The City of Winnipeg
Community Incentive Grant Program
APPLICATION

Please refer to the "Guide to Applicants" for assistance completing this form.

1. Name of Organization: **Manitoba Cardiac Institute (Reh-Fit) Inc.**
(operating as the Kinsmen Reh-Fit Centre)

2. Mailing Address: **1390 Taylor Avenue, Winnipeg, MB**
Postal Code: **R3M 3V8** Phone No.: **488-8023**
Fax No.: **488-4819** Email: **rehfit@reh-fit.com**

3. Name of designated officials to be contacted about this application:

Name: **Don Fletcher** Phone (Res.): **475-8142**
Position: **Executive Director** Phone (Bus.): **488-8023**

4. How long has the organization been in operation? **Since April 1979 (25 years)**

5. CIGP Requested Amount **$10,000** (Max. 50% of Total Project Cost)

LIST OTHER SOURCES OF FUNDING		AMOUNT	CONFIRMED
SOURCE #1	**Province of Manitoba**	**$1,300,000**	**YES**
SOURCE #2	**Government of Canada**	**$1,300,000**	**YES**
SOURCE #3	**Paul Albrechtsen**	**$1,300,000**	**YES**
SOURCE #4	**Capital Campaign**	**$1,700,000**	**NO (in process)**
	[Paul Albrechtsen matching each dollar raised in the Capital Campaign]	**$1,700,000**	**Commitment to match dollars raised confirmed**
	*TOTAL PROJECT COST	$7,300,000	

Project includes $6,000,000 building, equipment and furnishings. Balance net of expenses to fund a "Future Fund" towards ensuring the sustainable future of the Centre for the next 25 years.

6. Name of Project: **"BUILDING COMMUNITY WELLNESS: Vision and Challenge"**

7. Location of Project: **1390 Taylor Avenue, Winnipeg, MB R3M 3V8**
Preferred Start Date: **April 2004** End Date: **December 2004**

8. Detailed Project Description: Attach on separate sheets or use the reverse side of this application

APPLICANT SIGNATURES
I/We hereby certify that I/we am/are the authorized signing officer(s) of the applying organization and this application is accurate to the best of my/our knowledge.

Don Fletcher — April 29/04

SIGNATURE **Don Fletcher, Executive Director** **DATE**

David G Newman — April 30/2004

SIGNATURE **David G. Newman, Q.C., Capital Campaign Chair** **DATE**

Provide a detailed description of the planned project. Please refer to the Guide to Applicants Item 8.

The Reh-Fit Centre regards Condition 1, 2 and 8 of the "Additional Requirement" to be inapplicable given the Infrastructure Program requirement and normal building permit requirements, which will be met; and, the arrangements with the City of Winnipeg concerning a long term lease being negotiated and ownership of the Reh-Fit Centre continuing to be the Manitoba Cardiac Institute (Reh-Fit) Inc.

Additional information concerning the project is attached.

BUILDING
COMMUNITY
WELLNESS

KINSMEN REH-FIT CENTRE

Proposal for Capital Expansion & Renovation

SUMMARY & QUICK FACTS

Vision and leadership have been the hallmarks of the Reh-Fit Centre since it opened twenty-five years ago. For a quarter century, the Centre has led the way in promoting and encouraging healthy active living for all health conscious adults, regardless of their health status, in the City of Winnipeg. The Centre is known for its expertise in cardiac rehabilitation and has helped others within our community whose health is affected by diabetes, arthritis, osteoporosis, obesity and other chronic diseases.

The Reh-Fit Centre is community-based and volunteer-driven and provides its services **city wide**. In 1979, the Centre was the first of its kind in Canada, and the 3rd in North America (behind the Cooper Institute in Texas and the Hartford Connecticut programs).

The Centre has been the leader of cardiac rehabilitation and other programs in Canada and currently houses the head office of the National Association of Cardiac Rehabilitation for Canada (over 400 members coast to coast).

The Centre was originally built in 1979 with support from the Province of Manitoba ($250,000), the City of Winnipeg (leased land), the Kinsmen Club ($300,000), the Winnipeg Foundation ($75,000) and the remainder from the community.

The expanded Reh-Fit is a 36,000 sq. ft addition and renovation to a 48,000 sq. ft facility at Taylor and Waverley. Cost for the project is $7,300,000. A Federal-Provincial Infrastructure Program grant of $1.3 million each has been matched by $1.3 million from Paul Albrechtsen for a total of $3.9 million. The balance of the building costs will be raised in the Capital Campaign. In addition to his share of the Infrastructure Program, Paul Albrechtsen, a long-time Reh-Fit Centre member and community philanthropic benefactor will match equally every dollar donated to this project, up to $1.7 million. Total Campaign Goal is $7.3 million.

This project will have significant benefits **city-wide** in participation, health promotion, teaching/education, employment and in developing a stronger, healthier community. In addition to the figures attached, the following areas are being enhanced:

- Additional exercise program space, including an expanded track and new equipment;

BUILDING COMMUNNITY WELLNESS
CAPITAL ADDITION TO MANITOBA CARDIAC INSTITUTE (REH-FIT) INC.

Project Benefits

		Current	Projected
(a)	Increase the number of participants utilizing the Centre's facilities and programs	2900	4000
	Specifically:		
	• Older seniors > 75 years of age	550	700
	• Seniors 60-75	900	1,050
	• General population (25-60 years)	600	900
	• Youth <25	72	150
	• Handicapped	50	150
	• New cardiac patients*	300	600
	• Diabetics	24	120
	• Other chronic disease issues	120	300

**Note: The Reh-Fit Centre has already expanded its Cardiac Rehab programs to a large number ... the 300 stated is the baseline for which the current facility was developed. The added numbers has created a very constrained space problem.*

		Current	Target
(b)	Increase health promotion opportunities for improved healthy lifestyles for both primary and secondary prevention for all the community	40/term 2x yr.	60/term 2 x yr.
(c)	Increase of teaching opportunities for U of M faculties of P.E. Nursing, Medicine, Nutrition	2-3 units per year	4-8 units per year
(d)	Employment benefits will lead to direct additional employment of 10-12 EFT personnelplus ancillary contracts for massage therapists, etc.	32.0 EFT	42-43 EFT

Additional benefits:

Indirect benefits that are not directly quantifiable here, except through published research include: *reduced mortality and morbidity, stress, chronic disease issues, improved quality of life, improved and independent living of seniors, reduced incidence of hospital admissions and length of stay plus a range of other psycho-social benefits of individuals involved in effective programs of health promotion and exercise.*