

Chair, Glenrose Rehabilitation Hospital Foundation

David King, Vice President, The Luxus Group



The Courage Awards serve many purposes, first and foremost to honour the everyday courage of Glenrose patients. On behalf of the Board of Trustees, I am humbled to honour Una, Melanie, Jordan and Liam. They have graciously shared their journeys, offering us all valuable insight into how the combination of their inner strength and encouragement from family, friends, physicians, nurses, therapists, staff, volunteers and donors makes all the difference.

Our Foundation raises funds to fuel innovation, clinical research, and education, as well as acquire advanced equipment and technology that strengthens the rehabilitation process. We work with the Glenrose care teams to determine what has the greatest impact on patients and their recovery – both physically and emotionally – and then find ways to make it happen. Today is a great example of what is possible when we all work together. Our honoured recipients' bravery in sharing their journeys will inspire us all to work hard with hope. It will also encourage us when we feel defeated. The Courage Awards epitomize Courage.Encouraged. Alongside fellow trustees, donors and staff I extend a heartfelt congratulations to this year's recipients.

Glenrose Rehabilitation Hospital

Isabel Henderson, Senior Operating Officer, Alberta Health Services

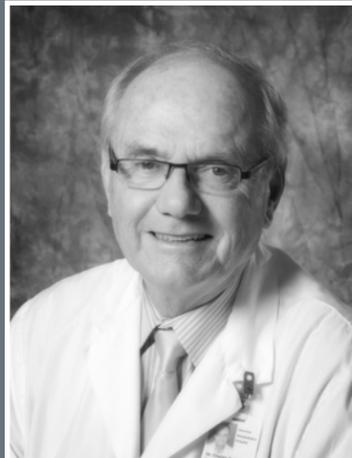


It is my great pleasure to welcome you to the 2016 Glenrose Courage Awards. This very special occasion provides an opportunity to recognize and celebrate the extraordinary courage of Glenrose patients and families who have challenged adversity while facing seemingly unrelenting obstacles in their rehabilitation journeys. These individuals have shown that courage doesn't mean you won't be afraid, or that you won't at times fail, but that you don't let fear stop you. All recipients have each chosen the "difficult path", one which means that while they faced struggles every day, they continued to carry on with persistence and fortitude.

Theodore Roosevelt said "Courage is not having the strength to go on; it is going on when you don't have the strength". That's the courage we're acknowledging today; the inspiration of these four individuals who have shown it's not how often you fall down that matters, it's how often you get up. Thank you for being a part of this wonderful celebration!

Glenrose Rehabilitation Hospital

Dr. Charles Harley, MD, MSc, FRCP(C), FACP, Facility Medical Director



William Faulkner described the foundation of courage when he said "You cannot swim for new horizons until you have courage to lose sight of the shore". The Glenrose Courage Awards recognize four remarkable individuals who have demonstrated what it truly means to dig deep within themselves to find the courage to face and triumph over an unknown future. The Glenrose staff who have worked alongside these individuals in a care partnership have seen first-hand that courage isn't learned, or received from another person, but comes from an inner strength that defies fear even while being afraid – our physicians and staff convey a real sense of inspiration when they describe the experience of working with today's honourees.

These four exceptional individuals exemplify that courage is sometimes facing the seemingly impossible, and jumping in anyway. Please join me in congratulating them all on their successful rehabilitation journeys.



11th Annual Courage Awards

Presented by Patricia & Gino and the Ferri Family

Una

Melanie

Jordan

Liam



2016 Courage Award Recipients

Generously supported by:



Glenrose Rehabilitation Hospital Foundation Board of Trustees

David King, Chair; Nick Parkinson, Past Chair; Rick Vogel, Vice-Chair; Monica Park, Treasurer & Chair, Finance Committee; Cathy Kiss, Secretary; Chris Lavin, Chair, Community Relations & Fund Development Committee; Janice Agrios; Richard Cotter; Hon. Laurie Hawn; Jonathan Gallo; Kelly McClung; Jason Randhawa; Dallas Smith; Gay Young; Isabel Henderson, Senior Operating Officer, GRH-AHS; Wendy Dugas, President & CEO, GRHF

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#courageawards
Courage. Encouraged.

Una Marshall

For years Una had been experiencing challenges with her legs, yet tests left the problem undiagnosed. Annually, she travelled to her home country, Jamaica, to visit family and to volunteer helping others. While in Jamaica her legs were feeling progressively numb and weak; she constantly felt like she was falling forward and could not straighten up. Eventually she reached a point where she was unable to walk. She called her family to inform them and booked an emergency flight home. Gracious strangers and fellow passengers aided her at the airport and on the plane. She arrived back in Edmonton with severe lower back and shoulder pain and within days was finally diagnosed with severe spinal canal stenosis.

Following surgery, Una found she could not walk or care for herself. Her knees hurt, her feet burned and she constantly felt like she was on pins and needles when moving between sitting, lying or standing positions. The severe pain impaired sleep and functioning. Una pushed through the pain and chose to look forward. Even though she was afraid to fall and felt a total lack of control, she put her trust in the Glenrose therapists, always choosing to try harder and repeating therapies many times before achieving success. Una displayed great perseverance, worked hard, saw the positive and believed. She received over three hundred visitors which gave her motivation in her journey and in turn to help others. Fellow patients came to seek her out, because, as Una says *"I listen. It helps me and them."*

"Una, your smiles, upbeat personality and ability to offer thoughtful, generous comments to those around you came to encourage many. As the proverb says 'a joyful heart is good medicine.' We admire how you use laughter to push through with intense determination, even while enduring pain."

- Sandy-Lynn, Forrest, Karen & Team

Jordan Jaffray

Imagine living nearly eighteen healthy years and then suddenly sustaining a severe brain injury because of bleeding in your brain. While emergency surgery repaired the bleed, Jordan faced many challenges. He was unable to voluntarily move his mouth in any way - open, close, eat, drink or talk. Jordan communicated by giving a thumbs up or down. The muscles in his upper body were also stiff and his sense of balance to sit or stand was lost.

Jordan worked extremely hard every day, pushing himself to keep trying and remain positive even when frustrated. With encouragement from family and therapists he progressed to stand, step, walk and run! He spent hours in stretching therapies to regain use of his arms and hands. He continues the slow process of intense speech therapy sessions to improve communication and has goals involving rugby, longboarding and snowboarding. Plus, Jordan found time & helpers for fun pranks on mom and fitness training. He successfully completed a Tough Mudder challenge, a feat that would have seemed impossible at one time. A simple and meaningful motto he once learned at a church camp fueled his strength and gave him focus *"I can do hard things."*

"Jordan and his family demonstrated incredible courage during an impossibly difficult time. They put their courage into action through determination, perseverance, and unlimited belief in, and love for one another. Jordan overcame incredible obstacles both metaphorically and literally in the summer of 2016 when he participated in the "Tough Mudder" competition with friends and family by his side. In our opinion, they are all tough mudders!"

- Janice, Don, Trina, Lara, Darrell & Team

Special thank you to the Friends of Glenrose volunteers, donors and guests. Lets keep in touch:

Glenrose Rehabilitation Hospital Foundation

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@glenrosefdn #courageawards

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Melanie Beckett

For five years Melanie lived in China, studying and performing Kung Fu from 4:50 am to 10:00 pm each day. After being back in Canada for only eight short months, one Sunday evening she experienced a severe headache and numbness in her hands. The next day she was unable to walk. Her dad carried her into emergency where she was diagnosed with Guillain-Barre Syndrome.

Her condition rapidly declined requiring her to be placed on a ventilator. She was unable to move her body, yet was fully conscious. Melanie felt completely trapped. Her lifeline became a spelling board to communicate with family and drawing mental strength from the intrinsic values Kung Fu training had instilled in her. The first time she moved her hand she was so excited, yet no other part of her face or body could express her feelings, so she celebrated inside herself. A poignant milestone was when she sat up for the first time. Melanie felt so weak and was frightened to fall, yet began to trust her therapists through the realization that there would be a team helping her each and every small step towards her recovery. She accepted guidance from her therapists and patiently tackled one milestone at a time, sitting, then standing, then walking. Her advice to those who may come to lead a rehabilitation journey is found in the wisdom of Bruce Lee: *"If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."*

"Melanie embodies the best of these words – gracious, courageous, hardworking and kind. She takes these qualities and blends them into her competitive and driven spirit while always remaining genuine and true to her recovery potential, her journey and the journey of those around her. Melanie, we are inspired and very excited to see you honoured today."

- Catherine, Andrew, Sally, Pamela & Team

Liam Webb

With his twin brother, older brother and parents, Liam was very active camping and biking, plus watching and reading Star Wars stories. One day while jumping on the trampoline he hit his head. The initial check up did not discover a problem. Ten days later Liam started to feel unwell and got progressively worse. He had suffered a stroke resulting in quadraparesis, causing a weakness of all his limbs and the inability to eat, swallow and speak.

Following his discharge from acute care, Liam's intensive therapy at the Glenrose has helped him realize steady gains. He continues to impress his therapists with his cheerfulness, sense of humour and determination. He is now able to drive a power chair using switches and head controls and communicate using laser pointers and a head mouse. Others might have been frustrated with constant trials and re-adjustments; however, Liam's incredible spirit is to never give up. Liam is teaching everyone about communication perseverance as he navigates through various technologies. He also continues to enjoy hide & seek, playing police officer and using humour to manoeuvre communication breakdowns. Staff love working with him because they know he chooses to have fun even though it is hard work. He continues to reach new milestones and as Dr. Seuss said *"Kid, you'll move mountains."*

"Liam - honestly we often forget that you are six! You are so willing to try all our ideas and you try so hard. You have mastered saying so much with just a quick glance and genuine smile. In fact, you actually teach us as you travel your rehabilitaton journey. We are so proud of you and your family."

- Bonnie-Lynn, Tanya, Corinne, Bruce, Elaine, Janelle, Kate, Nicola, Therese, Erin, Diane, Terra, Lori, Kim, Brenda, Rob & Team

Itinerary:

Courage Awards Ceremony with emcee Su-Ling Goh (Global Edmonton)

Sponsor Welcome: Patricia & Gino and the Ferri Family

Greetings: Isabel Henderson (Alberta Health Services - Glenrose Rehabilitation Hospital)

Special Guest Presenters: Sean Lazarowich (Carlson Construction Ltd.), Scott Argent (Stantec),

Todd Grundy (Arpi's North), Leading Edge Physiotherapy

Circle of Courage Update, Hosted by David King

Reception & Refreshments to Follow.