MO•TION

mó-SH(e)n\ A MEANINGFUL OR EXPRESSIVE CHANGE IN THE POSITION OF THE BODY OR A PART OF THE BODY.
MISSION:
The Foundation will raise funds to help attract the people and offer the programs to create and maintain a world-class research, education and health-care organization for Manitoba and beyond.

VISION:
We will support the Pan Am Clinic to deliver world-class treatment to its patients.
MESSAGE FROM THE CHAIR: WE HAVE ENJOYED ANOTHER SUCCESSFUL YEAR AT THE FOUNDATION, AND THIS SIMPLY WOULD NOT HAVE BEEN POSSIBLE WITHOUT THE GENEROUS SUPPORT OF DONORS, SPONSORS, STAFF, AS WELL AS THE PATIENTS WHO COME TO PAN AM CLINIC TO RECEIVE WORLD-CLASS TREATMENT.

The Pan Am Clinic Foundation has completed year two of a three-year strategic plan and we are excited to share our progress with you through this year’s Community Playbook. The commitment and dedication of the Board of Directors and staff has been unwavering, allowing us to achieve the goals set forth at the beginning of the year.

Over the past 12 months, we have been the first to broadcast a live knee surgery to high school students around the world; successfully launched a clinical concussion program at the MTS Iceplex; and mentored four more fellows through our international education programs (i.e. Orthopaedic Sports Medicine and Upper Extremity Reconstruction Fellowship and Primary Care Sport and Exercise Medicine Fellowship). Our research program has published a total of 15 manuscripts in peer-reviewed journals and made 55 presentations around the world.

The achievement of these goals, and several others, reflect our commitment to sustaining the Pan Am Clinic as a world-class centre of excellence and leaders in the prevention, diagnosis, and treatment of muscle, bone and joint disease.

On behalf of the Pan Am Clinic Foundation, I would like to thank all of you for your generous support and commitment to our organization. Together, we can continue to meet the needs of the great people of this city, province and country, and ensure that we can all lead healthy, active, productive lives.

James A. Ferguson
MESSAGE FROM EXECUTIVE DIRECTOR AND ALBRECHTSEN RESEARCH CHAIR:
IN OUR 2013 ANNUAL REPORT, THE YEAR WAS SUMMARIZED BY ONE WORD: TEAM.
THIS YEAR, IT’S ONLY FITTING THAT WE OUTLINE THE PROGRESS OF THE PAN AM
CLINIC FOUNDATION THROUGH OUR TEAM’S PLAYBOOK.

As we continue to rapidly evolve and expand, execution of our strategic plan is pivotal to ensure patients, research participants, donors, supporters and the extensive network of all those involved in our community outreach programs benefit by our efforts.

As we enter into new programs, fundraising events, and business development, our research, education and community outreach remain as key initiatives of the Foundation. In fact, growth and expansion in these other areas only strengthens and adds to our legacy by enhancing the sustainability of our organization and providing the resources necessary to achieve our goals, and deliver to you as promised.

As in sports, there are many teams, but only the teams that have the skill, motivation, personality and support to execute their playbook emerge successful. We believe that with your support and partnership, we have the players necessary to achieve our team’s ultimate goal to enhance the quality of life of those suffering from muscle, bone and joint disease or injury.

On behalf of the Pan Am Clinic Foundation, I would like to extend our sincere appreciation and gratitude for your support and teamwork as we pursue our mission through detailed execution of our playbook. Enjoy the read, and experience our evolution and growth together.

Dr. Jeff Leiter

WE HAVE THE PLAYERS NECESSARY TO ACHIEVE OUR TEAM’S ULTIMATE GOAL TO ENHANCE THE QUALITY OF LIFE OF THOSE SUFFERING FROM MUSCLE, BONE AND JOINT DISEASE OR INJURY.

The new location at the Iceplex marks the expansion of Pan Am Clinic to yet another site and will work well with the research facility in place at the Pan Am Clinic, as well as the proposed physiotherapy development set to occur adjacent to the Concussion Clinic. The next year will see the Foundation further branching out in the community and achieving some of our fundraising goals. Along those lines the commitment of Paul Albrechtsen to major new funding of the Foundation in addition to his previous funding, is a welcomed and appreciated milestone for the Foundation to support Jeff Leiter as the Albrechtsen Research Chair. Other cornerstones of fundraising are the golf tournament which continues to develop, as well as the annual dinner which this year honoured Bob Irving. These events are becoming a regular part of generous Winnipeggers’ agenda for supporting charitable events.

I wish to express my appreciation to everyone who has generously supported the work of the Foundation and to Jeff Leiter and the staff of the Foundation for all their hard work. I am confident that 2015 will see continued growth and expansion of our capabilities.

Dr. Peter MacDonald
Christie has lived with osteoarthritis for decades, and previously underwent hip replacement surgery. That surgery and another hip replacement surgery following her shoulder procedure—one for the other—didn’t even come close to excising the excruciating pain her shoulder caused. It affected every aspect of her life.

Her medication couldn’t control her pain for the simplest tasks, like getting dressed, or the more meaningful time she wanted to spend with her family, including four grandchildren and three great-grandchildren.

“I was always active,” says Christie, who with her late husband, cared for 37 foster children over the years. She knew she had everything to live for, but her quality of life made her question if it was worth it going on. This was her frame of mind when she made her first appointment at Pan Am Clinic. “I’d heard good things about Pan Am from friends,” she says, “but like anything else, until something happens to you, you don’t know when you’ll need to use the information.”

After her initial consult, she was placed on new medication to help manage her pain while she awaited surgery. “[The doctor at Pan Am Clinic] was able to prescribe something that made it bearable.”

Eight days after her surgery, she was pain-free, without medication. “I was so amazed at the result. You can’t imagine the pain I was in before, and now it was gone.”

While Christie would say he performed a miracle, Dr. Greg Stranges performed reverse shoulder replacement surgery. In this procedure, a metal ball is attached to the socket and a metal stem with plastic cup is attached to the upper arm in order to replace the shoulder joint.

Now Christie is back to enjoying her life. “It’s wonderful to have little ones around,” she says of her growing family. She says she wishes she hadn’t waited as long as she did to explore her care options at the Pan Am Clinic. “I should have had it checked out right away.”

She encourages others to turn to Pan Am Clinic at the first symptoms of pain or if they’re having mobility issues. “See someone who can help. Don’t wait. They can see what’s needed and they know what to do about it.”
It all began with youthful hijinks gone wrong. At the time a Killarney School student, Sara was attending the Westman Youth Choir camp. It was in the middle of the night on October 6, 2013 and the girls had snuck into the boys’ cabin to prank them. Running away, she was tripped, but between her speed and the darkness, the boy – who intended to catch her – instead saw her catapult and smash her body and head on the concrete below.

At the time, Sara and those around her didn’t realize the extent of her injury. She needed to be shaken awake the next day, and although her head was pounding and she was dizzy, she continued to participate in the rest of the camp’s activities.

The misunderstandings and misinformation about what Sara was going through resulted in difficulties at school. Not everyone believed Sara was unwell. “It’s so stressful,” says Diane. “People don’t realize just because you don’t have a cast, sling or crutches that you could be injured. There’s a stigma. Sara would say, ‘Mom, I don’t think anyone believes me.’”

Both Diane and Sara credit resource teacher, Grant Wiesner, stepping up to put new resources in place to help with the physical and emotional recovery from concussion, and to ensure students don’t lose out academically as a result of their injury. Diane still feels guilt for her daughter’s experience with concussion. “I was panicking about her exams and afraid for her future. I was worried she might fail if she missed too many classes. I didn’t give her enough time (to recover). I should have been more patient. I pushed her too hard,” she says, her voice choked with emotion. “At the time, I didn’t know.”

Her symptoms didn’t ease when she returned home. With a concern for bleeding in her brain, she was sent to Brandon for a CAT scan. The scan didn’t reveal any bleeding, and she returned to her regular school and extracurricular activities.

On November 3 of the same year, Sara was in a car accident and her head hit the car’s steering wheel. Almost unbelievably, she took another knock to the head only two months later, slipping on ice and striking her head on the bumper of her car. The cumulative effect of concussions so close together was drastic. Her nausea, headaches and dizziness returned, along with a new symptom. “I was angry. Furious. The smallest thing would set me off, like my mom asking me to empty the dishwasher. My anger was affecting my relationships with my friends. I didn’t understand what was happening. I thought, ‘That’s not who I am,’ but I was in a miserable place.” She was also dealing with anxiety and depression. Sara’s mother, Diane Dickson, says living with Sara during this time was an emotional rollercoaster. Diane’s patience was slipping, and her 16-year-old son didn’t understand the change in his sister’s moods. “I didn’t know what had happened to my daughter. She’s a sensitive soul. Her singing moves people to tears; that’s how she expresses her emotion. Now we heard anger and venom.”

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She was always in her daughter’s corner. Diane advocated for her daughter’s treatment – as did Sara. On the recommendation of others who suffered with concussions, they found their way to Pan Am Clinic’s Dr. Michael Ellis. “Fight for a referral to a specialist,” says Diane. It was the team of Dr. Ellis, neurologist Dr. Satnam Nijjar and vestibular therapist Karen Reimer who were able to help Sara on her path to healing – one that continues to this day. “I’m so proud of how far she’s come,” says Diane.

Sara was able to graduate from high school with honours, and is now attending Brandon University as a vocal performance major. “I’m feeling so much better now. I’m not worried or freaking out. I know that I have to pay attention to how I’m feeling and not overdo it. I know I have people on my side.”

The type of care Sara needed is the mission behind Pan Am Clinic’s Concussion Program, which opened October 2014 at the MTS Iceplex. The clinic, the first of its kind in Canada, deals with those 19 and under who experience complications after suffering a concussion. The goal of this program is to elevate the standard of care and meet the unique needs of children and adolescents with concussion and traumatic brain injuries. The clinic is also a place where researchers will be able to discover how concussions can most effectively be diagnosed and managed.
On June 14, 2014, the 6-foot-1, 210-pound Winnipeg Blue Bomber linebacker suffered a dislocated ankle and broken fibula in a game against the Calgary Stampeders. Dr. Peter MacDonald performed surgery, the first step to return Newman to health and to the Bomber lineup. Two screws were used to keep the broken bones of the spiral fracture in place. Newman spent six weeks immobilized in a cast while the bones and ligaments healed. It was two months before he would be able to bear any weight on his injured leg. Throughout his healing, he counted on Dr. MacDonald’s skill – and reassurance that all was going according to plan. As the Bombers’ head orthopaedic surgeon, he was available on a regular basis to check in with him, said Newman.

“This was my first serious injury,” says Newman. “It’s not just physical. It’s helpful mentally to hear you will heal and be able to get back to football. It means something, coming from him with all his experience in sports medicine.”

The former Saskatchewan Roughriders player and British Columbia native has remained in Winnipeg throughout his rehabilitation. “All the resources are here,” says Newman. He had a second surgery to remove the screws from the bone, and in the last few weeks of October, he was running. “I hadn’t run for four months. Your muscles and cardio endurance aren’t the same. It was awkward, but it comes back fast.”

Bomber coach Mike O’Shea reported that team head athletic therapist Al Couture said Newman’s progress was remarkable.

“No two games play out in the same way, but Graig Newman, 25, couldn’t have known this particular pre-season football game would end for him in a way that had nothing to do with the points on the scoreboard.”

Newman is grateful for the support of his teammates, both the ones he’ll soon rejoin on the field and all of those who helped with his injury treatment and rehabilitation. “Everyone is doing what it takes to get me back. They’ve seen [injuries like mine] before. You feel trust. They know what to do and they’re taking great care of you. “When I come back for my first game, I don’t think the injury will cross my mind. I’ll be doing what I love to do.”

“IT keeps getting better and better,” says Newman. “From light jogging and shuttles to jumping and cutting – all the other things that relate to playing football, they’ll take a bit more to come back.”

Newman is grateful for the support of his teammates, both the ones he’ll soon rejoin on the field and all of those who helped with his injury treatment and rehabilitation. “Everyone is doing what it takes to get me back. They’ve seen [injuries like mine] before. You feel trust. They know what to do and they’re taking great care of you. “When I come back for my first game, I don’t think the injury will cross my mind. I’ll be doing what I love to do.”

He plans to be as good as his name – a new man. “I’ll take it in stride. When you’ve battled adversity you always come out stronger in the end.”
Dr. Gella arrived in Winnipeg to begin his residency in January. “I don’t have any words to describe it,” he says of encountering his first cold blast of -44°C temperatures, just steps outside the airport terminal. “I thought my nose was going to drop off!” While the weather was cold, his welcome was a warm one.

“I had some apprehension, but the Pan Am Clinic made everything so comfortable.” He had some time to prepare for his fellowship in Canada, if not for the experience of the cold itself. A colleague in the UK encouraged him to apply. Three years passed between the time he first considered coming and his arrival in Winnipeg. The clinic and foundation staff was there to support him throughout the application and planning process, offering advice and help for coming to Canada.

It was worth the wait. One of the best things about the fellowship is being able to see a variety of cases, says Gella. “In a short amount of time you see so much.” Not only do fellows observe, they are also provided with direct patient-care experience. This all-in approach provides the type of learning and confidence you can’t get from observation alone.

He will always remember his time with the Pan Am Clinic and he will continue to reflect on his experiences and how they will benefit his future patients. “I’ve felt I could approach anybody, ask any questions and I would be guided. I knew someone would be there for me,” says Gella. Indeed, he found he could count on his colleagues, including when it came to saving his life.

On a summer weekend adventure, he found himself struggling to keep his head above water in an unfamiliar lake. Dr. Randa Berdusco jumped in to pull him to safety. “I remember seeing her face,” he says, and not much else of his brush with danger.

He would encourage others to apply for a fellowship with Pan Am Clinic for the experience the clinic offers. “The working atmosphere is wonderful. I don’t think you’d be able to find the opportunities you receive here with a fellowship anywhere else.”

Dr. Sreenadh Gella
From: Birmingham, UK
Eduation: MBBS, MS (Orth), FRCS (T&O)
Title: Orthopaedic Sports Medicine and Upper Extremity Reconstruction Fellow

An Experience of a Lifetime
Her interest in sports led her to take part in a two-week elective at the clinic in her fifth year. Work at the clinic offers a perfect intersection for her interests in emergency and sports medicine, says Hill.

While some sports injuries may present themselves in the ER, follow up care and rehabilitation are hallmarks of the clinic. “It’s the perfect balance,” says Hill. “I can have the faster pace and higher intensity of ER, and the time to talk to young, healthy and motivated patients here in the clinic.”

She appreciates the opportunity the fellowship brings, including exposure to a high volume of patients with a wide variety of pathology. The clinic is also a rare set-up compared with others across the country, says Hill. “It is a one-stop shop,” she says, with everything from orthopaedics to casting and MRIs and operating theatres. The Sport and Exercise Medicine Fellowship also provides access to another level of professionals – the athletes of the NHL Jets.

“We help at Jets games. That’s unique to Winnipeg,” she says. “It’s a very different way to experience the game compared with being a fan watching the action.”

Being part of the action also sets the Pan Am Clinic fellowships apart from others. You become comfortable with the hands-on aspects with the guidance of professionals including the program director, Dr. Teo. “It’s a supportive atmosphere. The support staff here is also excellent,” she says.

Hill encourages others to take part in the fellowship not only for the valuable experience, but also the fellowship’s assistance funding educational activities, a welcome benefit that helped Hill defray the cost of exam fees and other expenses.

She encourages other medical students to take an elective at the Pan Am Clinic to see how they might fit in, and if it is something they’re interested in, to pursue the fellowship. “You won’t find a stronger sports medicine fellowship in Canada.”
SPECIAL TEAMS

DR. PETER MACDONALD
AREA OF SPECIALTY
Shoulder, Knee, Sports Injuries and Arthroscopy
EDUCATION
• Orthopaedic Residency - University of Manitoba
• Clinical Fellowship - Foot and Ankle Surgery - University of Rochester Medical Center
• Clinical Fellowship - Foot and Ankle Surgery - University of British Columbia

Dr. MacDonald serves as Head, Section of Orthopaedic Surgery at the University of Manitoba; Gibson Chair of Orthopaedic Surgery and Research; Regional Leader, Section of Orthopaedic Surgery for the WRHA Surgery Program; and is the Head Team Physician for the Winnipeg Jets and Winnipeg Blue Bombers.

Dr. MacDonald has been named 2nd President Elect of the Canadian Orthopaedic Association.

DR. TOD CLARK
AREA OF SPECIALTY
Hand, Wrist and Elbow and Peripheral Nerve Surgery
EDUCATION
• Orthopaedic Residency - University of Manitoba
• Clinical Fellowship in Hand, Wrist and Microvascular Surgery - Mayo Clinic, Rochester

Dr. Macdonald serves as Head, Section of Orthopaedic Surgery at the University of Manitoba; Gibson Chair of Orthopaedic Surgery and Research; Regional Leader, Section of Orthopaedic Surgery for the WRHA Surgery Program; and is the Head Team Physician for the Winnipeg Jets and Winnipeg Blue Bombers. Dr. Macdonald has been named 2nd President Elect of the Canadian Orthopaedic Association.

DR. HEATHER BARSKE
AREA OF SPECIALTY
Foot and Ankle Surgery
EDUCATION

Dr. Barske specializes in Foot and Ankle Surgery.
On Tuesday, June 17 the Pan Am Clinic Foundation hosted the second annual Diamond In the Rough Golf Tournament at Southwood Golf and Country Club. The tournament’s 155 golfers came out on a cloudy, overcast day to support the Pan Am Clinic Foundation. Golfers received a custom tailored suit by EPH Apparel and the opportunity to bid on unique prize packages.

“The response has been overwhelming to the nine-hole format of the tournament. The golfers really enjoy the golfing, the camaraderie, and the great food and prizes,” said Executive Director and Albrechtsen Research Chair Dr. Jeff Leiter. “We are looking forward to another successful tournament in 2015.”

Funds raised through this event support the Pan Am Clinic Foundation Concussion Research Program at the MTS Iceplex. This program enables sport scientists to undertake research to improve the sideline assessment and management of sports concussion. This program can play a pivotal role in determining how and when to return players to sport safely and successfully following a head injury.

The Pan Am Clinic Foundation would like to thank our dedicated committee members, all those who offered sponsorship support and to everyone that came out and helped make Diamond In The Rough a success.

The Pan Am Clinic Foundation held its 9th Annual Fire & Ice Gala Fundraising Dinner on March 20, 2014 at the Fort Garry Hotel, Spa and Conference Centre. The dinner is one of the primary fundraisers for the Foundation. The Foundation celebrated sport excellence and commitment to the community by honouring Bob “Knuckles” Irving, the Sports Director at CJOB, a Canadian Football Hall of Fame Reporter, and the voice of our Winnipeg Blue Bombers for the past 40 years.

Emceed by CBC Manitoba’s John Sauder and featuring CBC Sportscaster Scott Oake, an “After Hours” style, one-on-one interview was conducted with the guest of honour. The evening began with Scott breaking the ice by showing a young Bob in a Minute Muffler commercial that left the crowd in stitches and set the tone for the rest of the evening.

Guests were treated to a gourmet meal and enjoyed musical entertainment by Grant Leutschaft. Thank you to everyone who made the evening a success by supporting the Pan Am Clinic Foundation and joining us in paying tribute to a truly deserving individual and proud Winnipegger.

Thank you to the following sponsors: Diamond Athletic Medical Supplies Inc. Mercedes-Benz Winnipeg University of Manitoba Faculty of Medicine Radiology Consultants of Winnipeg Medical Corporation Winnipeg Building & Decorating Ltd. Manitoba Public Insurance CJOB Winnipeg Free Press Roy’s Florist The Fort Garry Hotel, Spa and Conference Centre Banville and Jones Wine Co.
The desire to become a physician was affirmed this year when he participated in the Medical Careers Exploration Program, or MCEP. Created through a partnership of the Winnipeg Health Region’s Pan Am Clinic, Children of the Earth High School and the Winnipeg School Division, the three-year program offers students hands-on experience working with doctors, nurses, technicians, physiotherapists and other medical mentors at the Pan Am Clinic, Grace Hospital and Health Sciences Centre Winnipeg.

Courchene was one of six students to graduate from the program this year. He is now pursuing an undergraduate degree at the University of Manitoba.

“My family members really support my career choice to be a doctor. More specifically, my dad directed me toward this medical program at Children of the Earth. It was a great decision on his part and I am thankful for the opportunity.”

Launched in 2007, the first class of five students graduated in 2011, six more graduated in 2012, followed by five in 2013, and six more in 2014. The MCEP features a blend of core academics and courses with a cultural flavour. Students take courses in pre-calculus math, biology, chemistry, and English, as well as language courses in Ojibwe and Cree. In addition to working on information communication technologies to enhance their computer skills, they also learn traditional Aboriginal ways of healing and medicine.

MCEP graduates also qualify for a Bright Futures post-secondary scholarship grant of $1,000 for each year they complete in high school as students of the program.

MCEP is designed to prepare students for a future in health care by reinforcing the skills necessary to excel in university. But the academic workload also serves to prepare students who may ultimately wish to pursue a different career path.

A full version of this story by Susie Strachan, a communications advisor with the Winnipeg Health Region, was originally published in the Summer 2014 edition of Wave magazine and available at www.wrha.mb.ca/wave.
MORE THAN 1,000 HIGH SCHOOL STUDENTS—SOME FROM AS FAR AWAY AS AFRICA AND TAIWAN—OBSERVED AS PAN AM CLINIC’S DR. PETER MACDONALD RECONSTRUCTED A LIGAMENT IN A PATIENT’S LEFT KNEE.

While MacDonald is working on the knee of a 29-year-old man in the operating room at the Pan Am Clinic, a secure, high-definition video feed was streamed directly to the library at Sisler High School. From there, the feed was transmitted around the world using a Frontier School Division-protected computer bridge to students in northern Manitoba, Taiwan, and Lesotho in Africa.

“The technology allows us to take students into the operating room, and lets them interact with the surgeon and the patient while the operation is going on,” said Jamie Leduc, department head of the Business and Information Technology Department at Sisler High School.

MacDonald performed a reconstruction of the left anterior cruciate ligament on his patient. The Pan Am Clinic does around 5,000 operations per year.

Dr. Wayne Hildahl, Chief Operating Officer of the Pan Am Clinic, was pleased with the scope of this year’s connection. Last year, the video feed was tested to schools in northern Manitoba. That successful connection gave the go-ahead to reach out to the world.

“This truly is international,” said Hildahl, adding that the event wouldn’t have come about without the partnership between Sisler High School, the Pan Am Clinic, its Foundation, the Winnipeg School Division, Frontier School Division, and the Winnipeg Regional Health Authority.

A full version of this story by Susie Strachan, a communications advisor with the Winnipeg Health Region, was originally published at WinnipegHealthRegion.ca in May of 2014.
RESEARCH GRANTS
APRIL 1, 2013 – MARCH 31, 2014

University of Manitoba - Alexander Gibson Fund
$13,000
Trephination in Arthroscopic Cuff Repair: A Prospective Randomized Controlled Trial.

University Medical Group - Faculty of Medicine, Department of Surgery
$15,000
Biceps Tenodesis vs Tenotomy in the treatment of lesions of the long head of biceps brachii of patients undergoing arthroscopic rotator cuff repair. A randomized controlled trial.

Winnipeg Regional Health Authority
$30,000
Head Injury and Concussion Research Study

CONMED LINVATEC CANADA
$15,000
Biceps Tenodesis vs Tenotomy in the treatment of lesions of the long head of biceps brachii of patients undergoing arthroscopic rotator cuff repair. A randomized controlled trial.

Dr. David Amirault Medical Practice Inc
$1,500
Shoulder Simulator Study

EDUCATION & COMMUNITY OUTREACH GRANTS
APRIL 1, 2013 – MARCH 31, 2014

Orthopaedic Fellowship Annual Meeting
ConMed Linvatec Canada
Tribe Medical Group

Orthopaedic Sports Medicine and Upper Extremity Reconstruction Fellowship
Arthrex Inc.
Ossur Canada Inc.

Primary Care Sports and Exercise Medicine Fellowship
Institute of Sports Medicine Co-Venture
Ossur Canada Inc.

Medical Careers Exploration Program
Manitoba Children and Youth Opportunities
The Winnipeg Foundation

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Neil Almdal
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Dr. Jeff Leiter
LifeLink Health Management Inc
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Purdue Pharma
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Hartley & Heather Richardson
James & Leney Richardson
Siobhan Richardson Foundation Inc
Smith & Nephew Inc
Charlie & Dayna Spring
Sports Physiotherapy Centre
Gary & Gwen Steiman
Daniel Taiman
Tribe Medical Group
University of Manitoba
University of Manitoba - Alexander Gibson Fund
University Medical Group
Henry & Elisabeth Vis
The Wawanesa Mutual Insurance Company
The Winnipeg Foundation

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31
### SUMMARY STATEMENT OF FINANCIAL POSITION
YEARS ENDED MARCH 31

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<td>Research expenses</td>
<td>5,370</td>
<td>34,407</td>
</tr>
<tr>
<td>Salaries and benefits</td>
<td>141,603</td>
<td>146,793</td>
</tr>
<tr>
<td>Supplies and equipment</td>
<td>88,794</td>
<td>72,148</td>
</tr>
<tr>
<td>Travel</td>
<td>21,668</td>
<td>20,621</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td>1,125,651</td>
<td>960,040</td>
</tr>
<tr>
<td><strong>Increase (decrease) in net assets</strong></td>
<td>(71,588)</td>
<td>(51,480)</td>
</tr>
<tr>
<td><strong>Net assets at beginning of year</strong></td>
<td>279,143</td>
<td>330,623</td>
</tr>
<tr>
<td><strong>Unrealized gains on available for sale investments</strong></td>
<td>4,679</td>
<td>0</td>
</tr>
<tr>
<td><strong>Net assets at end of year</strong></td>
<td>212,254</td>
<td>279,143</td>
</tr>
<tr>
<td><strong>Deferred contributions</strong></td>
<td>2,602,051</td>
<td>2,489,205</td>
</tr>
<tr>
<td><strong>Balance at end of year</strong></td>
<td>2,403,593</td>
<td>2,602,051</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Assets</strong></th>
<th>2014 ($)</th>
<th>2013 ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>1,199,012</td>
<td>1,664,214</td>
</tr>
<tr>
<td>Accounts receivable</td>
<td>38,925</td>
<td>78,820</td>
</tr>
<tr>
<td>Prepaid expenses</td>
<td>19,470</td>
<td>6,847</td>
</tr>
<tr>
<td>Capital assets</td>
<td>713,762</td>
<td>775,745</td>
</tr>
<tr>
<td>Long-term investments</td>
<td>323,253</td>
<td>454,751</td>
</tr>
<tr>
<td>Advances to profit-oriented subsidiary</td>
<td>498,522</td>
<td>0</td>
</tr>
<tr>
<td>Investment (deficit) in profit-oriented subsidiary</td>
<td>(90,362)</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>2,693,963</td>
<td>2,980,377</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Liabilities and net assets</strong></th>
<th>2014 ($)</th>
<th>2013 ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts payable</td>
<td>78,138</td>
<td>99,185</td>
</tr>
<tr>
<td>Deferred contributions</td>
<td>2,403,593</td>
<td>2,602,051</td>
</tr>
<tr>
<td>Net assets</td>
<td>212,254</td>
<td>279,143</td>
</tr>
<tr>
<td><strong>Total Liabilities and net assets</strong></td>
<td>2,693,963</td>
<td>2,980,377</td>
</tr>
</tbody>
</table>
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The services offered and the innovative approaches to health care at the Pan Am Clinic have helped to establish our organization as a community and national leader in health care. Your financial support for education, research and community outreach initiatives will assist in advancing the treatment of muscle, bone and joint conditions and ultimately play a key role in helping people live healthy, active lives.

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