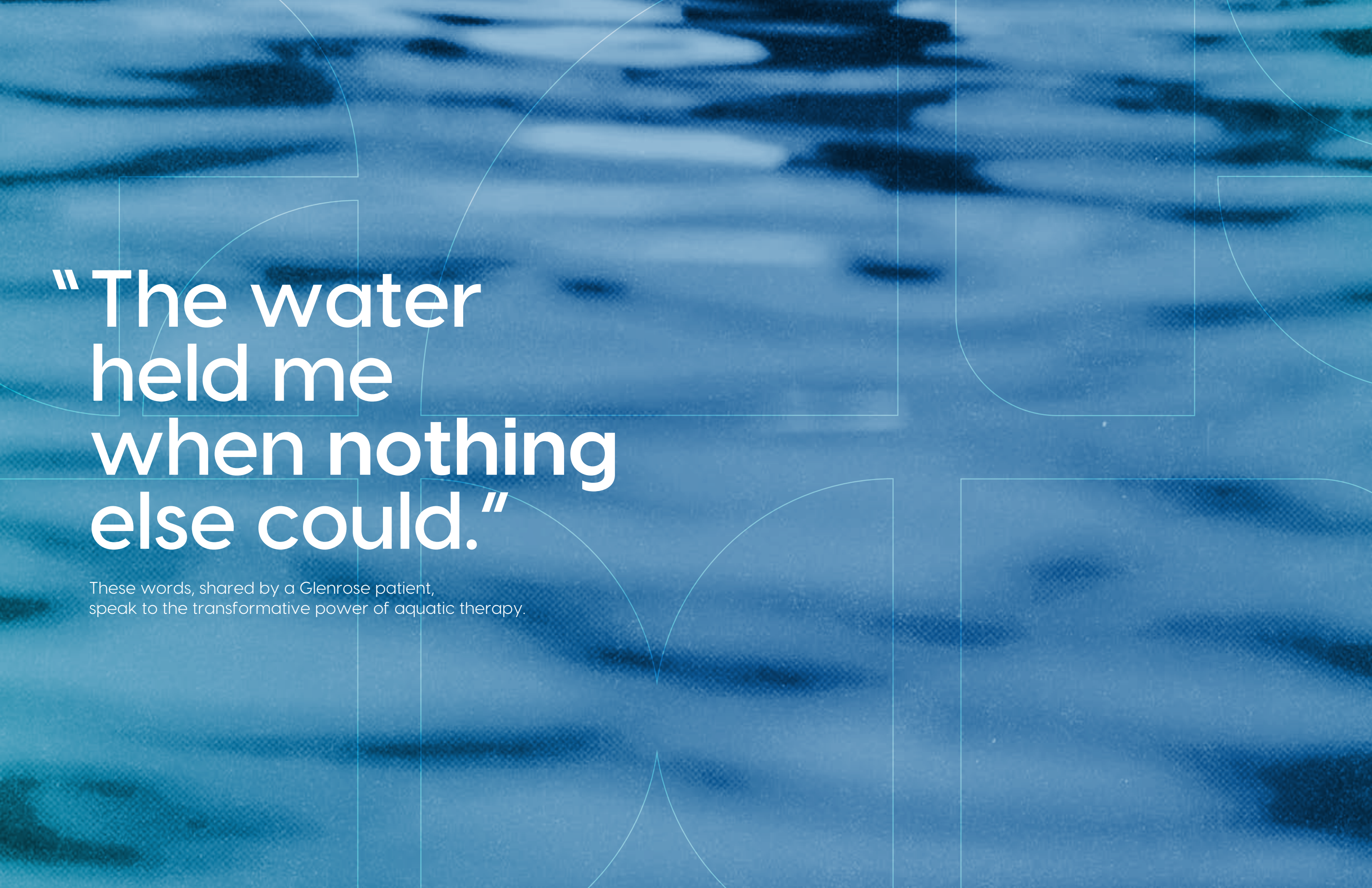


make *if* possible

The Glenrose Therapeutic Pool





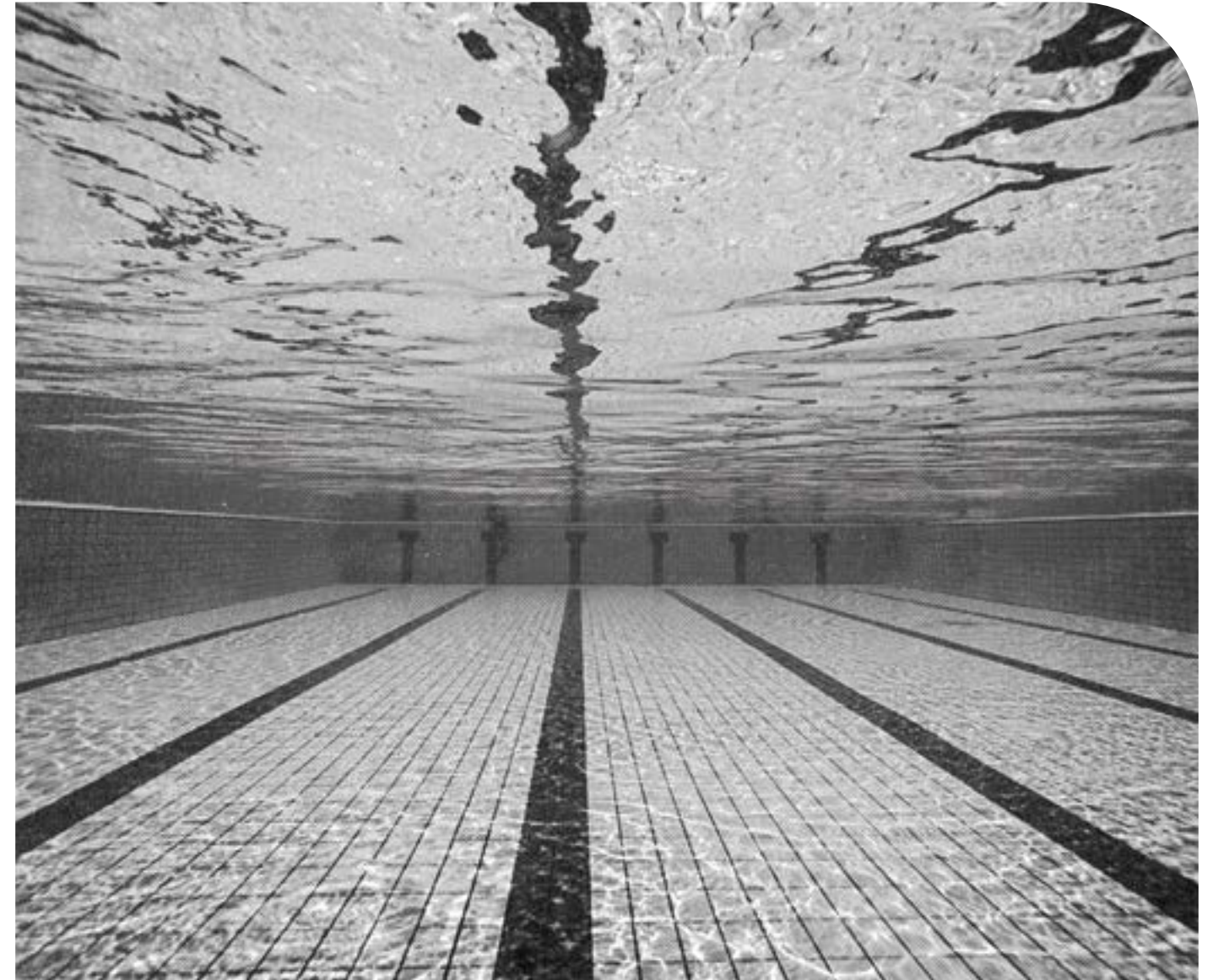
“The water
held me
when nothing
else could.”

These words, shared by a Glenrose patient,
speak to the transformative power of aquatic therapy.

Glenrose Therapeutic Pool

Sixty Years

For sixty years, the therapeutic pool at the Glenrose Rehabilitation Hospital was a place of renewal – a place where, with the gentle lift of water, individuals regained movement, confidence, and independence.



November 2024

Permanent Closure

For more than 6,000 patients a year, the Glenrose's therapeutic pool was a place where possibility lived.

In November 2024, structural failure forced its permanent closure. For the thousands of Albertans who relied on it annually, the loss was immediate – not only of essential treatment, but of a lifeline to recovery.

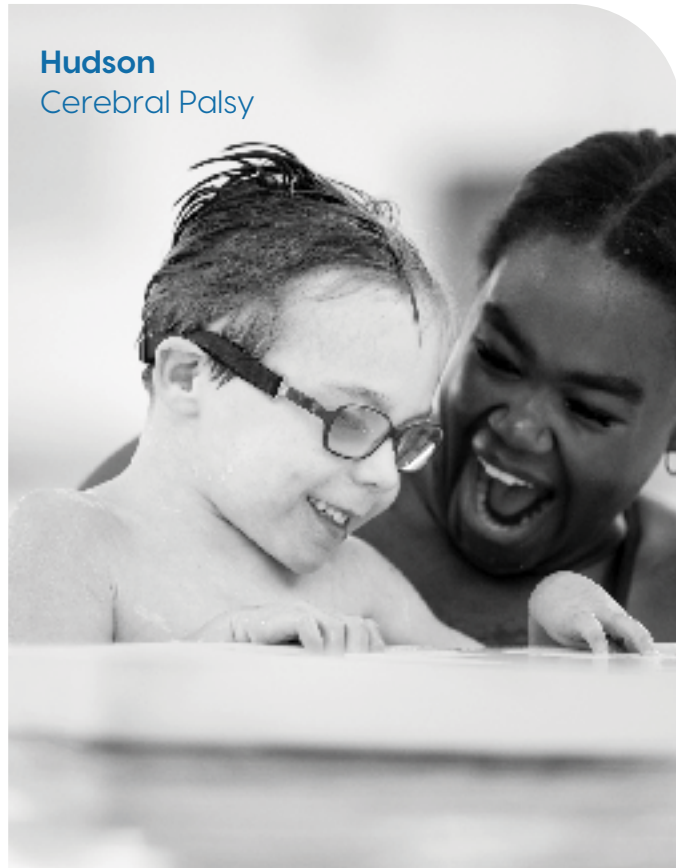
Thousands more still need it back.



Joe
Amputee



Oral
Stroke



Hudson
Cerebral Palsy

What We Lost

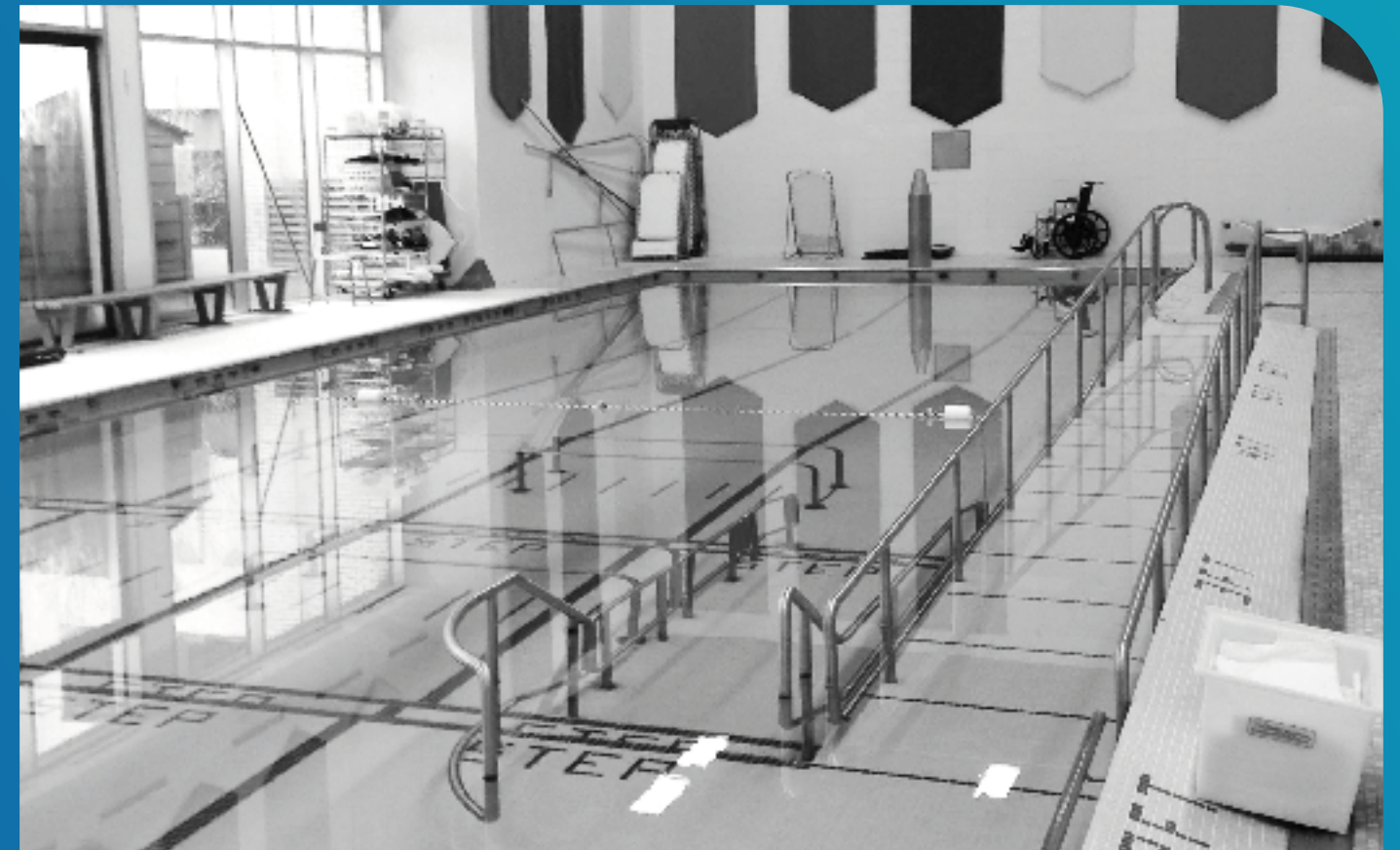
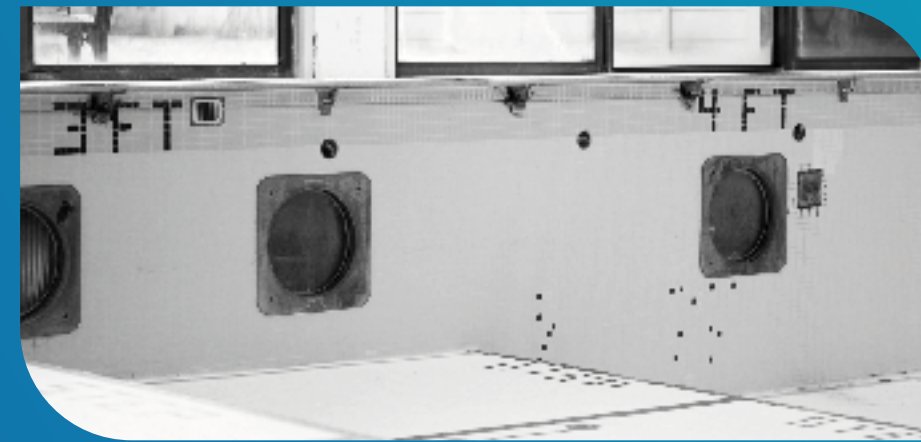
Joe: living with lifelong injuries after a car accident, lost the one place where movement didn't come with pain.

Oral: rebuilding strength after stroke, lost access to therapy that gave him both confidence and freedom.

Hudson: a five-year-old who lives with cerebral palsy, lost the one environment where his muscles could finally relax.

These patients represent thousands across Alberta who depend on aquatic therapy for recovery, function, and hope. While each of their stories differ, their starting point was the same: **What if I could?**

At the Glenrose, asking what if is where recovery begins. **And for decades, the therapeutic pool helped transform that *if* into *I did*.**

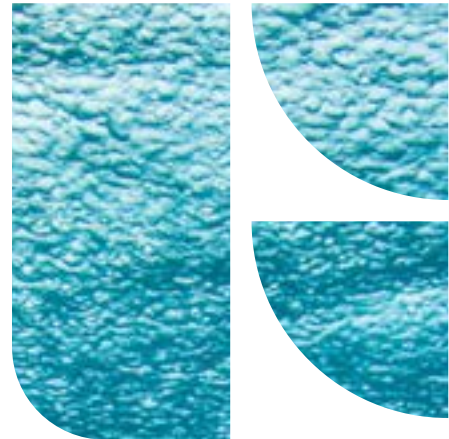
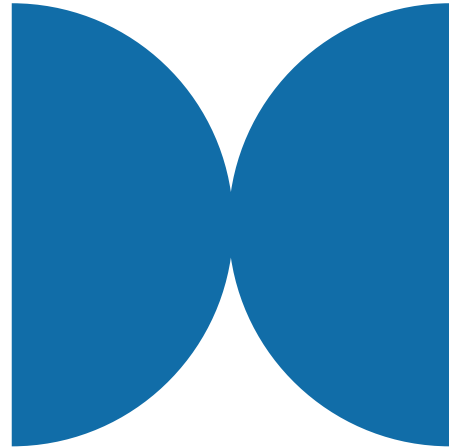


Images:
Old Glenrose Pool



Medical Evidence

At the Glenrose, rehabilitation is built on the belief that progress is possible even in the smallest moments. Aquatic therapy expands that progress, providing earlier access to movement.



From Land to Water

While land-based therapy remains essential to recovery, water offers unmatched therapeutic benefits:

Buoyancy

Buoyancy reduces body weight by up to 90%, allowing individuals to move and bear weight earlier in their recovery.

Gentle Water Pressure

Gentle water pressure (known as hydrostatic pressure) helps decrease swelling and improve circulation.

Natural Resistance

Natural resistance of the water strengthens muscles without putting added stress on joints.

Warm Water

Warm water also helps ease pain and relax muscles, reducing spasms.



Clinical Benefits

Across all ages and conditions, aquatic therapy improves outcomes:

- Children with **neurodevelopmental disorders** see improvements in motor coordination and social engagement.
- Individuals with **cerebral palsy** experience measurable gains in gross motor function.
- Patients with **Parkinson's disease** and those recovering from stroke improve balance and walking ability.
- People with **spinal cord injury** increase mobility and overall physical function.
- Patients facing **mental health challenges** experience reduced anxiety and depression.

At the Glenrose, every rehabilitation journey begins with a simple question:

What *if*?



What *if*
I could
move
without
pain?

What *if*
I could
stand
upright
again?



What *if*
I could
just be
a kid
again?

They Turned *if* Into I *did*



What *if* Joe could sail again?
Because of aquatic therapy, he did.

In 1975, a catastrophic car accident changed the course of Joe's life. After decades of managing injuries, including the amputation of his left leg through his hip, Joe believed sailing might be lost to him. But in the Glenrose pool, he relearned balance, movement, and possibility.

"I could do so much more in the pool. Everything is easier in the water because it's weightless."



What *if* Oral could move freely again?
With the right support at the Glenrose, he did.

A former elite athlete and triple jumper, Oral's stroke left him without sensation on the left side of his body. Aquatic therapy gave him something nothing else could during his recovery: relief, independence, and dignity.

"It gave me a real sense of safety and freedom, something that is hard to come by when you've lost use of part of your body."



What *if* Hudson could be a kid again?
Because of the therapeutic pool, he could.

Hudson, diagnosed with spastic triplasia cerebral palsy, needs warm water to relax tight muscles and build strength. For him, the pool wasn't just therapy, it was joy.

"Hudson loves to splash and be in the water, having the freedom to just be a child, that means everything," shares his mom, Sarah.

The New Facility

The campaign to rebuild the pool at the Glenrose will see a total renovation of the facility: including demolition of the existing aging structure and construction of a new, state-of-the-art aquatic centre. Designed to meet the highest standards in rehabilitation, the new facility will include:

2 Specialized Treatment Areas

1. Mid-Sized Therapy Pool

For group sessions and advanced rehabilitation.

2. Precision Therapy Pool

Equipped with an underwater treadmill and resistance jets.

Universal & Accessible Design

1. Fully Accessible Changing Areas

For patients and families.

2. Comfortable Viewing Space

For caregivers and loved ones.

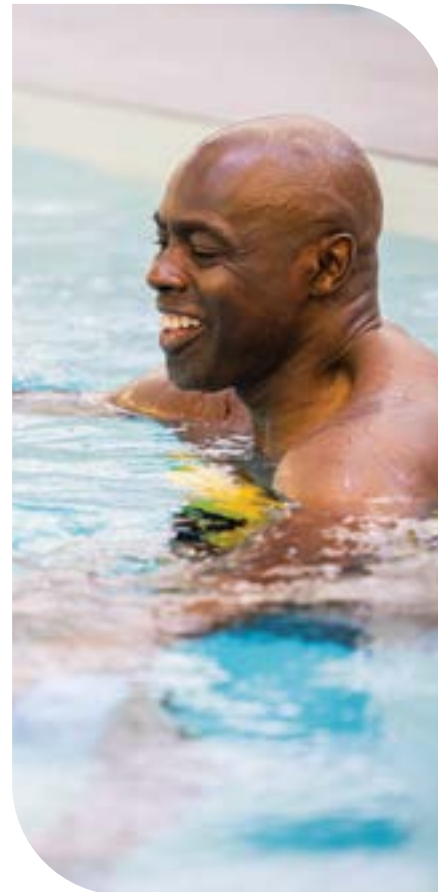
3. Adjustable Poolside Equipment

To support diverse patient needs.

4. Gradual Depth Transitions (0-7ft)

To accommodate a wide range of abilities.

This isn't just new walls or fresh paint, it's about giving people the care they deserve. It's the difference between getting by and getting better, meeting needs we can't ignore, and showing up for the thousands who walk through our doors looking for hope.



The Stakes Are High If We Don't Rebuild

Every month without the pool, **500 patients go without therapy** that could accelerate their recovery. Without the pool:

- Patients face stalled or slower recovery, impacting both physical and mental health.
- Family and caregivers experience greater strain, with longer recoveries and fewer supports for their loved ones.
- The healthcare system feels increased pressure as patients face delayed discharges and increased wait times.

Together, We Can Build It

Rebuilding the therapeutic pool is an investment in Albertans' health, independence, and future.

GOVERNMENT CONTRIBUTION
\$3.25 Million

WE ARE RAISING
\$3.25 Million

----- TOTAL COST TO REBUILD: \$6.5 MILLION -----

The total cost to rebuild the pool is \$6.5 million. Thanks to a commitment of \$3.25 million from the Government of Alberta, an important step toward making the new therapeutic pool a reality has been secured.

Now, we must raise the remaining \$3.25 million to bring the project to life.

Patients and families who depend on the pool cannot afford to wait. Government

funding will address the facility's core infrastructure, but it's philanthropy that will bring it to life – ensuring it's fully accessible, technologically advanced, and built with our patients in mind.

Your support turns *if* into *when*. And your belief in what we're doing will help turn *when* into *we did*.

Ways to Give

Your support of the therapeutic pool will have a meaningful impact on patients and families, both today and into the future.

Direct Impact Gifts

Help fund specialized equipment and support essential aquatic therapy programs that help individuals regain movement and independence.

Naming Opportunities

Create a lasting legacy by supporting and naming key spaces within the therapeutic pool facility – a reflection of your commitment to advancing rehabilitation care for generations to come.



Beyond Financial Support

Making a difference extends beyond donations. By sharing this campaign and engaging your community, you help shape the future of patient care.

Community Engagement

Help raise awareness by sharing real stories of patients whose lives have been transformed by the Glenrose therapeutic pool.

Fundraising

Mobilize your friends, family, and colleagues by organizing fundraising events and campaigns within your circle.

Shape an opportunity that reflects what matters most to you. **Connect with us to explore how you can make an impact.**

Be Part of What Comes Next

When the Glenrose therapeutic pool closed, **Joe** lost the only place where movement didn't come with pain. **Oral** lost a critical part of his recovery. And **Hudson** lost a space where healing felt possible.

Thousands more are still waiting. Your support can turn their *if* into *I did*.



Help Us Rebuild More than a Pool, Help Us

make  possible

make *if* possible



Glenrose
Hospital
Foundation

INSTAGRAM @GlenroseFoundation

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X @glenrosefdn

glenrosefoundation.com

**GLENROSE HOSPITAL
FOUNDATION**

10230 111 Avenue NW
Edmonton, AB T5G 0B7
780-735-6024