

**REH****FIT****40**  
YEARS  
CENTRE

**REH****FIT**  
FOUNDATION



**ONE BODY FOR LIFE**

**ANNUAL REPORT**

**2018/19**

**LONG, HEALTHY LIFE**

## A LIFELONG JOURNEY

For 40 years, the Reh-Fit Centre has focused on helping Manitobans live longer, healthier lives. Throughout our entire history, we have been growing in size and importance, continuously responding to changes in the world of health and technology and in the lives of those who visit the Centre. Our next inevitable growth spurt is a health and wellness campus that will allow us to do more for even more Manitobans on the lifelong journey to health and well-being.



### 2 / *FROM LAB TO CAMPUS* 40 YEARS OF EVOLUTION

Once a small stress test lab, the Reh-Fit Centre is now on its way to becoming a health and wellness campus. A look at how we have changed the shape of medical fitness in Manitoba over the decades.

### 8 / *WHERE YOU BELONG* THE POWER OF A FAMILIAR FACE

Any one of us could exercise at home. But we need each other. How the Reh-Fit is strengthening bodies and friendships, in an era of loneliness.

### 11 / *ONE STEP AT A TIME* FITNESS FOR WHO YOU ARE

Most of us need guidance when it comes to fitness. We tend to start hard and stop fast. How your Reh-Fit coach can help you set goals and make changes that will fit you for life.



#### **■ CENTRE**

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## MESSAGE FROM THE CEO AND CHAIR



For 40 years, the Reh-Fit has been providing innovative health and fitness services to help people of all ages make lasting positive changes in their health. Throughout those years, we've seen first-hand how the Centre has innovated and developed, responding to the health and wellness needs of our community. We currently serve over 4,500 members and 3,500 community users annually.

At this anniversary, we acknowledge our innovative past by looking to the future of the Centre. The field of disease prevention and management is changing quickly and, as a result, Reh-Fit needs to continue to be innovative to realize our vision of being the leader in building community health.

In January 2017, the Reh-Fit Centre Board of Directors approved a 10-year vision that outlines a path to becoming a health and wellness campus. The campus will allow us to offer even better access to the services that will help people develop, plan, and manage their health and wellness needs at all stages of life.

The campus will share the same vision as today's Reh-Fit - to be the leader in building community health - but it goes even further. The campus will broaden the reach of that vision by serving as a model that inspires other health and fitness facilities to build wellness in their own communities.

Our vision is not limited by proximity to the campus, however. Through the use of technology, opportunities for others to access our programs, services, and expertise are endless. As we look to the future, the Reh-Fit will continue to innovate and make a difference in the lives of our members and our community.

Thank you to all those who choose Reh-Fit, to our partners, and to our exceptional staff, volunteers, the Reh-Fit Centre Board of Directors and committees, and the thousands of Manitobans who support our efforts to meet their needs.

Sincerely,



*Boreskie*

Sue Boreskie  
CEO,  
Reh-Fit Centre



*Kloepfer*

Patricia Kloepfer, CPA, CA  
Chair, Reh-Fit Centre  
Board of Directors

***Reh-Fit needs to continue to be innovative to realize our vision of being the leader in building community health.***

# SAVING LIVES SINCE '79

## HOW AN ODD THOUGHT

## BECAME COMMON WISDOM

Four decades ago, the Reh-Fit opened its doors when a few bold doctors thought that exercise might be good for their patients. Many people thought they were odd, but it turns out those forward-thinking doctors were right. Exercise is good for all of us, and it's one of the most important things we can do for our health. It's what sets the Centre apart and is at the core of our belief that exercise is medicine.

The Reh-Fit began in a stress test laboratory that operated in the early '70s in "C" Wing at St. Boniface General Hospital. It was a small laboratory, no more than 250 square feet, with a treadmill for running the stress tests used to diagnose heart problems. Dr. Mymin's patients began turning up for workouts on the treadmill to get in shape following their heart attacks. As word of the importance of exercise spread through the hospital, others arrived at the lab. They understood, intuitively, that the key to recovery was exercise, not bed rest, which in those days was more the standard.

This served as the basis for what would eventually become the Cardiac Rehabilitation program, which led to the current facility. When the Reh-Fit Centre opened at 1390 Taylor Avenue in 1979, the facility accepted cardiac rehabilitation Reh-Fits and non-cardiac Pre-Fits, as the fitness-seeking population was called in those days.

### FROM LAB TO CAMPUS

## 40 YEARS OF EVOLUTION

Reh-Fit has physically changed over 40 years in response to the latest discoveries in medical fitness and Manitobans' evolving health care needs. A health and wellness campus is the next natural step in our history of growth.

### Early 1970s

250 sq ft  
Lab | St. Boniface Hospital

The Reh-Fit Centre begins as a stress test lab with a treadmill that's used to diagnose patients' heart problems. Word spreads that the key to recovery from heart problems is exercise not bed rest. Soon the treadmill is going at all times as patients use it to exercise between stress tests. We need more room.



**CONNECTING THE DOTS**

# TO KEEP HEALTH CARE PROFESSIONALS INFORMED

In the late 1980s and 1990s, the Centre would, once or twice a year, host the “Cardiology Club” to a dinner at the Centre. After a couple of dinners, Dr. Bill Dafoe (from the Ottawa Heart Institute), Dr. Bruce Boyd (Medical Director of the Reh-Fit Centre), and Don Fletcher (Executive Director of the Reh-Fit Centre) discussed how great it would be to ‘connect the dots’ among all the cardiac rehabilitation sites in Canada – the few that existed. From that initial idea came the Canadian Association of Cardiac Rehabilitation (CACR).

After 5 years of volunteer management, the CACR hired an Executive Director and created a head office in Winnipeg at the Reh-Fit Centre. Founded in 1991, the Association became the foremost organization dedicated to cardiac rehabilitation in Canada and has been recognized internationally for its guidelines and the quality of the symposia it operates.

Today, the CACR is known as The Canadian Association of Cardiovascular Prevention and Rehabilitation (CACPR) and is a national body comprised of interdisciplinary health professionals. Their focus is enhancing knowledge and clinical care, as well as enabling research for those who work in cardiovascular prevention and rehabilitation.

**CONTINUED GROWTH**

# FOR A NEW LEASE ON LIFE

The Centre has grown to offer a range of exercise and education programs to help those with chronic health issues find a new lease on life. In contrast to commercial fitness centres, the Reh-Fit offers expert guidance and education on exercise, nutrition, and other aspects of healthy living from professionally-trained staff, including physicians, nurses, dietitians, massage therapists, physiotherapists, kinesiologists, and athletic therapists.

Each year we offer a variety of programs and services designed to manage as well as prevent chronic disease, and identify, manage, and reduce health risks. Regardless of the program you attend, there are key principles our team includes in our programs – the latest practices in literature, behaviour change strategies, self-management, progress tracking, measurement of outcomes, and ongoing support and guidance.

**1975****735 ft**  
Indoor Track | University of Manitoba

University of Manitoba offers the use of its track in the underground gym dubbed the Gritty Grotto. The spirit and camaraderie are great as Reh-Fit people walk and run alongside athletes and students. But the facility is crowded and dusty. Again, we need more room.

**1979****40,320 sq ft**  
Reh-Fit Centre | 1390 Taylor Avenue

With great ceremony, we move to our beautiful new facility where growing numbers of cardiac rehabilitation Reh-Fits and non-cardiac Pre-Fits (the fitness-seeking population) improve and maintain their health. Over 12 successful years, we outgrow our space.



# MEDICAL FITNESS DIFFERENCE

In June 2012, the Reh-Fit Centre was certified as Canada's first medical fitness facility. This certification, presented by the Medical Fitness Association is earned, not awarded, and places us in the ranks of an elite few certified medical fitness facilities around the world.

We work to prevent complications like heart attacks or strokes and reduce the need for prescription medications. Our collaborative team of experts provides a range of strategies plus a wide variety of programs to promote health and fitness – not just physical activity, but also weight management, health education, and chronic disease programs – for optimum quality of life.

## Medical Fitness Association (MFA)

The Medical Fitness Association, a non-profit organization, was formed in 1991 to assist medically integrated health and fitness centers achieve their full potential. Their mission is to foster opportunities for the development and operational success of medically integrated fitness centers. The Medical Fitness Association provides industry standards, educational programs, benchmarks, outcome measurements, professional development, and networking opportunities for the medical fitness industry.

*Medically integrated health and fitness centers like the Reh-Fit Centre are improving outcomes for clients/patients with chronic diseases and multiple risk factors. Preventing disease is the key to the future.*

—BOB BOONE, President and CEO of Medical Fitness Association

**1991**

**Renovation**  
Reh-Fit Centre | 1390 Taylor Avenue

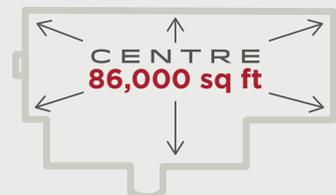
We renovate the Mezzanine floor to try to use the space we have more effectively. As interest in health and wellness grows, so does our number of programs and services. It's clearly time to expand. A generous donation turns our vision into a reality.

**2006**

**86,000 sq ft**  
Reh-Fit Centre | 1390 Taylor Avenue

The newly renovated and expanded Reh-Fit Centre opens its doors with *more* for Manitobans, including a welcoming new entrance, a roomier exercise area, and *more* space for public education and group fitness classes.

The improvements spark years of steady growth in membership. As Manitobans embrace the new space and Manitoba health care undergoes major changes, it's time for *more* again - to grow from a centre to a campus.



# A MARK OF DISTINCTION

Every three years, two evaluators from the MFA spend two days at the Reh-Fit to determine whether we will be recertified as a medical fitness facility. They tour the Centre and talk with the staff and members to confirm that our day-to-day operations are meeting or exceeding their guidelines.

Based on the Medical Fitness Standards and Guidelines for Medical Fitness Center Facilities Publication, the certification process involves an in-depth review of a facility's adherence to the prescribed standards and guidelines. A number of key factors distinguish certified medical fitness centers, including but not limited to:

- Active and regular medical oversight
- Certified and licensed staff
- Disease management and prevention programs
- Health-risk reduction and therapeutic-lifestyle programs
- Individualized health screening
- Testing and outcome tracking

Since the Reh-Fit's initial certification in 2012, the Centre has passed recertification in 2015 and 2018.

**148**

*Number of guidelines the Reh-Fit is evaluated on, covering 9 areas.*

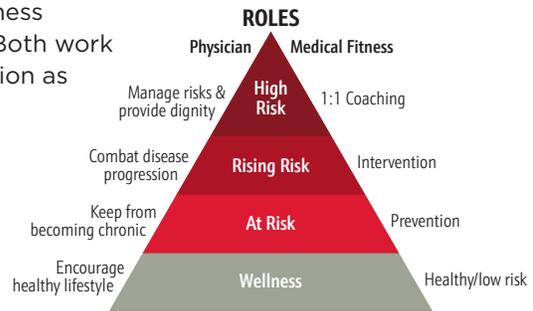
## REDUCING STRESS

# ON THE HEALTH CARE SYSTEM

We help Manitobans maximize their well-being at every stage of life. By providing the education and resources that Manitobans need to take charge of their own health, we are working to reduce the stress on the health care system and help people live their best quality of life.

This pyramid compares how physicians and medical fitness facilities interact with the public on a population level. Both work hand-in-hand to help improve the health of the population as a whole.

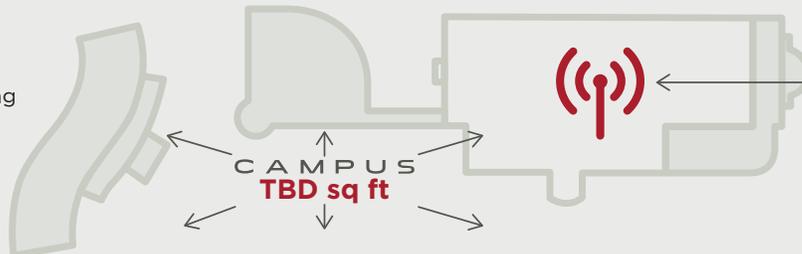
Reh-Fit aims to move people down the pyramid by teaching them how to live a healthier more active life. The more people we have at the bottom of the pyramid, the more savings we will see in overall health care costs.



## FUTURE

**86,000 sq ft + TBD sq ft**  
Reh-Fit Health & Wellness Campus | 1390 Taylor Avenue

The reality of a campus is around the corner as Reh-Fit continues to push for *more*. Building more space, delivering more programs, educating more people, connecting more professionals, keeping more Manitobans out of hospital and on the lifelong path to health and wellness.



*Reaching more Manitobans through remote access to programs and services*



# RE-IMAGINING THE REH-FIT CENTRE

In January 2017, the Reh-Fit Centre Board of Directors approved a 10-year vision that outlines a path to becoming a health and wellness campus.

Over the coming decade, we plan to enhance and expand Reh-Fit into a health and wellness campus – a one-stop shop of health and wellness organizations that connects Manitobans to a broad team of health care professionals to bring them the care they need to live healthier, longer lives.

Our innovative approach to health and fitness will give people of all ages better access to a wide range of programs and services that will help them develop, plan, and manage their personal health and wellness needs at every stage of life. Our goal is to build the health of our community by showcasing the critical role physical activity plays in our everyday lives.

Reh-Fit's vision of the future includes:

- Showcasing a modern-day brand with clear messaging to define the Reh-Fit Centre
- Enhancing and expanding our programs and services to continue to help people get better every day
- Creating new partnerships and strengthening existing relationships to share expertise and work together to improve the health of all Manitobans
- Developing consulting services to extend our knowledge and expertise beyond our doors
- Enhancing the facility to meet our industry standards of reinvestment in the physical assets of the Centre

**Reh-Fit Centre  
Board of Directors  
2018/19**

**REH-FIT**  
CENTRE

Patricia Kloepfer, CPA, CA, *Chair*  
Scott Bailey, MBA, CPA, CMA, *Past Chair*  
John Schubert, *Vice Chair*  
Wanda Burns, CPA, CA, *Treasurer*  
Judy Murphy, FCPA, FCA, *Secretary*

Rhonda Findlater  
Mike Hicks  
Linda Horosko  
Cliff Lazareck

Nick Riediger  
Betty Lou Rock  
David Thompson, CPA, CA

Charitable Registration Number 10765 9765 RR0001

# WHAT MORE WE CAN DO

This year, we reflected on all we have done and what more we can do for Manitobans on their lifelong journey to health and wellness. We began working with Rodych Integrated Design Inc. on a Functional Space Program. This was an essential first step to take before either enhancing the existing facility or envisioning an expansion in the future.

The functional program is an opportunity for innovation – an opportunity to document why services might be delivered in a different manner to be more efficient and effective, or how that modification might impact the scope of the project or the experiences people have in the finished space.

While following the path set out in the 10-year vision, the Reh-Fit will continue to evolve, altering our course as we monitor and adjust in relation to changes in the world of preventive health and technology and in the lives of those who visit the Centre.

**Building Advisory Committee**

- John Schubert, *Chair*
- Bob Adkins
- Heather Cram
- Evan Johnston
- Martin Krawitz
- Greg Lamothe
- Jeff Palmer
- John Petersmeyer

**MEALS TO GO**  
**HEART ROCK CAFÉ**

The Café delights the palate with healthy meals and snacks that you can savour at tables and chairs spread under an arched glass roof. You can taste the difference healthy foods and sound nutrition make.

The Café offers Sensible Smoothies designed for: post-workout, revving your metabolism, muscle building, toning, and more. The Café also offers meals to go – healthy, nutritional meals for a busy lifestyle! Simply pre-order your selection as you arrive at the Centre. Your meal will be ready after your workout.

**Did you know?**

Reh-Fit Centre CEO Sue Boreskie was at the Reh-Fit as a masters student shortly after the Centre first opened with Dr. Mymin as her thesis advisor. She says she is so proud to be here 40 years later.

## SOCIAL CONNECTEDNESS

■ *People who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them.*

—EMMA SEPPALA, *Stanford Center for Compassion and Altruism Research and Education, author of The Happiness Track (2016)*

■ *Lack of strong relationships increased the risk of premature death from all causes by 50% — an effect on mortality risk roughly comparable to smoking up to 15 cigarettes a day, and greater than obesity and physical inactivity.*

—STUDY, published in *PLOS Medicine*, examined data from 309,000+ people

■ *Stress due to conflict in relationships leads to increased inflammation levels in the body. Both physically and psychologically, we experience social connection as positive and rejection or loneliness as negative.*

—STUDY, lead by Shelley Taylor, *University of California, Los Angeles*

(sources: <https://www.nytimes.com/2017/06/12/well/live/having-friends-is-good-for-you.html>, <https://www.psychologytoday.com/ca/blog/feeling-it/201208/connect-thrive>, <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1000316>)



# SOCIAL CONNECTEDNESS

Human beings are inherently social creatures. As far back as we can trace, humans have traveled, hunted, and thrived in social groups and for good reason. Humans who were separated from the group often suffered severe consequences.

Our current changes in population make understanding the role of loneliness and health more important than ever. Did you know that each day between 2011 and 2030, an average of 10,000 people will turn 65? Baby boomers are reaching retirement age, which means their daily social connections will naturally be reduced. It's important to think ahead and figure out how to maintain connections with others.

*Loneliness is as harmful to our health as smoking 15 cigarettes a day*

## WHERE YOU BELONG

### THE POWER OF A FAMILIAR FACE

Social connectedness is a person's level and quality of contact with other people. Anyone who comes to Reh-Fit on a regular basis will likely know some people here and knows how nice it is to run into a familiar face. A trip to Reh-Fit therefore adds social connection into their day.

Fitness industry statistics show again and again that members who work out with others have fewer skipped workouts and greater exercise satisfaction. The studies show that motivation to exercise can come from working out with friends or a spouse combined with the social accountability people receive with exercising in public facilities.

*Reh-Fit is home. That's the kind of feeling you get here.*

—ARTHUR MIKI,  
Reh-Fit Member

# REACHING OUT TO THE COMMUNITY

With the goal of building community health, the Reh-Fit continues to host a variety of educational sessions and events that deliver the latest information on health and fitness. These sessions and events spread awareness in the community about the importance of physical activity and provide people with the tools they need to change their behaviour and start living healthier, more active lives. With an expanded health and wellness campus, we would be able to host even more community sessions.

## Education Sessions

Addresses the common concerns in health, fitness, and nutrition discussed in today's society.

## Health Screening Clinics

Identifies risk of developing a variety of chronic diseases or conditions.

## Live Healthy Speaker Series

Provides information about a range of chronic disease prevention and management topics from high profile speakers in the health and wellness industry.

## HealthTalks

Offers stimulating, interactive lectures on timely health and wellness issues presented by acclaimed physicians and health professionals from the University of Manitoba Max Rady College of Medicine, Rady Faculty of Health Sciences.

## Exercise is Medicine™ Month

Explores the finding that physical activity is unparalleled in its ability to prevent and treat chronic disease.

## Active Aging Week

Teaches seniors how they can get active, stay active, and access helpful resources in our community.

## Smart for Your Heart

Explores how to prevent and manage cardiovascular disease, the world's leading killer, through smart heart programs, screening clinics, and educational workshops.

## Community Health Fair

Provides an opportunity to learn about health resources in the community and meet with representatives from various community health organizations.

### Fully Accessible

We offer a wide variety of health and fitness programs, accessible memberships and programs, and the latest equipment that keeps exercise interesting, challenging, and suitable for all fitness levels and needs including those with physical limitations who require an accessible environment.

### Buddy System

Our unique buddy system allows clients to bring in a support person, admitted free of charge, if they require assistance while at the Centre.

### Financial Assistance

The Reh-Fit Centre strives to make membership and chronic disease management programs accessible to all. Financial assistance will be provided based upon individual need and the availability of funds.

### Student Placements

The Reh-Fit hosts student placements from academic institutions to help students gain practical experience in their field of study. In 2018/19, we hosted 26 student placements.



# HEALTH CARE CONNECTIONS

The Reh-Fit Centre wants physical activity to be considered as a vital sign whenever an individual visits their physician. Our goal is to help people change lifelong, lifestyle behaviours to improve health and reduce the incidence and severity of chronic illness and disease.

## Medical Guidance

We are fortunate to have Dr. Thang Nguyen to advise us on the Cardiac Rehabilitation program and emergency policies and procedures at the Centre. The Reh-Fit Centre's Medical Advisory Committee, consisting of 14 physicians from a range of specialties, provides advice, suggestions, and points out gaps in community health and fitness programs that we could fill.

## My Health Team

The Reh-Fit is part of the Fort Garry/River Heights My Health Team, which is a team of health care providers that work together to plan and deliver services for a geographic area. The goal of these teams is to leverage and build on existing services and enhance them so that people in the community are offered more coordinated and comprehensive care. Reh-Fit has always been focused on providing the highest quality of service to the community, and our partnership with My Health Team will do this more effectively.

## Partnerships

We work with hospitals and health care organizations to offer specialized healthy living programs more efficiently and cost effectively than we can on our own. We aim to be the lifelong, lifestyle management partner for our clients and serve as the early warning and prevention partner for primary care providers. This past year, we helped build community health by partnering with organizations such as CancerCare Manitoba, Exercise is Medicine Canada, My Health Team - Fort Garry/River Heights, and Winnipeg Regional Health Authority.

### Medical Advisory Committee

Dr. Amarjit S. Arneja  
 Dr. Richard Blouw  
 Dr. Neil Craton  
 Dr. Grant Goldberg  
 Dr. Douglas Hobson  
 Dr. David Hochman  
 Dr. Neal Lerner  
 Dr. Pravinsagar Mehta  
 Dr. Thang Nguyen  
 Dr. Florin T. Padeanu  
 Dr. Sepideh Pooyania  
 Dr. Mike Routledge  
 Dr. John Wade  
 Dr. Stephen G. M. Wong

# 1:1 COACHING

**ONE STEP AT A TIME**

## FITNESS FOR WHO YOU ARE

At the Reh-Fit Centre, we want you to get the most out of life and to reach your health and wellness goals. We are committed to creating a community of support that is built upon a foundation of innovative and personalized services. One of the unique offerings available to people is a one-to-one coaching session with one of our fitness professionals to help guide you to make changes that will fit you for life.

### Why do I want to start with coaching?

We know that you are ready to get started and it's natural to want to rush in and make big changes all at once. But numerous studies have shown that the best way to make lasting changes is one step at a time. We don't want to slow you down, but we do want to help you get started with an intentional and goal-directed action plan that is not just about 'what you will do' but also 'who you are' and how your fitness goals align with what matters most to you in life.

**70%**

*of what's wrong with us is related to our lifestyle.*

### What can I expect from a coaching appointment?

We offer a coaching session with one of the fitness professionals to engage in a conversation that will help us really get to know you and to set goals, understand barriers, and develop strategies for success. During the appointment we explore your exercise history, motivation for seeking a change in lifestyle, as well as some questions about your daily life including hobbies, activities, and social life. You will leave knowing what the next steps are and how to determine whether you are making movement toward your goals.

### Individualized Support and Guidance

At the Reh-Fit, we use individual health data gathered from our health and fitness assessment to help you get better every day. The health and fitness assessment is an opportunity for our team of professionally-trained staff to work with you to establish baseline health measurements, measure your fitness levels, and identify risk factors for health concerns. We then use the results to prescribe a physical activity routine that puts you on track to achieving your optimum health and well-being. We will recommend other services as needed, such as education and nutrition counselling. We also send the results to your doctor, providing a complete circle of care.



# IMPROVING QUALITY OF LIFE

A medical fitness facility is different than a traditional fitness centre because it includes more than just exercise. Our staff work with members to promote wellness and prevent or manage chronic diseases—such as high blood pressure, diabetes, and high cholesterol.

## **Inter-Professional Team**

At the Reh-Fit, clients receive expert guidance through active support, comprehensive programs, and the individual attention of various professionals. Our professionally-trained staff provide support and guidance to help you reach your health and fitness goals.

## **MORE SPACE**

# **MORE PROGRAMS AND SERVICES**

At the Reh-Fit, we currently offer a range of prevention and management programs to help people learn how to self-manage their conditions, such as Stroke Exercise, Moving Forward After Cancer, and Stronger Hip and Knee. The Centre also offers rehabilitation services with registered physiotherapists and athletic therapists, massage therapy with registered massage therapists, nutrition services with registered dietitians, and nurse foot care.

Our vision for the health and wellness campus is inspired by the thousands of Manitobans who walk through our doors determined to make a difference in their lives. The campus will create an environment where our inter-professional team can continue to work together to help Manitobans by offering even more programs and services designed to meet their needs. Our goal is to improve individual care and encourage active living that improves quality of life and longevity. Through the use of technology, we will be able to connect with clients offsite as well.

More space will also allow us to not only increase our capacity to host student placements, it will also expand our research capabilities. Reh-Fit is a unique research setting as it is community-based and provides access to participants and programming for a wide range of health and fitness levels. Research findings not only improve the effectiveness of our health and fitness programs but can also lead to advances in the scientific knowledge base of disease prevention and rehabilitation.

# LOOKING AFTER OUR HOME

Through our surveys and other feedback, Centre users identify the primary reasons why they enjoy the Reh-Fit. The top three reasons reported are:

- Facility/quality of the environment
- Quality/quantity of fitness equipment
- Professional staff

Just as you need to keep up with maintenance and renewal of your home, it's essential that we take steps every year to protect the quality of the Reh-Fit Centre and ensure it remains a world-class facility for building community health. That is why we continue to renew the quality of the building by following optimal maintenance and replacement schedules and by adding state-of-the-art equipment that keeps pace with the latest developments in health and fitness technology. We take steps every year to enhance our facility and upgrade our equipment to provide an environment conducive to helping people reach their health and wellness goals.

## *BETTER-AT-LIFE EXERCISE*

# FUNCTIONAL TRAINING TO HELP YOU THRIVE

Many people exercise because they want to maintain their weight, tone up, and/or relieve stress. Those are all valid reasons to commit to a fitness routine, but you can also exercise to simply improve the way you move throughout the world. There's even a name for better-at-life forms of exercise: functional training.

Functional training helps provide you with the strength, stability, and mobility you need to thrive in your life. You use basic functional movement patterns like pushing, pulling, hinging, squatting, rotating, carrying, walking, and running every day.

Over the past few years, our new equipment additions to the Centre have focused on creating and enhancing our Functional Training Zone. While you can do a lot of functional training exercises on your own at home, it is more fun and motivating to exercise in a group setting.

Our Functional Training Zone allows us to create small group programs that are not only centered on functional fitness but also use different pieces of equipment for a full body workout.

### **Functional Training Zone**

New additions to the zone this year include:

#### **Marpo Rope Trainers**

The Rope Trainers can be adjusted for endurance, strength, power, or combination training. The rope angle can also be adjusted to provide an array of functional movement patterns – push, pull, squat, lunge, bend, and rotate.

#### **Elevate Row**

The Elevate Row emulates a rowing movement pattern with seven levels of adjustable bodyweight resistance.

# FINANCIAL HIGHLIGHTS

## The Results

After providing for future capital asset replacements and additions through a gift to the Manitoba Cardiac Institute (Reh-Fit) Foundation Inc., the Centre had revenues in excess of expenses of \$30,014.

## Revenue

In 2018/19 revenue from all sources increased by \$58,607 (0.94%) with membership and user fees representing 52% of total revenue. Revenue from programs and ancillary services increased by \$61,479 (4.3%). Thanks to the generosity of donors and to the Foundation's Board and Committee fundraising efforts, the Foundation gifted \$178,660 to the Centre, an increase of \$27,996 (18.6%). The Foundation's work helps the Centre maintain membership and program fees at levels which are accessible to the community at large.

## Expenses

In 2018/19 overall expenses increased by \$232,257 (3.9%) with compensation representing 44% of total expenses. Staff who directly deliver services to Reh-Fit's

members and guests account for 70% of total compensation. In keeping with the strategic framework of maintaining the Centre at a high level of repair and refurbishment, \$300,000 was contributed to the Foundation's Building and Equipment Fund for stewarding until those funds are required to acquire new or replace equipment or building components. With the assistance of the Foundation, 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*  
 Pat Hannah  
 Catherine Kloepfer, FCPA, CGA, FCA  
 Rob Rabichuk, CPA, CA, CBV, CF  
 Rob Rose, CPA, CA  
 John Schubert

## Finance Committee

Wanda Burns, CPA, CA, *Chair & Treasurer*  
 Linda Horosko  
 Bruce Mazur  
 Nick Riediger  
 David Thompson, CPA, CA

## 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, 2019, and the summary non-consolidated statements 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, 2019.

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 3, 2019.

### 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 3, 2019

## MANITOBA CARDIAC INSTITUTE (REH-FIT) INC.

### Note to the Summary Non-consolidated Financial Statements

For the year ended March 31, 2019

### 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, 2019 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	2019	2018
<b>ASSETS</b>		
Current Assets	\$ 2,195,028	\$ 2,003,724
Property and Equipment	7,564,459	8,041,548
	<b>\$ 9,759,487</b>	<b>\$ 10,045,272</b>
<b>LIABILITIES AND NET ASSETS</b>		
Current Liabilities	\$ 748,566	\$ 558,785
Memberships and Fees Paid in Advance	1,051,382	1,113,804
	<b>1,799,948</b>	<b>1,672,589</b>
Deferred Contributions	5,157,986	5,601,144
	<b>6,957,934</b>	<b>7,273,733</b>
Net Assets	<b>2,801,553</b>	<b>2,771,539</b>
	<b>\$ 9,759,487</b>	<b>\$ 10,045,272</b>

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

For the year ended March 31	2019	2018	% of 2019 Total
<b>REVENUE</b>			
Membership and User Fees	\$ 3,265,554	\$ 3,278,699	52%
Ancillary Services	910,666	903,058	15%
WRHA Service Purchase Agreement Funding	752,280	752,280	12%
Programs	565,461	511,590	9%
Gift from Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	178,660	150,664	3%
Amortization of Deferred Contributions	449,358	443,158	7%
Other	150,702	174,625	2%
	<b>\$ 6,272,681</b>	<b>\$ 6,214,074</b>	<b>100%</b>
<b>EXPENSES</b>			
Compensation	\$ 2,747,930	\$ 2,698,810	44%
Amortization of Property and Equipment	823,022	770,152	13%
Administrative	656,725	588,614	11%
Facility and Operations	634,787	635,644	10%
Ancillary Services	587,349	561,213	9%
Gift to Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	300,000	250,000	5%
Programs	263,130	272,281	4%
Membership and Marketing	229,724	233,696	4%
	<b>\$ 6,242,667</b>	<b>\$ 6,010,410</b>	<b>100%</b>
Excess of revenue over expenses	<b>30,014</b>	203,664	
Net Assets, beginning of year	<b>2,771,539</b>	2,567,875	
Net Assets, end of year	<b>\$ 2,801,553</b>	<b>\$ 2,771,539</b>	

#### MEMBERSHIP AND USER FEES

2018-19	\$3,265,554
2017-18	\$3,278,699
2016-17	\$3,191,443
2015-16	\$3,240,041
2014-15	\$3,315,854

#### ANCILLARY SERVICES AND PROGRAMS REVENUE

2018-19	\$1,476,127
2017-18	\$1,414,648
2016-17	\$1,164,907
2015-16	\$948,900
2014-15	\$909,456

#### GIFT TO FOUNDATION BUILDING AND EQUIPMENT FUND

2018-19	\$300,000
2017-18	\$250,000
2016-17	\$350,000
2015-16	\$380,000
2014-15	\$663,105

## MESSAGE FROM THE

# FOUNDATION CHAIR



This is my last report as the Chair of the Foundation and it has been an exciting and challenging term of service. I have been proud to carry on my father's volunteer service to the Reh-Fit, especially during the celebration of the Centre's 40th anniversary. Manitoba is very lucky to have this Centre making such a difference to so many lives.



The Reh-Fit Centre is a charitable organization and needs so much more than its member dues to carry out its broad mission of saving lives through rehabilitation and fitness. The Foundation exists to raise money to support the Centre's mission. We couldn't help people live healthier lives without the philanthropic support of individuals, foundations, corporations, and the work of our staff and volunteers.

### Fundraising

In 2018/19 the Reh-Fit Foundation raised \$351,587 through our Annual Giving Campaign. Our two major fundraising events are Cocktails and Comedy, a fun filled evening with food and laughs at Club Regent Event Centre and the Reh-Fit Golf Tournament where members and guests enjoy golf and a lovely dinner at Bel Acres Golf & Country Club. Our annual giving campaign encourages philanthropic gifts from individuals and corporations. We have developed a Planned Giving Committee to educate about planned giving opportunities at the Reh-Fit. We also continue to work toward increasing our sponsorship base and increasing the number of grants we receive. I believe the Foundation should continue to increase its profile in the community and encourage donations.

### Donor and Sponsor Appreciation

We are on the right path of showing our gratitude and appreciation for those who make contributions. We host events to thank our donors and sponsors and provide updates of what is happening at the Centre. I find these events moving and appreciate even more that people give because the Centre has touched their lives, and those of their families, in critical ways.

### Charitable Standards

As I noted earlier, the Foundation is a registered charity and must meet government charitable rules. Yet, beyond that, the Foundation and the Centre are both accredited under the Imagine Canada Standards Program, a Canada wide set of standards for charities and nonprofit organizations. This accreditation assures our donors, funders, the public, our members and other stakeholders that both the Centre and the Foundation operate in ethical, accountable, and transparent ways.

### Thank you

The people who give to the Reh-Fit Foundation do so because they believe our Centre makes a difference and that we must build on our success as Canada's first medically certified health and fitness centre. I thank everyone who donates to make a difference to this community. I especially thank all our volunteers, especially those on our Foundation Board, who have made the last three years so rewarding, so interesting, and so much fun. I have learned a lot from all of you.

I wish Sue, the staff, and the Centre continued success and many more years of rewarding work.

Sincerely

Susan Boulter

Chair, Reh-Fit Foundation



# PLANNING FOR THE FUTURE

The Reh-Fit Foundation was created in 1999 to assume the role of fundraising and stewardship of funds for the Reh-Fit Centre.

*In 2018/19, the Reh-Fit Foundation updated its mission statement:*

***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.***

The current focus of the Foundation's fund development is building and nurturing the donor relationship. It is not just about the funds raised but the impact on the community that the donor makes through their donation. The Reh-Fit Foundation is focused on building a philanthropic culture so that donor relationships can thrive and survive.

## **The Foundation and the Health and Wellness Campus**

The Centre is working with the Foundation to obtain the resources it needs to meet the 10-year vision's most ambitious development goals and bring the Reh-Fit's vision for the future into reality. A number of opportunities have sprung up over the past several months that align well with Reh-Fit's vision for the future and are prompting us to proceed with the plan.

We continue to work toward completing the initiatives outlined in the vision. This past fall, with the help of Global Philanthropic, we completed a capital campaign feasibility study. The goal of this study was to determine the feasibility of raising funds to support our plan to transform the Reh-Fit Centre into a health and wellness campus. Since completing the study, we have received a final report and are pleased with the enthusiasm for our plan and also the ideas that have been put forth. We will continue to roll out next steps based on the recommendations received in the report.

# AREAS OF NEED

Exercise plays a significant role in preventing diseases and improving chronic conditions, supporting quality of life, enhancing brain function, and contributing to greater independence as we age. Reh-Fit hosts a variety of events annually to help raise funds for the Centre, and we hold an Annual Giving Campaign each fall.

However, as the building ages and it experiences the wear-and-tear of over 320,000 visits each year, the cost to maintain, replace, and repair the Centre and its amenities continues to grow. Greater demand for our programs and services are also adding to overall costs.

Membership dues and user fees cannot completely cover the cost of maintenance and upgrades needed to look after our home. Financial support for these projects is provided through the Reh-Fit Foundation's efforts.

A gift to the Reh-Fit Foundation provides:

- **Prevention** – providing leading-edge health and fitness programs at the Centre to help people prevent chronic disease and live a healthier life
- **Rehabilitation** – offering state-of-the-art medical and exercise equipment for the safest, most effective exercise to help people get better every day
- **Accessibility** – making memberships and programs accessible to the broader community
- **Research and Education** – hosting research studies to advance health and wellness in our community, providing education for the growing number of people in the community who are challenged with health concerns, and hosting student placements to help students gain practical experience in their field of study

## WAYS TO GIVE

### Gift Types

The Foundation accepts a wide variety of gift types, whether they are in one's lifetime or are deferred. Gift types include the following:

- Tribute gifts
- Publicly traded stocks
- Life insurance
- Cash
- Charitable gift in your will
- Enduring funds
- Workplace giving
- Matching gifts

### Annual Campaigns

Fundraising efforts include:

- Soliciting donations from members of the Reh-Fit Centre Board, the Reh-Fit Foundation Board, committee members, Reh-Fit staff, selected individuals, corporations, foundations, and members
- Raising funds through grants to help cover the cost of projects that enhance programming and renew the facility
- Encouraging planned giving
- Encouraging numerous businesses in Manitoba to provide invaluable sponsorship support in making Centre initiatives possible
- Raising funds through events each year that attract a broad cross-section of the community

### Leaving a Legacy that Benefits Community Health

The Legacy Society, established in 2009, gives prospective donors an opportunity to demonstrate their support of the Centre through a planned gift.

A charitable bequest is one of the simplest ways that Legacy Society members choose to provide continuing support for the Reh-Fit. Other ways they may donate are through the gift of a life insurance policy and/or donations of stocks and bonds.

FOUNDATION

# FINANCIAL HIGHLIGHTS



## 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 2018/19 was \$704,565, an increase of \$200,100 (39.7%) over last year. Included in revenue is a gift from the Centre to the Building and Equipment Fund which at \$300,000 is \$50,000 more than last year. There was \$4,078,428 under management in the Building and Equipment Fund at March 31, 2019.

There was an additional donation made to the Mildred Lucky Educational Enhancement Fund bringing the total Endowment Funds under management to \$73,752.

After providing a gift to the Centre of \$178,660, the Foundation was left with \$4,336,176 at March 31, 2019 to steward.

## Finance and Investment Committee

Gary Pachal, CPA, CA, *Chair & Treasurer*  
 Lauren Aseltine  
 Vern Doerksen  
 Tom Dooley  
 Chris Medland  
 Jim Smith, FCPA, FCA, CA-IFA, CFF

## Reh-Fit Foundation Board of Directors 2018/19



Susan Boulter, *Chair*  
 Deepak Joshi, *Vice-Chair*  
 Gary Pachal, CPA, CA, *Treasurer*  
 Kevin McCulloch, *Secretary*

J.D. Boyd  
 Barry Brown  
 Mike Hicks  
 Patricia Kloepfer, CPA, CA  
 Joanna Knowlton  
 Kristy Krahn

Kent Magarrell  
 Bruce Mazur  
 Wayne Rogers  
 John Schubert  
 Neil Trenholm

Charitable Registration Number 87046 0540 RR0001

## 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, 2019, 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. for the year ended March 31, 2019.

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 4, 2019.

### 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 4, 2019

## MANITOBA CARDIAC INSTITUTE (REH-FIT) FOUNDATION INC.

### Note to the Summary Financial Statements

For the year ended March 31, 2019

### 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, 2019 are available at Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

## Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

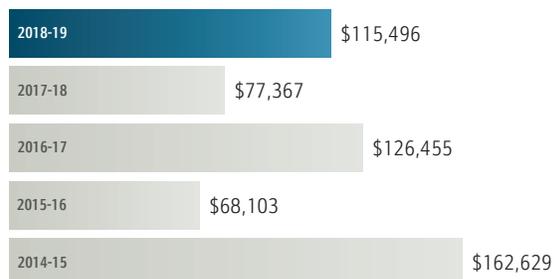
### SUMMARY STATEMENT OF FINANCIAL POSITION

As at March 31	General Fund	Endowment Fund	Building and Equipment Fund	2019	2018
<b>ASSETS</b>					
Current Assets	\$ 181,685	\$ 76,063	\$ 4,078,428	\$ 4,336,176	\$ 3,988,631
Interfund Balances	2,311	(2,311)	—	—	—
	\$ 183,996	\$ 73,752	\$ 4,078,428	\$ 4,336,176	\$ 3,988,631
<b>LIABILITIES AND FUND BALANCES</b>					
Current Liabilities	\$ 113,131	\$ —	\$ —	\$ 113,131	\$ 118,037
<b>Fund Balances</b>					
Restricted	—	73,752	4,078,428	4,152,180	3,795,947
Unrestricted	70,865	—	—	70,865	74,647
	70,865	73,752	4,078,428	4,223,045	3,870,594
	\$ 183,996	\$ 73,752	\$ 4,078,428	\$ 4,336,176	\$ 3,988,631

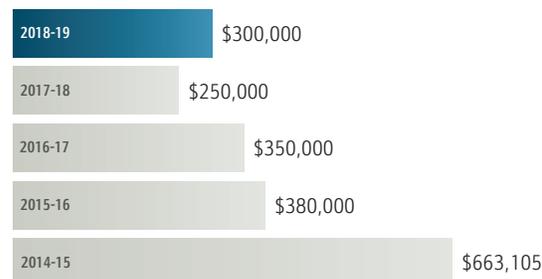
### SUMMARY STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES

For the year ended March 31	General Fund	Endowment Fund	Building and Equipment Fund	2019	2018	% of 2019 Total
<b>REVENUE</b>						
Donations	\$ 110,616	\$ 4,880	\$ —	\$ 115,496	\$ 77,367	16%
Gift from Manitoba Cardiac Institute (Reh-Fit) Inc.	—	—	300,000	300,000	250,000	43%
Fundraising Events and Direct Mail	236,091	—	—	236,091	153,407	33%
Investment Income	693	946	51,339	52,978	23,691	8%
	\$ 347,400	\$ 5,826	\$ 351,339	\$ 704,565	\$ 504,465	100%
<b>EXPENSES</b>						
Total Fundraising and Administrative	\$ 173,259	\$ 195	\$ —	\$ 173,454	\$ 83,476	
Excess of revenues over expenses before other item	\$ 174,141	\$ 5,631	\$ 351,339	\$ 531,111	\$ 420,989	
Gift to Manitoba Cardiac Institute (Reh-Fit) Inc.	177,923	737	—	178,660	150,664	
Excess (Deficiency) of revenues over expenses	\$ (3,782)	\$ 4,894	\$ 351,339	\$ 352,451	\$ 270,325	
Fund Balances, beginning of year	74,647	68,858	3,727,089	3,870,594	3,600,269	
Fund Balances, end of year	\$ 70,865	\$ 73,752	\$ 4,078,428	\$ 4,223,045	\$ 3,870,594	

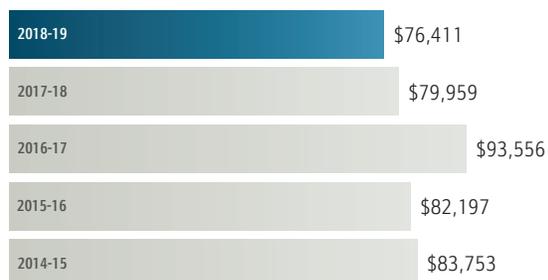
#### DONATIONS



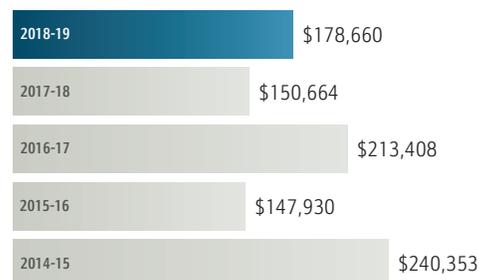
#### GIFT FROM THE CENTRE TO BUILDING AND EQUIPMENT FUND



#### NET FUNDRAISING EVENTS AND DIRECT MAIL PROCEEDS



#### GIFT TO THE CENTRE



# DONORS, FUNDERS, AND SUPPORTERS

The Reh-Fit Centre and the Reh-Fit Foundation would like to thank our donors and funders 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

### ■ \$25,000 TO \$50,000

#### INDIVIDUALS

Robert and Ana Fridfinnson  
Jim Wallace

### ■ \$5,000 TO \$24,999

#### INDIVIDUALS

Sean McCoshen  
Graham Penny  
Richard White and Family

### ■ \$2,000 TO \$4,999

#### INDIVIDUALS

Barry and Lynda Brown  
Albert and Susan Krahn  
Kristy Krahn  
Mildred I. Lucky  
Neil and Joy Trenholm

#### COMPANIES/ORGANIZATIONS

Wawanesa Insurance  
White Rose Foundation Inc. on behalf of  
Cliff, Jack and Zina Lazarek

### ■ \$1,000 TO \$1,999

#### INDIVIDUALS

Anonymous  
John and Monique Bockstael  
The Butler Family  
George and Laura Clark  
Dianne and David Horne  
Barb and Kent Magarell  
Kevin McCulloch  
The Hon. Mr. Justice Michel Monnin  
Harold and Verdeen Neufeld  
Cindy Rodych  
Diane Pollard  
Wayne Rogers  
John and Bev Schubert  
Joanna Knowlton and Jim Tokarchuk

#### COMPANIES/ORGANIZATIONS

The Canada Life Assurance Company  
FWS Group of Companies  
IG Wealth Management Retirement  
Donation Program  
Investors Group

### ■ \$500 TO \$999

#### INDIVIDUALS

Anonymous  
Al and Kerry Bartlett  
Marjorie Blankstein, CM, OM, LLD  
Sue and Mark Borekie  
Susan Boulter and Myron Pawlowski  
R. Buonpensiere  
June Dutka  
Helene Dyck  
Don and Mary Hanson  
Gregg and Mary Hanson  
Vivian Hilder  
Patricia Kloefer and David Cheop  
Gary Pachal  
Norm and Sandi Promislow  
Rob and Joan Rose  
Mike Sampson  
Jim Smith, FCPA, FCA, CA-IFA, CFF  
Dennis and Janet Woodford

#### COMPANIES/ORGANIZATIONS

BDO Canada LLP  
Golden Arrow Group  
Maple Leaf Construction Ltd.  
Microstructure Inc.  
SciMar Ltd.  
TDS Thompson Dorfman  
Sweatman LLP  
Tom Powell Design

### ■ \$250 TO \$499

#### INDIVIDUALS

Anonymous (7)  
Charlie and Judy Albiani  
Beryl Bingham  
J.D. and Sherry Boyd  
Scott Cale  
George Dampousse  
Joanne Embree  
Martin Gerrard  
Linda and Andrew Horosko  
Frank and Donna Hruska  
Claire and Gerald Jewers  
Deepak Joshi  
Drs. T. Ali and Aliya Khan

David and Brenda Newman

Arun and Durga Ogale  
Craig and Virginia Platt  
Nicholas Rediger  
Betty Lou Rock  
Raymond and Penny Savard  
Richard Prince  
Dennis and Elaine Schultz  
Nevin Shaw  
Ron and Annitta Stening  
Stan Susinski  
Neil Taylor  
David Thompson  
Doris Tibbs  
Cornelia Van Ineveld  
Marianne Wawrykow and Chris Kowal  
Richard and Cathy White  
Ted and Josephine Wright

#### COMPANIES/ORGANIZATIONS

Glenat Duxbury Interior Design

### ■ \$100 to \$249

#### INDIVIDUALS

Anonymous (20)  
Clovis Baptista  
Susan and Ron Barsky  
Tanya Benoit and Tom Strike  
M. Billingham  
George Birnie  
Sue Bishop  
Betsy Boulter  
Walt and Erna Braun  
Diane and Bob Brown  
Enid Brown  
Grant and Mary Buchanan  
John and Claire Buchin  
Dennis and Ruth Clarkson  
Dom Costantini  
Heather Cram  
Jim and Nora Cristall  
Ian Dickson  
Ed Dillon  
Thomas P. Dooley  
Alice Dyna and Michael Bager  
Carol Edwards

Tracy and John Einarson

Mirla and Edmond Faridy  
Kathy and David Fisher  
Leanne Florence  
Roger and Cecile Foidart  
Bernice Furlong  
Trish Gibson  
Jacqueline Godard  
Elaine and Hugh Goldie  
Kathy Gorber  
Belva and Donald Gutkin  
Janet Handel  
Beth and John Helliard  
Keith Hildahl  
Susan Hildebrandt  
Ken Holland  
Verla Hudson  
Viola Hultin  
Stanley Hyman  
Rhoda Keynes  
Steve Kiz  
J. Keith Knox  
Sandi Lamont  
Allen Lee  
Mohan and Harminder Malhi  
Brett and Cathy MacKinnon  
Marc Manness  
Thomas McDonald  
Ian McKay  
Julie and Jamie McPetrie  
Michelle Meade  
Peter Miller  
Vera Moroz  
Robert S. Morrison  
Nestor Mudry  
Judy and Gordon Murphy  
David H. Olsen  
Isaac Omoniyi  
Shelley and John Page  
Rick Pinchin  
Dirpaul and Angeline Ramkissoon  
Charlene Reynolds  
Monique Robidoux-Ting  
and David Ting  
Jonas Sammons  
Brigitte Sandron

James Shaw

L. Shropshire  
The Estate of Vern Simonsen  
Rob and Karyn Sinopoli  
Stuart Slaven and Shira Cohen  
Deanne Spiegel  
Donna Sprague  
Mary Starodub  
K. M. Taylor  
Zane Tessler  
Elaine Toms  
Darrell Trask  
Bruce Webber  
Eleanor Wiebe  
Werner Wiebe  
Dave Wright and Gail Wylie  
Wu Family Endowment Fund -  
The Winnipeg Foundation  
Joyce Yellowlees  
Jessie Zacharias

#### COMPANIES/ORGANIZATIONS

All Charities Campaign  
All Seniors Care Living Centres  
Aon Reed Stenhouse Inc.  
Canadian Footwear  
Cardinal Capital Management Inc.  
HTFC Planning & Design  
MicroAge Manitoba (Tom Hanel)  
Pan Am Clinic Foundation  
Perth's Drycleaners  
RIDI Rodych Integrated Design Inc.  
St. Boniface Hospital

## SUPPORTERS

The Reh-Fit Centre and the Reh-Fit Foundation thank the following supporters who made a significant contribution to our various events this year.

Academy Florist  
All Seniors Care Living Centres Inc.  
Aon Reed Stenhouse Inc.  
BDO Canada LLP  
Beaver Bus Lines  
Bel Ayre Rentals  
Best Sleep Centre  
Big City All Star Band  
Bird Construction  
Bituminex Paving Ltd.  
Bockstael Construction Limited  
Borland Construction  
Brandt Tractor

Brightwater Senior Living of Tuxedo  
Cambrian Credit Union  
Canadian Event Production Services  
Canadian Footwear  
Capital K Distillery  
City Mix  
City Park Runners  
Comforts of Home - Care Inc.  
Commercial Pool and  
Recreational Products  
Corporate Source Printing  
Coughlin Insurance Brokers  
Cowin Steel Co. Ltd.  
Diamond Athletic Medical Supplies  
Diva Lingerie & Swimwear  
Dream Day Decorators  
Duraco Windows  
Events by Emma

Fort Garry Hotel and Ten Spa  
Gerry Gordon Mazda  
GFL Environmental  
Global Philanthropic  
Gold Business Solutions  
Golden Arrow Group  
InfoTech Inc.  
Innotech Nutrition  
Tom Aldridge, Investors Group  
The J Hanson HVAC Group  
Johnston Group Inc.  
Kennedy Cognitive Services  
Ladco Company Limited  
Lafarge Canada  
Loren Realty  
Manitoba Liquor Marts  
Manitoba Transit Heritage Association

Maple Leaf Construction Ltd.  
Marsh Canada  
Mayberry Fine Art  
Metric Marketing  
MicroAge Manitoba  
Nelson River Construction Inc.  
Parkhill Homes  
The Paul Albrechtsen Foundation Inc.  
Piston Ring Service  
Pizzeria Gusto  
Popeye's Supplements  
Prairie Trail Physiotherapy  
The Preston-Berenhaut Team, Royal  
LePage  
Quarks/Urban Trail  
Revera Retirement Living  
Right at Home Canada  
Scotaround Inc.

Shelter Canadian Properties  
Sigurdson Financial Group Inc.  
Sirius Benefit Plans  
SMS Equipment Inc.  
Sobeys - Unicity  
Subterranean (Manitoba) Ltd.  
Tartan Towing  
TDS Thompson Dorfman Sweatman LLP  
Tom Powell Design  
Toromont Cat  
University of Manitoba -  
Faculty of Kinesiology  
Vista Place & St. Vital Physiotherapy  
Wawanesa Insurance  
Western Surety Company  
Winter's Collision Repair  
WOW! Hospitality Concepts

Reh-Fit  
**LEGACY  
SOCIETY**

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

- Margaret Barbour
- David Holt
- David Newman
- Dennis Dueck
- Bernice Mayne\*
- Gail Singer
- Tom Dooley
- Harold Neufeld
- Dan Torbiak

\*Deceased

## 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

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