

COURAGE KENNY REHABILITATION INSTITUTE™

Onward

FALL 2015

A newsletter from
COURAGE KENNY FOUNDATION
for friends of COURAGE KENNY
REHABILITATION INSTITUTE, which
is the merged Courage Center and
Sister Kenny Rehabilitation Institute.

Carol Suchy is pictured with her family Sydney, Bill and Logan. She was a featured speaker at Courage Kenny Foundation's Celebration of Courage event at Target Field this summer.



Caring for the 'whole' person

At Courage Kenny Rehabilitation Institute, we combine 'traditional rehabilitation' with specialty care, fitness and wellness, and community services into a unique continuum of care. And, we take into account the whole person and their life stories. Our vision includes the words "live," "work," "learn" and "play" for a reason.

We invite you to read on to learn more about clients like Carol Suchy, pictured here with her family, who have benefited from this continuum. Following a snowmobile accident which caused a spinal cord injury, she was a patient at Courage Kenny Rehabilitation Institute – Abbott Northwestern. She also received outpatient care at our St. Croix location, as well as driver's training to get her back behind the wheel, and intensive fitness through the Activity-Based Locomotor Exercise Program (ABLE), which has her back to her busy life.

Thank you for your continued generosity to Courage Kenny Rehabilitation Institute!

Allina Health 

**COURAGE KENNY
REHABILITATION
INSTITUTE™**

Dear friends of Courage Kenny Rehabilitation Institute

I hope all is well as the school year is in full swing and the leaves have begun to change!

I would like to thank you, on behalf of everyone at Courage Kenny Foundation, for your continued generosity. Through August, supporters like you have collectively given more than \$5.8 million toward our programs and services. This solid show of support is what gives Courage Kenny Rehabilitation Institute the opportunity to serve more than 85,000 people each year. I have been deeply honored to represent this important work to our community throughout the last 10 years.

I also want to share some news with you about new leadership for the Foundation. In addition to leading the public policy and community health functions at Allina Health, I will now be leading philanthropy system-wide. While this role means I will continue to be close to the work of Courage Kenny, it is also the right time for a new leader to take us to our next level of growth.

I am delighted the Courage Kenny Foundation Board of Directors has recommended the appointment of Stephen Bariteau, our current vice president and chief development

officer, to succeed me as president. I've worked closely with Stephen since he joined us four years ago. His expertise and passion for our mission make him the right person to lead the Foundation as we work toward serving even more people in our communities.

Together, we will continue down the path to becoming the destination center for rehabilitation in the region, and a national model in caring for people with disabilities.

None of this could happen without friends like you who give so generously – of time and skills, and in financial support to fund the services that keep patients, clients and families thriving. We hope you take great pride in what you make possible. Once again, thank you!

Jan Malcolm, vice president,
Public Affairs and Philanthropy



Jan Malcolm, vice president of Public Affairs and Philanthropy for Allina Health, welcomes Stephen Bariteau to his new role as president, Courage Kenny Foundation

Cutting edge technology options enable more people to stand and walk

In addition to the number of technology options already available to patients and clients with stroke and spinal cord injuries, Courage Kenny Rehabilitation Institute is expanding its robotic technology options. The Institute's goal is to be the regional resource for people with spinal cord injury, stroke or other neurological conditions who want to stand and walk again.

In August, therapists began screening and assessing clients for use of the ReWalk 6.0, the only robotic exoskeleton which is FDA approved to be used at home and in the community. The ReWalk system costs about \$75,000 and is not typically covered by insurance. Because of this, it's important that people have a chance to use the equipment to see if it will work for them before they make a decision to purchase.

Another type of robotic exoskeleton, the Ekso, has robotics inside leg braces, and will be added for use in therapy sessions. These devices, and others being evaluated for future purchase, will allow more treatment options for standing and walking therapy as well as home and community use.

Potential health benefits from use of these devices include:

- ability to stand and walk outside the therapy setting
- improved function of the heart, bladder and bowels
- improved trunk and core strength, posture and balance
- improved mental health and sleep
- reduced fatigue and pain
- decreased body fat.

For more information on advanced technologies, please call 612-863-7642.



Isaac Scheurs walks for the first time in 10 years with the help of the ReWalk robotic exoskeleton shown with physical therapist Krista Henshue.



Designed by Perkins+Will

Coming soon! Expanded fitness and wellness capacity in Golden Valley and Stillwater. In November, Courage Kenny Rehabilitation Institute – St. Croix will complete a major renovation which includes expansion of its fitness and wellness space. In 2016, construction is expected to be completed in Golden Valley (concept shown above) to more than double its fitness and wellness space. The project will convert the current atrium into a comprehensive fitness center with the addition of a second Therastride treadmill for the program.

Care coordination: *Better navigation of life's ups and downs following a stroke*

Life can sometimes change dramatically for people with disabilities. Whether someone is newly disabled or has had a lifelong disability, Courage Kenny Rehabilitation Institute is ready to help people and their families through changing life circumstances.

Care coordinators, or care navigators as they are sometimes called, can help people weather these life changes and the often complex health conditions that follow. The goal is to create a collaborative care coordination model that reaches across all services, from inpatient acute care, to transitional rehabilitation, and from outpatient rehabilitation to community services. When fully implemented, our care coordination will provide:

- standardized, consistent care across Courage Kenny Rehabilitation Institute
- programs and services that are in alignment with the person's goals, interests and care needs
- smooth transitions between doctors and services
- clearly communicated expectations for care and follow-up.

At Courage Kenny, care coordinators are now supporting people who have had a stroke. Employees like Heather Odell, stroke rehabilitation nurse care coordinator, help ensure smooth transitions for clients and families while working to make certain expectations of the health care providers and therapists are clear and are met.



Left to right: Quantina Beck-Jones, Ebony's mother; Heather Odell, RN-BC, BSN, Stroke Rehabilitation nurse care coordinator; and Ebony Beck-Jones, stroke survivor. Ebony and her mother are active members of a new stroke support group at Courage Kenny Rehabilitation Institute for young people who have had a stroke.

"In organizations which use care coordination, quality has increased and patient satisfaction has improved," said Odell. "Courage Kenny's model is unique in that it extends care coordination beyond traditional medical services to include assisting clients to participate in community services such as fitness, adaptive sports and recreation, independent living skills and vocational services," she said.

Coming soon will be additional support resources and educational tools including online videos and information on living a healthy life

following a stroke. Already in place is a new support group focused on young people who have had a stroke.

Care coordinators are also an important part of the care team in the Courage Kenny Advanced Primary Care Clinic, and plans call for more such positions to be added in the future. To learn more about how you can make a difference in the care of patients and clients by supporting the expansion of care coordination, contact Courage Kenny Foundation, CKFoundation@allina.com, 612-775-2589.

Healthy Set Go!

Allina Health launches online health and wellness resource

Allina Health's Healthy Set Go is an online wellness destination which advocates for living better every day. This new digital hub, **HealthySetGo.org**, can be used as a guide to help you and your family pursue a healthier lifestyle.

Topics include:

- **Nourish:** Tips and recipes for healthy eating
- **Move:** Inspiration and how-to articles to get moving
- **Thrive:** Support and insight for mental and emotional well-being
- **Heal:** Knowledge to deal with illness
- **Prevent:** Information to prevent illness and injury

- **Care:** Advice to care for yourself and others at life's unique stages.

The source of all this great information? Allina Health's own doctors, nutritionists, physical therapists, health coaches and other experts. The website includes a growing number of posts from rehabilitation providers and therapists from Courage Kenny Rehabilitation Institute.

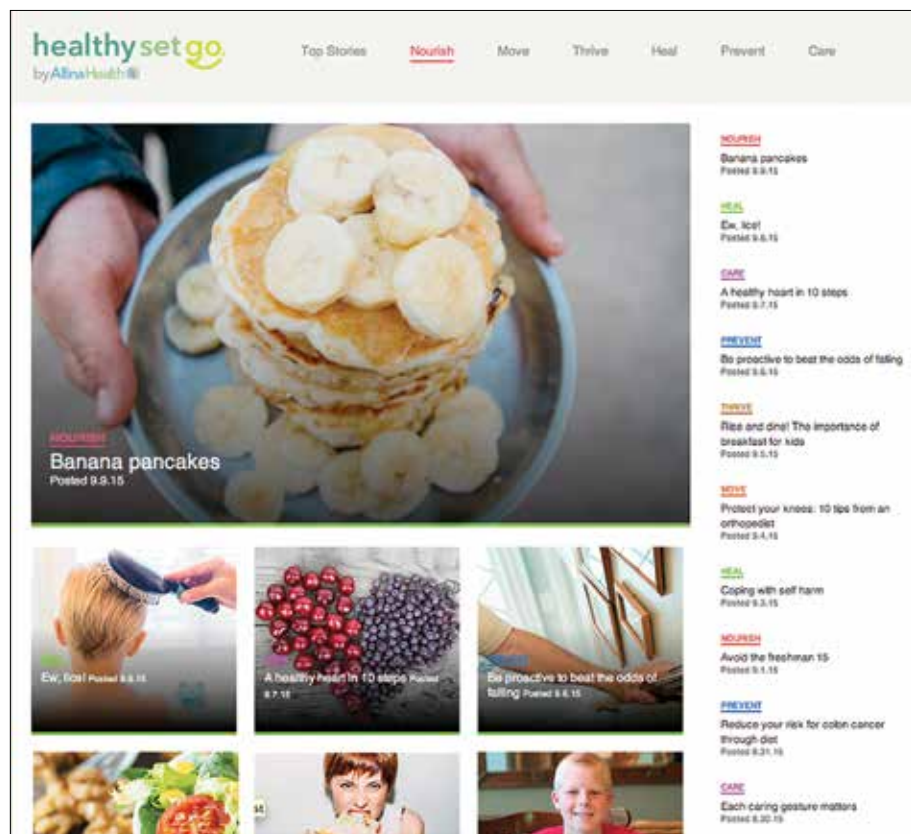
We invite you to visit **HealthySetGo.org** and start exploring the wealth of health and wellness resources and information that is available for you and your family.

healthysetgo.

Trending topics,
written by doctors.

Here are just some of the topics Courage Kenny Rehabilitation Institute's experts have contributed to Healthy Set Go since it launched this spring:

- **Couch to 5K**
Gregory Lenz, PT
Courage Kenny Rehabilitation Institute – Owatonna
- **Stop pounding the pavement with cadence manipulation**
Shannon Barie, PT, MS, OCS, RunSmart
Courage Kenny Rehabilitation Institute – New Ulm
- **CycleSmart to avoid injuries**
Joseph Johnson, MS, PT, CSCS
Courage Kenny Sports & Physical Therapy – St. Paul
- **The six winter workouts you should be doing**
Miriah Dahlquist, PT, DPT
Courage Kenny Sports & Physical Therapy
- **Go practice: Six tips for kids in the performing arts**
Paul Schaefer, MD
Courage Kenny Rehabilitation Associates' Performing Arts Medicine Clinic
- **What to do when your back goes out**
Leslie Hillman, MD and Murray J. McAllister, PsyD, LP
Courage Kenny Rehabilitation Associates



Check out **HealthySetGo.org** often to help you and your family live healthier.

Carol Suchy: *ABLE* to get her life back

On February 3, 2014, Carol Suchy took off for what she thought would be a short snowmobile ride with friends. As she drove through the winding, wooded trail, she took several sharp turns. As she tried to brake, her snowmobile started to flip. She lost her grip, rolled off her sled and into a tree.

Suchy was airlifted to a Duluth hospital for emergency surgery. The accident left her with incomplete paraplegia, paralyzed from about the waist down.

“Before I was even out of surgery, my family and friends were already making plans to have me transferred to Courage Kenny Rehabilitation Institute at Abbott Northwestern Hospital,” she said. Ten days later she started her inpatient rehabilitation.

Suchy’s family includes her husband Bill, daughter Sydney, 13, and son Logan, 11. Her active life also includes work as a project manager with US Bank, and she is a national four-wheel drive truck pull champion and competitor for 21 years.

“It wasn’t easy, but I did my best to remain positive and work hard. I knew that was the only way I would return home to my family the quickest,” she said.



During her inpatient rehabilitation, Suchy learned about Activity-Based Locomotor Exercise (ABLE) at the Golden Valley location.

“My husband Bill and I did research and felt that ABLE would give me the best chance to walk again. It focuses on strengthening your whole body and getting your legs moving. We both agreed that it was meant for me.”

Suchy applied for the program in April and was number 11 on the waiting list at the time of her discharge from inpatient care.

While she waited for the call from ABLE, Suchy did outpatient physical and occupational therapy and pool therapy at Courage Kenny Rehabilitation Institute – St Croix. Fitness staff there

helped her develop a strengthening regimen she could do at her local community center. She also got back behind the wheel, learning to drive a van with hand controls. Suchy returned part-time to her job as a project manager with US Bank.

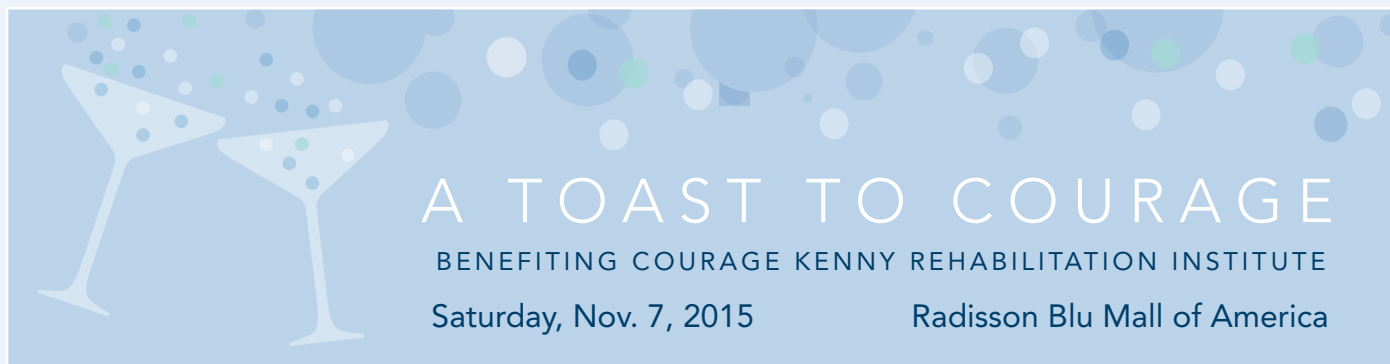
Then, in January 2014, she got the call she was waiting for: Suchy learned she could begin working with ABLE.

“I’m excited to attend ABLE sessions. I hate the thought of them ever ending,” she said. “But, I also have empathy for those folks who are on the waiting list for ABLE. I know what it feels like to be that person.”

At her first 90-day evaluation Suchy’s core strength had improved significantly and she was beginning to have more movement in her legs.

“I am ecstatic over the progress I made during my first year. ABLE has given my life back to me,” said Suchy.





16th annual A Toast to Courage

Courage Kenny Foundation is excited to announce the 16th annual A Toast to Courage gala at the Radisson Blu Mall of America on November 7, 2015. This fun and inspiring fundraising event offers gourmet food and wine, live music, live and silent auctions, client and patient stories, and more.

The event is expected to draw 500 business and community leaders and friends of Courage Kenny Foundation. The goal is to raise \$225,000 to support the thousands of children and adults who annually turn to Courage Kenny Rehabilitation

Institute, the fifth largest rehabilitative services provider in the nation.

The fund-a-need for the evening will help purchase an exoskeleton, a robotic bracing system which can help people with spinal cord injuries and stroke walk, unaided and untethered to a therapy gym. The technology will be demonstrated during the evening and should inspire and engage all who attend.

Join us at the beautiful Radisson Blu! To purchase tickets visit allinahealth.org/toasttocourage.

Your help is needed on Give to the Max Day 2015



Give to the Max Day is set for November 12, 2015. Here are some ways you can help make an impact on Give to the Max Day 2015:

1. Like our Facebook page, and like and share our posts
2. Follow us on Twitter [@CourageKennyAH](https://twitter.com/CourageKennyAH) and favorite and retweet our tweets
3. Tell your friends and family you are supporting Courage Kenny Rehabilitation Institute on Give to the Max Day and ask them to consider doing so as well
4. Provide your email address to CKFoundation@allina.com to be included in all communication throughout the big day
5. Visit allinahealth.org/CourageKennyMAX to make a gift on November 12.





COURAGE KENNY FOUNDATION

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This holiday season . . . SEND COURAGE KENNY CARDS

Your purchase helps people with disabilities live more independently.

Courage Kenny Cards are available at all metro area Lunds & Byerly's, Bachman's, Rose Floral in Stillwater and County Market in Hudson. Or visit couragekennycards.org to order personalized, fine-art holiday and greeting cards.

PROUDLY SUPPORTING COURAGE KENNY REHABILITATION
INSTITUTE FOR MORE THAN 57 YEARS.