift to Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	450,000	250,000	10%
	\$ 4,510,681	\$ 6,192,583	100%
Excess (deficiency) of revenue over expenses	\$ 36,371	\$ (243,130)	
Net assets, beginning of year	2,558,423	2,801,553	
Net assets, end of year	\$ 2,594,794	\$ 2,558,423	

MEMBERSHIP AND USER FEES

2020-21	\$1,487,120*
2019-20	\$2,991,067
2018-19	\$3,265,554
2017-18	\$3,278,699
2016-17	\$3,191,443

ANCILLARY SERVICES AND PROGRAMS REVENUE

2020-21	\$406,624
2019-20	\$1,353,400
2018-19	\$1,476,127
2017-18	\$1,414,648
2016-17	\$1,164,907

GIFT TO FOUNDATION BUILDING AND EQUIPMENT FUND

2020-21	\$450,000
2019-20	\$250,000
2018-19	\$300,000
2017-18	\$250,000
2016-17	\$350,000

*Financial impact of COVID-19 at March 31, 2021

Message from the Foundation Chair

With the support of individuals, foundations, organizations, corporations, bequests, and enduring funds, the Reh-Fit Foundation raised \$351,466 through this year's annual giving campaign. In the absence of the Foundation's annual fundraising events, which were cancelled due to the pandemic, this show of community support was welcomed, appreciated, and needed this year. We were especially humbled to welcome our largest ever numbers of gifts and first-time donors, making 2020-21 the Foundation's best year of support to date. We continue to build our major gift program to plan for the future and would like to thank our new major donors who contributed \$10,000+ and have been placed on our major donor wall.

Making an Impact

There are countless stories of individuals whose lives have been greatly impacted by the support offered by Reh-Fit programs, services, and experts. These individuals often go on to be the Reh-Fit's biggest champions. I know I continue to be inspired by these stories – and appreciate even more that people give because the Centre has touched their lives and the lives of others in meaningful ways.

With Gratitude

I am incredibly inspired by our community's support of the Reh-Fit Foundation this year and would like to extend a whole-hearted thank you to our donors, members, staff, and volunteers. Through your generosity, you have made a tremendous impact on the community. It is because of your investment that we will be able to keep the Reh-Fit an accessible, welcoming place for many years to come.



A handwritten signature in black ink, appearing to read 'Deepak Joshi'.

Deepak Joshi
Chair, Reh-Fit Foundation Board of Directors

■ Reh-Fit Foundation

The Reh-Fit Foundation, established in 1999, supports the Centre's mission by inspiring donations and stewarding both gifts and donors, to aid in enhancing the health and well-being of our community. The Centre and Foundation count on the philanthropic support of individuals, foundations, corporations and the work of our staff and volunteers.

Areas of Need

The Reh-Fit Centre is a safe and welcoming place for so many in our community. As you may already know, the Reh-Fit is a charitable organization; membership dues do not cover the costs needed to care for our facilities and equipment, support important community programs, or drive innovative initiatives that extend our impact across the province. The Reh-Fit Foundation was established in 1999 to inspire philanthropic giving to support the Centre's mission and enhance the well-being of our community.

Support from people like you is making our community stronger every day. Your gifts are essential to driving innovation and ensuring the sustainability of the Reh-Fit campus.



Prevention

Your gifts provide leading-edge health and fitness programs to **help people prevent chronic disease** and live healthier lives.



Rehabilitation

Your gifts create opportunity for the safest, most effective exercise to **help people get better every day**.



Research & Education

Your gifts expand the impact of **community education**, including research studies, seminars, health screening clinics, and student placements.



Accessibility

Your gifts make exercise **accessible and affordable** to more people in our community.



“Plain and simple. This place saved my life.”

MICHELLE BERGEN
Reh-Fit Member



Board of Directors 2020-21

Deepak Joshi, *Chair*
Kevin McCulloch, *Vice-Chair*
Joanna Knowlton, *Secretary*
Gary Pachal, CPA, CA *Treasurer*
Susan Boulter
Barry Brown
Mike Hicks
Pat Kloepper, FCPA, FCA
Kristy Krahn
Kent Magarrell
Bruce Mazur
John Schubert
Neil Trenholm

Charitable Registration Number 87046 0540 RR0001

Overview

The Reh-Fit Foundation was created in 1999 to raise and steward funds in support of the Reh-Fit Centre by inspiring others to support the Centre in its mission to enhance the health and well-being of our community.

Results

Total revenue for the year ended March 31, 2021 was \$758,219, which represented an increase of \$141,466 or 22.9% from last year. The decrease in net revenue from fundraising events of \$70,489 was more than offset with an increase of \$171,049 from donations and net revenue from the direct mail campaign. Revenue included a gift from the Centre to the Building and Equipment Fund of \$450,000, which was an increase of \$200,000 when compared to the prior year. Investment income declined from last year by \$66,808 (90.0%) because of a decline in interest rates. Funds under management in the Building and Equipment Fund were \$4,857,888 as at March 31, 2021.

An additional donation was received to the Mildred Lucky Educational Enhancement Fund bringing the total Endowment Funds under management to \$93,537.

The Foundation provided a gift to the Centre of \$265,000 during the year ended March 31, 2021. The Foundation was stewarding funds amounting to \$5,006,153 as at March 31, 2021.

Finance and Investment Committee

Gary Pachal, CPA, CA
Chair & Treasurer

Tom Dooley

Chris Medland

Lauren Aseltine

Vern Doerksen

INDEPENDENT AUDITOR'S REPORT ON THE SUMMARY FINANCIAL STATEMENTS

To the Board of Directors of Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

Opinion

The summary financial statements, which comprise the summary statement of financial position as at March 31, 2021, and the summary statement of operations and changes in fund balances for the year then ended, are derived from the audited financial statements of Manitoba Cardiac Institute (Reh-Fit) Foundation Inc. (the "Foundation") for the year ended March 31, 2021.

In our opinion, the accompanying summary financial statements are a fair summary of the audited financial statements, in accordance with the criteria disclosed in the Note.

Summary Financial Statements

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the Foundation's audited financial statements and the auditor's report thereon.

The Audited Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited financial statements in our report dated June 14, 2021.

Management's Responsibility

for the Summary Financial Statements

Management is responsible for the preparation of the summary financial statements in accordance with the criteria disclosed in the Note.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, *Engagements to Report on Summary Financial Statements*.

BDO Canada LLP

Chartered Professional Accountants
Winnipeg, Manitoba
June 14, 2021

MANITOBA CARDIAC INSTITUTE (REH-FIT) FOUNDATION INC.

Note to the Summary Financial Statements
For the year ended March 31, 2021

Basis of Summary Financial Statements

Management is responsible for the preparation of summary financial statements. The summary presented includes only the summary statement of financial position and the summary statement of

operations and changes in fund balances. It does not include any other schedules, the significant accounting policies and notes to the financial statements.

Copies of the audited financial statements for the year ended March 31, 2021 are available at Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

SUMMARY STATEMENT OF FINANCIAL POSITION

As at March 31	General Fund	Endowment Fund	Building and Equipment Fund	2021	2020
ASSETS					
Current assets	\$ 57,942	\$ 96,467	\$ 4,857,893	\$ 5,012,302	\$ 4,575,539
Interfund balances	2,935	(2,930)	(5)	—	—
	\$ 60,877	\$ 93,537	\$ 4,857,888	\$ 5,012,302	\$ 4,575,539
LIABILITIES AND FUND BALANCES					
Current liabilities	\$ 6,149	\$ —	\$ —	\$ 6,149	\$ 32,636
FUND BALANCES					
Restricted	—	93,537	4,857,888	4,951,425	4,485,148
Unrestricted	54,728	—	—	54,728	57,755
	54,728	93,537	4,857,888	5,006,153	4,542,903
	\$ 60,877	\$ 93,537	\$ 4,857,888	\$ 5,012,302	\$ 4,575,539

SUMMARY STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES

For the year ended March 31	General Fund	Endowment Fund	Building and Equipment Fund	2021	2020	% of 2021 Total
REVENUE						
Donations	\$ 258,843	\$ 9,253	\$ —	\$ 268,096	\$ 97,512	35%
Fundraising events and direct mail	32,660	—	—	32,660	194,970	4%
Gift from Manitoba Cardiac Institute (Reh-Fit) Inc.	—	—	450,000	450,000	250,000	60%
Investment income	107	231	7,125	7,463	74,271	1%
	\$ 291,610	\$ 9,484	\$ 457,125	\$ 758,219	\$ 616,753	100%
EXPENSES						
Total fundraising and administrative expenses	\$ 29,752	\$ 217	\$ —	\$ 29,969	\$ 121,790	
Excess of revenues over expenses before gift allocation	\$ 261,858	\$ 9,267	\$ 457,125	\$ 728,250	\$ 494,963	
Gift to Manitoba Cardiac Institute (Reh-Fit) Inc.	264,885	115	—	265,000	175,105	
Excess (deficiency) of revenues over expenses	\$ (3,027)	\$ 9,152	\$ 457,125	\$ 463,250	\$ 319,858	
Fund balances, beginning of year	57,755	84,385	4,400,763	4,542,903	4,223,045	
Fund balances, end of year	\$ 54,728	\$ 93,537	\$ 4,857,888	\$ 5,006,153	\$ 4,542,903	

DONATIONS

2020-21	\$268,096
2019-20	\$97,512
2018-19	\$115,496
2017-18	\$77,367
2016-17	\$126,455

GIFT FROM THE CENTRE TO BUILDING AND EQUIPMENT FUND

2020-21	\$450,000
2019-20	\$250,000
2018-19	\$300,000
2017-18	\$250,000
2016-17	\$350,000

NET FUNDRAISING EVENTS AND DIRECT MAIL PROCEEDS

2020-21	\$15,921
2019-20	\$86,903
2018-19	\$76,411
2017-18	\$79,959
2016-17	\$93,556

GIFT TO THE CENTRE

2020-21	\$265,000
2019-20	\$175,105
2018-19	\$178,660
2017-18	\$150,664
2016-17	\$213,408



PLANNING FOR THE FUTURE

The Centre continues to collaborate with the Foundation to bring the Reh-Fit’s vision for the future into reality. In addition to the 10-year vision, we are currently exploring new and exciting amenities to expand Reh-Fit’s offerings for the future, including an outdoor activity space and dedicated spaces for additional recovery services.

• **Outdoor Exercise Space:**
As a result of the increasing popularity of outdoor fitness, we are creating an innovative outdoor space to increase physical activity in our community now and into the future.

• **Recovery Services:**
We are also creating dedicated exercise recovery spaces and services. Research shows that proper recovery from exercise is essential to overall health and well-being. Proper recovery is also key in prevention of injury.

Making a Lasting Impact

Legacy Society members are individuals who have made a commitment to the Reh-Fit’s future as part of their own legacy by including the Reh-Fit in their estate plans. Legacy Society members want to ensure the Reh-Fit’s continued impact on our community, making a difference in the lives of people every day. Planned gifts are a powerful way of giving — no planned gift is too small.

We gratefully acknowledge the following individuals who have generously remembered the Reh-Fit in their estate plans.

Margaret Barbour	Deepak Joshi	Joanna Knowlton
Susan Boulter	Kent Magarrell	& Jim Tokarchuk
Barry & Lynda Brown	Bernice Susan Mayne*	Dan Torbiak
Tom Dooley	Harold Neufeld	Neil Trenholm
Dennis Dueck	David Newman	Eleanor Wiebe
Irene Hamilton	Diane Pollard	
David Holt	Gail Singer	

*Deceased

For more information about the Reh-Fit Legacy Society, please call (204) 488-9325 or send an email to foundation@reh-fit.com.



“ Reh-Fit doesn’t run on membership fees alone. It also needs the financial support of members to maintain the high standards we all enjoy here. ”

JOANNA KNOWLTON & JIM TOKARCHUK,
Members of the Reh-Fit Legacy Society

Reh-Fit
LEGACY
SOCIETY

Donors, Funders, and Supporters

The Reh-Fit Centre and the Reh-Fit Foundation would like to thank our donors, funders, and supporters for your generous gifts and significant contributions this year. We would also like to thank the donors who are completing their pledge payments. In the event that your name has been omitted, misspelled, or presented other than in the way you wish, please accept our sincere apologies and advise us at (204) 488-9325.

Donors & Funders

/ \$100 to \$249

Anonymous (34)
Ron Anderson
Grant Ball
Susan and Ron Barsky
Margaret Barton
Frances Bidewell
Ursula Birkholz
Sue Bishop
John and Monique Bockstael
Elaine Borthistle
J.D. and Sherry Boyd
Erna Braun
Enid Brown
Janet Campbell
Dennis and Ruth Clarkson
Joanne Craig
Matthew (Barry) Craig
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Bob and Patricia Dandenault
Doug Duncan
Alice Dyna and Michael Bager
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Marianne Wawrykow and Chris Kowal
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Werner Wiebe
Randall Wood
Joyce Yellowlees

/ \$250 to \$499

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Beryl Bingham
Diane and Bob Brown
Barry and Lynda Brown
Erminio Caligiuri
Jim Cooper and Kim Weir
George Dampousse
Fiona Fleming
Martin Gerrard
Trish Gibson
Irene Hamilton and Tim Killeen
Gregg and Mary Hanson
Linda and Andrew Horosko
Gerald Jewers
Vickie Kaminski
Judith Malko
Thomas McDonald
Neil and Joy Trenholm
Judy and Gordon (Mickey) Murphy
Arun and Durga Ogale
Craig and Virginia Platt
Norm and Sandi Promislow
Dirpaul and Angeline Ramkissoon
Raymond and Penny Savard
Nevin Shaw
William (Bill) Shepherd
Ron and Annitta Stenning

COMPANIES/ ORGANIZATIONS

Efficiency Manitoba
Building Lighting Program

/ \$500 to \$999

Anonymous
Gail Asper, O.C., O.M., LL.D. and Michael Paterson
Sue and Mark Boreskie
Ken Capelle
Bryan and Cynthia Dunlop
Don and Mary Hanson
The David and Dianne Horne Fund
Patricia Kloepper and David Cheop
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Sandra Phillips
John and Doreen Reimer
Jim Smith, FCPA, FCA, CA-IFA, CFF
Richard Prince
Charles and Roine Thomsen
Bob and Audrey Vandewater
Peter and Tracy Withoos
Dennis and Janet Woodford

COMPANIES/ ORGANIZATIONS

Lawton Agency Limited

/ \$1,000 to \$1,999

Anonymous (2)
Al and Kerry Bartlett
Susan Boulter and Myron Pawlowsky
George and Laura Clark
Kelly Garagan
Drs. T. Ali and Aliya Khan
Joanna Knowlton and Jim Tokarchuk
Kristy Krahn
Barb and Kent Magarrell
Kevin McCulloch and Diane Dixon
The Hon. Mr. Justice Michel Monnin
Harold and Verdeen Neufeld
John and Shelley Page Fund
Diane Pollard
John and Bev Schubert
Elaine Toms

/ \$2,000 to \$4,999

Albert and Susan Krahn

/ \$5,000 to \$24,999

Tony Gudel
Manitoba Bridge Grant (Province of Manitoba)
Mildred I. Lucky
The Family of Max & Mollie Shore

/ \$25,000 to \$49,999

Jim Wallace
The Winnipeg Foundation

/ \$50,000 - \$75,000

Building Sustainable Communities (Province of Manitoba)
Maple Leaf Construction Ltd.

/ \$100,000 +

Anonymous
Canada Emergency Wage Subsidy (Government of Canada)

Supporters

BDO Canada LLP
Bockstael Construction Limited
Brandt Tractor

Commercial Pool and Recreational Products
FWS Group of Companies
Johnston Group

Ladco Company Limited
Manitoba Liquor and Lotteries Corporation
The People Corporation

The Quark Group
Stantec
Wawanesa Insurance



Centre Mission

The Reh-Fit Centre is a not-for-profit organization with a mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education, and exercise in a supportive environment.

Centre Vision

To be the leader in building community health.

Centre Core Values

Integrity
Professionalism
Evidence
Caring
Innovation

Foundation Mission

The Reh-Fit Foundation's purpose is to support the mission of the Reh-Fit Centre by inspiring donations and stewarding both gifts and donors, thereby enhancing the health and well-being of our community.



Manitoba Cardiac Institute (Reh-Fit) Inc.

204-488-8023

Charitable Registration Number

10765 9765 RR0001



Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

204-488-9325

Charitable Registration Number

87046 0540 RR0001

1390 Taylor Ave, Winnipeg, MB R3M 3V8 | reh-fit.com

