



**MCDUGALL HOUSE**
RECOVERY HOME FOR WOMEN

The McDougall House Association Annual Report 2023 / 2024



The McDougall House Association acknowledges that we are located on Treaty 6 territory, a traditional meeting grounds, gathering place, and travelling route for diverse Indigenous peoples including the Cree, Blackfoot, Métis, Nakota Sioux, Iroquois, Dene, Ojibway/Saulteaux/Anishinaabe, Inuit, and many others whose footsteps have marked these lands for centuries.



MESSAGE FROM THE CHAIR

Dear Members, Supporters and Friends,

As we reflect on the past year at McDougall House, we are filled with immense pride and gratitude. This year we were awarded the status, “Accredited with Commendation”, a significant achievement. Congratulations to all involved in this outstanding achievement. This was possible due to the unwavering support and dedication of our staff, board and committee members, donors, partners and funders. Each have played a key role in helping fulfill our mission of providing comprehensive care, support and treatment to women navigating addictions in Alberta.

First and foremost, we want to extend our deepest appreciation to our generous donors, partners and primary funder, Alberta Health Services for supporting our mission. With your continued support, our financial position remains strong with total assets of \$1.2M. McDougall House Association received a clean audit opinion on the financial statements for the period ending March 31, 2024. Like many nonprofit organizations, McDougall House Association faces an ongoing challenge to generate sufficient funding to maintain and expand its programming. Your support has been the bedrock upon which we build our programs and initiatives, and we are profoundly grateful for your trust and commitment. Your belief in our vision and your willingness to invest in our future have made a tangible difference in the lives of countless individuals and families McDougall House has supported who continue to ripple positive impacts in their communities and lives. Together, we are building a stronger, healthier community.

Through our four Committees (Governance and Ethics, People and Safety, Finance and Fund Development), our board and committee members have provided invaluable leadership, guidance and contributions throughout the year in advancing and maintaining strong governance at McDougall House. Your strategic insights have ensured that we remain true to our mission. We appreciate your



generosity of time, diverse skills, compassion and support provided to the McDougall House. Whether you are providing specialized support to our Executive Director regarding daily operations or supporting special fund development events including the annual Online auction and the Run for Recovery, providing oversight and fulfilling our fiduciary responsibilities, your impact is immeasurable. We were also excited to welcome Wendy Dupree and Ese Nkadi to the Board this year adding strength, diversity and experience.

Our staff, the heart and soul of our center, deserve special recognition. Your professionalism, empathy, and unwavering dedication to our clients have been the driving force behind our success. This year, we achieved a significant milestone—successful “accreditation with commendation” in September. This means that McDougall House has surpassed the fundamental requirements of the accreditation program. This accolade is a testament to your hard work, commitment to excellence, and the high standards of care we provide. Thank you for your exceptional service and for making our center a safe place of hope and healing.

During this past year, staff initiated two innovative projects that will further enhance our services and impact. The first is our Urban Backyard Garden Project which aims to create a therapeutic bountiful garden for our clients in our spacious backyard. This project will provide a serene environment for healing and growth, fostering a sense of community and well-being and enjoying the bounty included in the delicious meals prepared for our clients.

The second initiative is our Indigenous Healing Partnership. We are honored to collaborate with Indigenous leaders to integrate traditional healing practices and education into our treatment programs. This partnership reflects our commitment to culturally sensitive care and our respect for the diverse backgrounds of the individuals we serve.

In closing, we extend our heartfelt thanks to everyone who has contributed to our success this year. Your support, in all its forms, has been instrumental in helping us achieve our goals and make a meaningful difference in the lives of those we serve. Together, we will continue to build a future where everyone has the opportunity to heal and thrive.

With appreciation,
Sheila Smigarowski
Board Chair



Strategic Plan



STRATEGIC DIRECTIONS

We highly value the MHA's unique and client centered recovery model that *optimizes* the number of opportunities for women to be successful in sustaining sobriety.

We *lead*, with a reputation of quality life-changing programs and services for substance misuse and sustained emotional and mental health, *inclusive* of all women on their journey of recovery from addictions.

We ensure *long-term sustainability* of MHA by building strong relationships with funders and partnerships within the community.

We provide strong *effective governance* oversight to ensure the integrity of the business and compliance to Accreditation Canada Standards and applicable legislation.



Strategic Plan

FY2024 Update



GOAL ONE

Compassionate residential treatment programming, continually refreshed and implemented, is client-centred, holistic, cost effective and relevant to meet the needs of women in recovery from addiction.

- Annual program completion rates: In comparison to recent years (FY21 to FY23) that saw completion rates ranging from 70 to 77% in FY21, FY24 are just shy of 60%.
- Alumnae program held four gatherings, each with a former client as a guest speaker. The gatherings include four to ten alumnae as well as all resident clients.
- The Indigenous Healing Partnership initiative has been well received by clients. Client rating is 9.5 out of 10. On what was learned, one client said, *"the powerful and spiritual teachings of the ceremonial skirt, the love and prayer that goes into it as you sew for the one you are getting it to"*.
- Raised Garden project successfully implement, engaging both clients and employees in the activity.



GOAL TWO

Predictable and sustainable funding achieved through a diverse portfolio of short and long-term funding sources.

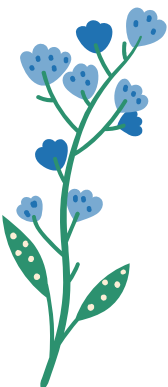
- Charity partner with Run for Recovery, Board, employees and clients participated. Activity generated \$9,127.
- Annual Holiday Season Drive and Online Auction raised profile along with \$9K and \$19K respectively.
- Fundraising Committee expanding to increase diversity of skill, experience and community.



GOAL THREE

McDougall House board members are diverse, engaged and fulfill their fiduciary responsibilities to steward the business operations in achieving the established strategic goals.

- Policy and Procedure Manual updates (Sept 2023)
- Awarded Accredited with Commendation by Accreditation Canada.
- Board welcomed two new members, bringing total to 12.
- Annual Board Assessment and Board Skills Matrix entrenched as ongoing processes.



From a former client.....

McDougall House,

The process of recovery can be dark, painful and lonely.....until you see the big white house with the red door.

I came into recovery broken, afraid and aimless. At my rock bottom. I had lost my home, my family, my belongings and my sanity. I was at my lowest point and desperate for a change – for a chance at a new beginning.

I heard about McDougall House through several women who had similar stories to mine. They spoke about a large white house with many windows and a big red door, but also of all the healing they experience there. “A life changing experience”, I heard. So, I took a leap of faith and had to see for myself.

To say that I am grateful for McDougall House is an understatement. My journey thus far has been life





altering. I have grown in ways I did not know I needed to. The house and staff provide a safe, nourishing and educational home to heal in the time I most need it. The staff are caring, comforting and invaluable to my program and I appreciate them greatly.

Without this house and without these women, I would be lost and I would not be the sober, strong, healthy woman I am today.

Thank you to all involved for making McDougall House a possibility. I am eternally grateful.



McDougall House 2023/2024

53 women were enrolled in McDougall House programming

26 completed the program

59.1% program completion rate

The Program

400+ One-on-one counselling sessions

200+ Psycho-education group sessions

50+ Trauma group sessions

50+ Spirituality group session

50+ Life-skills group sessions

400+ Individual goal-setting meetings

90+ Individual case conferences

9,000+ Healthy meals and snacks

Underlying Mental Health Circumstances of our Clients

27 struggling with anxiety disorders

9 with a bipolar diagnosis

30 suffering from depression

9 with attention-deficit disorder or attention-deficit/hyperactivity disorder

15 with Post traumatic stress disorder



INDIGENOUS HEALING PARTNERSHIPS

Early in 2023, one of our counsellors brought this initiative forward. As a result, and with the generous support of the Stollery Charitable Foundation, we have been able to welcome three different Indigenous Healing Partners, including a Knowledge Holder, for regular visits to McDougall House.

The opportunity has been well received and appreciated by our clients, both Indigenous and non-Indigenous. They rate the helpfulness of the workshops at 96%. When asked what was learned, our clients said....

The salt ceremony was amazing. Thank you for the experience. I learned a beautiful way to pray and celebrate.

Learned to forgive myself may take time but once done I will feel relieved. Very wise elder, most inspiring.

How to make a medicine bag and how they can heal your recovery.

I learned about strength of a women, the powerful strength of an Indigenous women. I learned protocol about ceremony and tobacco ties.

How to really take the time to listen to someone with a truth to tell.

Alot! It was information that my spirit needed to hear.

How to make a ribbon skirt and the teachings behind them.
How we have impacted the moment. How we need to go back to the basics to listen and learn from our ancestors.

How to say thanks to creator, using tobacco ties, praying for what we love and our sobriety.

About roots of life in healing and nourishment is in resemblance of nature and process of growth and life of a tree. Making connection of myself, my life experiences etc and process of healing.

Learnt how a pipe ceremony is done, very grounding and peaceful.



THE URBAN BACKYARD PROJECT & THE RAISED GARDENS

The Urban Backyard project was inspired by a former client who recognizes the many benefits available with the basic activity of gardening and spending time in the sanctity of a backyard. With the installation of six raised garden boxes, some seeds and bedding plants, a bit of guidance from a horticulturist who volunteered her time and expertise, the summer of 2023 saw a major step forward in realizing that vision.



In the gardens' inaugural summer, our clients enjoyed the raised gardens both as a part of programming and as a source of recreation. All benefitted from learning to appreciate the results of tending and nurturing the vegetables growing in the beds, along with the rewards of harvesting and then eating the produce!

This initiative would not have been possible without the leadership of Willis Law (law firm in Edmonton) and the generous support of the following donors:

- St. Paul's United Foundation
- Grey Birch Foundation
- R.J. Nelson Family Foundation
- Alberta Knights of Columbus
- A Canadian Foundation (anonymous)



Rachael Hovan
McDougall House Board of Directors
and lawyer with Willis Law

Photo taken June 2024

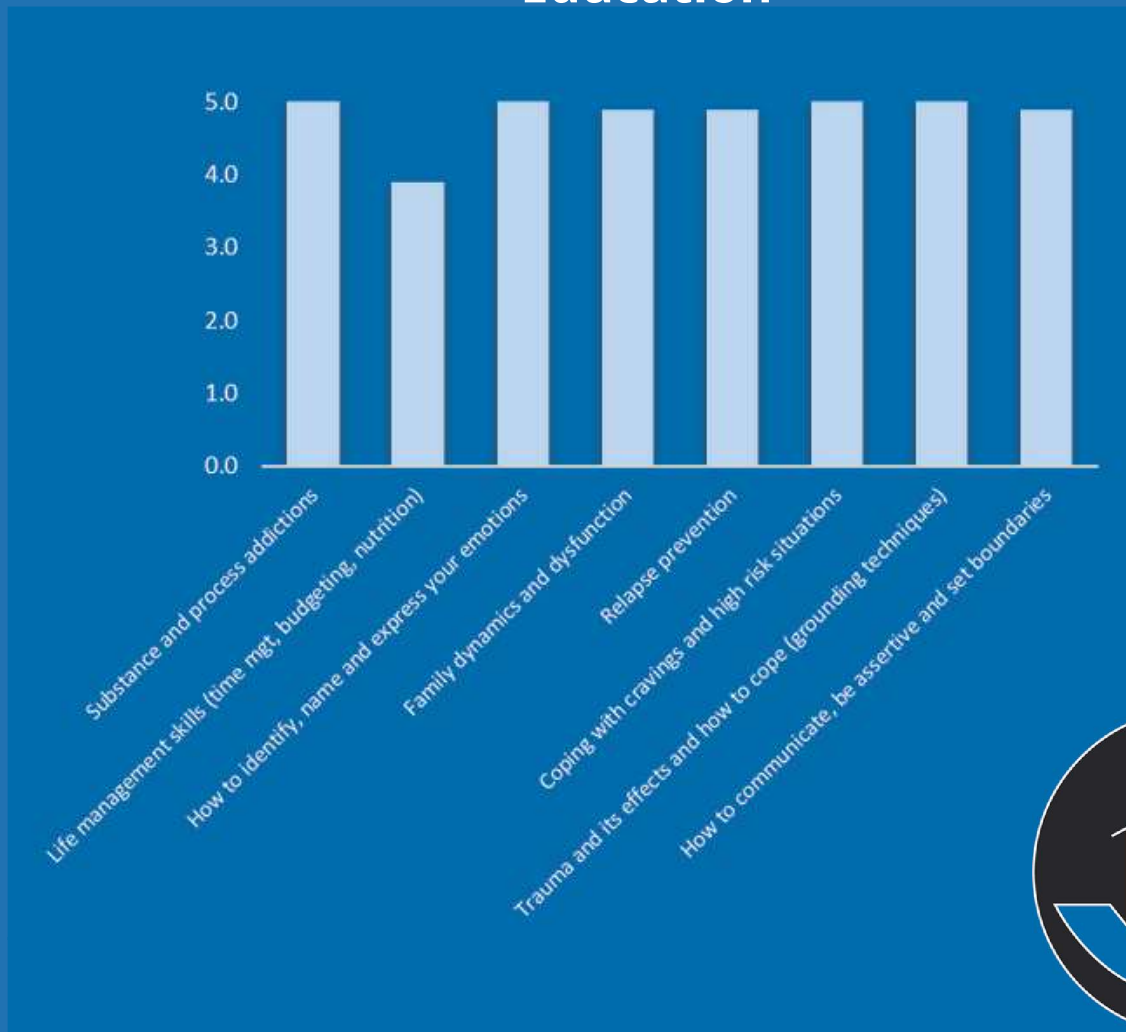


And many thousands of thanks to TELUS volunteers for assembling and securing the garden hutch and garden-side gazebo.

What Clients say about the program at McDougall House

Client rating on a scale of 1 to 5
(with 5 as the highest rating)

Education



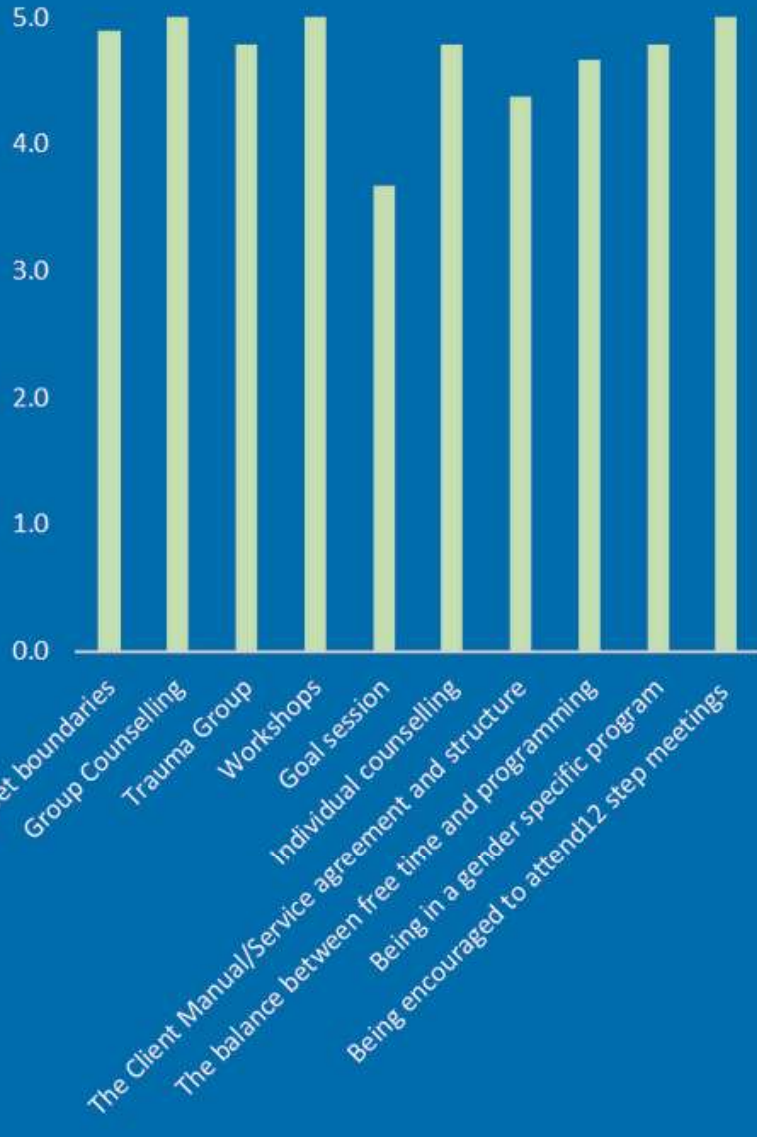
"The trauma workshop I found most beneficial as it was a way for me to understand the link between trauma and addiction. It also validated my feelings on past traumas and how it has impacted my life emotionally, physically, and mentally. "

What Clients say about the program at McDougall House

Client rating on a scale of 1 to 5
(with 5 as the highest rating)

"Trauma group collages and trauma group in general, process group and processing our feelings or my feelings with all the women, the 1-1 sessions were great ! All the workshops were great too they all helped me. "

Program Elements



What Clients say about the program at McDougall House

"Thank you to all the staff. You guys made my time here one I'll never forget. You challenged me and held me accountable and listened. I won't forget this place. "

Client rating on a scale of 1 to 5
(with 5 as the highest rating)

Support from Counsellors and counselling team



"Honestly from my whole heart, thank you. You have been a huge impact on my recovery so far definitely appreciate my time here. "



FUNDRAISING

THE ONLINE AUCTION - 50 WAYS TO RENEW OUR LOVE

551 bids

82 items donated

7 categories



50+ WAYS TO RENEW OUR LOVE
AN ONLINE AUCTION IN SUPPORT OF RECOVERY
FEB 2 TO 9, 2024



THANK YOU!

\$19,488 raised

109 auction participants

79 Auction winners

SPONSORED BY



WE ARE PROUD TO STAND WITH WOMEN OF MCDUGALL HOUSE
WHO ARE REBUILDING THEIR LIVES, FREE OF ADDICTION

Top bid: \$1,000 for 3 Night Getaway at Marten Beach – donated by Jessie McCracken (YEGPro Realty).

Top Golf: Windermere Golf Course – round for 4 with golf cart (sold for \$590)

Top Experience : Citadel Theatre & Continental Treat (sold for \$316)

Item with most bids (15): A Night with the Oilers – tickets donated by Lloyd Sadd Insurance, dinner by Joey Bell Tower (sold for \$425)

IBM'S "EMPLOYEE GIVING AND VOLUNTEERING CAMPAIGN"

McDougall House was invited to present to IBM's Edmonton office for a lunchtime information and fundraising event in Oct 2023. Interested IBMers heard about the work done at McDougall House, including what it means to be a residential treatment facility, the structure of the program, the funding model, and some interesting statistics. There was an engaging discussion with those in attendance, reflecting their genuine interest and compassion. The event raised over \$2,000

HOLIDAY SEASON DONATION DRIVE - \$9,700

Thank you for donating to
McDougall House on
#GivingTuesday!

When you support women,
you support family and the community



Best Wishes for a Happy New Year!
Your donation supports women in recovery

*Thank you for giving me space, comfort, safety,
understanding, and compassion.*

*The time I spent here in McDougall House has allowed
me to see my own worth, the value I have, and that
I am deserving of love.*

When you support women,
you support family and the community



MORE FUNDRAISING

Run for Recovery - 2023



In the early months of summer 2023, the McDougall House Association was invited to become a charity partner with the Run for Recovery, a fundraising event organized by Holy Trails. After months of organizing and promotion, the event was a great success! The funds were raised by people from the Holy Trails community running in one of the races in the event. Donations ranged from \$10 to over \$1,000.

The 2023 event raised over \$18,500, 80% of which is in donations and fundraising. This was split 50/50 between McDougall House and Our House.

The race:

Held at Chickakoo Lake Recreational Area, Aug, 28, 2023
200 participants
90 volunteers
two charity partners
a silent auction
four race lengths (1.2km, 3km, 6km and 12km)

McDougall House participants:

10 clients
5 employees
6 wonderful volunteers
1 Board member
1 former Board member
2 employees and 3 clients did the 6km,
2 clients did the 3km.
The others volunteered at various posts





CELEBRATING THE CAREER OF NORMA COLLINGWOOD



On Sunday, June 9th, 2024, clients, former clients, Board Members, former Board Members and colleagues gathered at McDougall House to celebrate the career of

Norma Collingwood, Senior Counsellor at McDougall House

Norma began her career in the addiction treatment field as a volunteer in 1987 with AADAC (Alberta Alcohol and Drug Abuse Commission). In 1990, she was hired on in the Day Program as an Intake Worker.

She joined McDougall House in 1996 in a part-time role we would now call Client Support Worker. Her talents and effectiveness were recognized early and she was quickly called upon to take on a full-time role as the Evening Addictions Counsellor. As the addiction treatment field and McDougall House evolved, Norma progressed through to take on the role of Senior Counsellor.

Norma's unwavering dedication and compassion has supported countless women on their journey to recovery. She has not only provided professional guidance but has also been a pillar of strength and a source of calm for both our clients and colleagues.

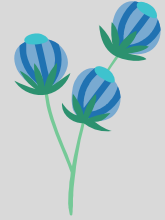
She has been a treasured counsellor for hundreds of women who have come to McDougall House for treatment and support, a valued colleague, a supportive team member and a leader at McDougall House.

Norma has left an indelible mark on McDougall House. We celebrate the career of this remarkable woman!

We'll miss you!



MESSAGE FROM THE EXECUTIVE DIRECTOR



The work done at McDougall House by our clients and their ambitions to lead a sober life are central to everything we do.

New initiatives this past year include the inclusion of the “Urban Backyard Project”, featuring six raised garden beds, and the Indigenous Healing Partnerships. Each of these have allowed us to offer our clients a much richer array of program elements from growing and harvesting vegetables to gaining impactful insights into their recovery through Indigenous lens and the teaching of the Indigenous healing partners presenting at some of our workshops.

The Indigenous Healing Partnership initiative also allows McDougall House to offer progress in answering two of the Calls to Action (CTA) in the Truth and Reconciliation Report (2015). We do this by offering healing from an indigenous perspective, which also enriches our program, and in supporting Indigenous professionals in the health-care field (CTA#22 and #23)

The McDougall House Association is grateful for the ongoing support of Government of Alberta in the form of critical funding and for the leadership provided through the personnel with Alberta Health Services and the Mental Health Services Protection Act secretariat.

In addition to Provincial government support, the continued funding from the Eldon and Anne Foote Fund at the Edmonton Community Foundation is essential to the day-to-day operation of McDougall House. The Stollery Charitable Foundation has provided us with the capacity to include the Indigenous Healing practitioners and the financial support from others such as Willis Law, the Grey Birch Foundation, the R.J. Nelson Family Foundation and the Alberta Knights of Columbus continues to allow us to develop our backyard space. And, finally, we continue to be grateful to former Chair Wynne Blades for an annual grant at ensuring MHA fundraising activities can become sustainable.

From one of our former clients,

I'm very grateful for the opportunity to come to McDougall House. I'm here to overcome the winding spiral of trauma that has had such a horrific grip on me since I was a child.

My stories will never change. However, the brutal pain I have had to live with and the 34 years of addiction to melt away the pain are why I am here. It will no longer consume my life.

I'm here to get the healthy tools to make the pain tolerable and allow me to live a healthy sober life.

Thank you McDougall House.



This time last year we were bidding farewell a long serving counsellor Glenda Calvert. This year, we have been so thrilled to welcome her back to the McDougall House team. Glenda has taken on the new role of Clinical Lead. In this new role, Glenda will provide leadership in the ongoing evolution of programming at McDougall House and for our counselling team of counsellors, Program Aides and Client Support Workers.

This year concluded with the announcement of Norma Collingwood's retirement after more than thirty-five years in the addiction treatment field, twenty-seven and half of those at McDougall House. Norma's legacy is marked by the hundreds of women she impacted in their recovery, many of whom continue to check in from time to time to catch up, report on their continued well being and to thank Norma for all she has done. Her dedication, good spirits and compassion are remarkable. She will be missed.

The accomplishments at McDougall House are realized through the courage and strength of the women that come here along with the dedication and compassion of those that work here. Recognition and my thanks go to:

- The women who come to McDougall House having made the decision to change their lives for the better.
- Counsellors Norma, Glenda, Janelle and Darlene for their commitment to McDougall House, their dedication to our clients and for their good humour.
- Our Program Aides, Maria and Lin, who both provide compassion for our clients along with competent and support for our counsellors.
- Our Client Support Workers, with a special shout out to this group of employees. They have, this year, given extraordinary efforts to adjust their schedules to fill the schedule.

Every day, I am impressed and inspired by each of my colleagues at McDougall House. They dedicate their energies to supporting the women who come here for help. They bring their compassion and good spirits to contribute to the program. They bring their skills and insights to support one another as part of the McDougall House Team.

I thank each of them for their commitment to McDougall House and their work here.

And finally, my thanks to the Board of Directors for their dedication to McDougall House and for their confidence and support.

Liz Ferguson
Executive Director





McDougall House's accreditation was renewed following a survey conducted by Accreditation Canada, Sept 10 to 13, 2023. Months of preparation by Board and employees resulted in a rating of **Accredited with Commendation.**

Here are some of the surveyors' observations.....

McDougall House leaders and staff are passionate about the care they provide to clients. There is evidence of supporting the vision and values in the home and the mission focused on empowering women in recovery through knowledge, awareness and behavioural change. It is obvious by the words and actions of the board, leaders and staff.

Clients are very satisfied with care and comments such as "they saved my life" They feel the house is a best kept secret. Comments such as we feel safe and secure, they help us plan for the future, the food is amazing, we have just enough freedom, we are taught to become time managers, have access to culture and spirituality, we like being tested, we like that visitors are not allowed as it makes us feel safe, the programming and course such as on care and coping are invaluable. There were also suggestions such as for the house to be more wheelchair accessible, include a scheduled leisure activity that could be games, crafts, walking or even cycling.

Partners rated the communication of McDougall House in a range from 7-9.5 recognizing there is always room for improvement. One partner considered the organization as prestigious with a very well known reputation in the community. It is reemphasized that [they] are willing to be consulted in strategic planning processes. Additionally partners provided feedback in areas of opportunities transportation, visitation for families and occupancy



Celebration at the end of the survey (front to back, left to right: Monica Fenton, Donna Koch, Nancy McBeth, Sheila Smigarowski, Norma Collingwood, Holly McLean, Liz Ferguson, Darlene Cocks and Janelle Bugler)



In the Accreditation Debriefing room (space made available by IBM)

THE MCDOUGALL HOUSE ASSOCIATION
STATEMENT OF FINANCIAL POSITION
MARCH 31, 2024

	2024	2023
	\$	\$
ASSETS		
CURRENT		
Cash	220,224	458,459
Accounts receivable	28,492	35,565
Goods and services tax recoverable	7,463	5,929
Prepaid expenses	24,198	24,000
Short term investments	542,700	338,563
	823,077	862,516
PROPERTY AND EQUIPMENT	348,908	337,782
TOTAL ASSETS	1,171,985	1,200,298
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	56,963	25,017
Canada Emergency Business Account loan	-	40,000
Deferred revenue	48,447	55,500
Source deductions payable	13,291	14,730
	118,701	135,247
DEFERRED CAPITAL CONTRIBUTIONS	86,881	68,518
TOTAL LIABILITES	205,582	203,765
NET ASSETS		
General fund	704,375	727,269
Invested in capital assets	262,028	269,264
	966,403	996,533
TOTAL LIABILITIES AND NET ASSETS	1,171,985	1,200,299

THE MCDUGALL HOUSE ASSOCIATION
STATEMENT OF REVENUES AND EXPENDITURES
YEAR ENDED MARCH 31, 2023

	2024	2023
	\$	\$
REVENUES		
Alberta Health Services grant	504,247	490,641
Room and board	141,511	147,400
Other grants	97,912	91,514
Donations	40,662	14,845
Interest and other	29,455	18,889
Fundraising	16,586	16,575
	830,373	779,864
EXPENSES		
Salaries and wages	641,127	621,439
Food	53,928	70,232
Insurance	25,192	25,589
Indigenous Healing Partnership program	22,539	-
Repairs and maintenance	22,924	17,313
Utilities	16,994	15,565
Professional fees	14,476	18,831
Fundraising	13,826	19,459
Office	15,957	17,411
Amortization of property and equipment	13,028	12,663
Laundry, bedding and linen	8,558	4,159
Business taxes, licenses and memberships	7,005	6,231
Staff development	5,321	884
Telephone	4,613	4,856
Interest and bank charges	462	586
Travel	290	345
Property taxes	55	89
Advertising and promotion	-	725
	866,295	836,377
DEFICIENCY OF REVENUES OVER EXPENSES FROM OPERATIONS	(35,922)	(56,513)
OTHER INCOME		
Amortization of deferred capital contributions	5,792	4,872
Write down of property and equipment	-	(768)
	5,792	4,104
EXCESS OF REVENUES OVER EXPENSES	(30,130)	(52,409)

Thank You To Our Supporters



Individual Donors

Leah Adamkewicz
Funmailayo Alamu
Paulette Antosh
ATCO Epic Program
Brenda Barron
Ben Beringer
Winifred Blades
Ashley Bodnarchuk
Kaelyn Bodnarchuk
Brett Boser
Laura Brown
Brad Butterfield
Canada Helps Partner Giving Program
Margaret Cann
Catholic Women's League
Alston Cha
Ifeyinwa Chukwujar
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Omar Syed
Merle Taylor
Harold and Gail Taylor
Sarah Temur
Barbara Turner
Urban Systems Foundation
Ravikiran Vedartham
Corinne Venpin
Jacqueline Weldon
Gothamika Wickramasekara
Angela Wilson
Jayanthi Yogasundaram
Sandra Zurch

Government

Alberta Health Services

Foundations

Eldon and Anne Foote Fund (Edmonton Community Foundation)
Harold & Gail Taylor Foundation
Pamela & Harry Kipness Family Foundation
St. Paul's United Foundation (Edmonton)
The Stollery Charitable Foundation

Corporate

Anonymous
Lexus of Edmonton

MCDUGALL HOUSE BOARD OF DIRECTORS

SMIGAROWSKI, SHEILA
Chair

DUPREE, WENDY
Director

NAGENDRAN, DR. SHYAMALA
Director

DRINKWATER, JIM
Vice Chair

FENTON, MONICA
Director

NKADI, ESE E
Director

MANTEN, CATHY
Secretary

HILL, KELLY
Director

WILSON, ANGELA
Director

BODNARCHUK, KAELYN
Treasurer

HOVAN, RACHAEL
Director

FERGUSON, LIZ
Executive Director

LAZAR-TIPPE, RITA
Director

HONOURARY MEMBERS

BLADES, WYNNE
LOVIG, FRIEDA
MacKAY, MAUREEN

McBETH, NANCY
MUNN, ALEXANDERA (deceased)

COMMITTEE MEMBERS

HANSSEN, MELISSA (Fund Development)
McLAUGHLIN, SIMONE (Fund Development)
NIBLOW, CORINNE (Fund Development)
RACHAR, MELANIE (Fund Development)

READ, BARB (People and Safety)
SHAW, STEPHEN (Fund Development)
TIMPSON, BROOKE (Fund Development)



The McDougall House Association would like to thank its supporters for their compassion and partnership



Eldon & Anne Foote Fund
for Continuing Support at the



LEXUS OF EDMONTON

