

COURAGE KENNY REHABILITATION INSTITUTE™

Onward

SPRING 2016

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



Read Justice's story on page 3.
Her smile and enthusiasm for life
is infectious.

Moving forward with a smile

Every day, those of us who work at Courage Kenny Rehabilitation Institute are amazed at the grace, strength and determination of our patients and clients as they face life's hardest obstacles.

Smiling faces like those of Justice Rickenbach, featured here on our cover, are common. Our caring and hardworking therapists, doctors and staff members help clients and patients work toward their goals. There is a powerful sense of pride that is evident to an outside observer when they watch our employees in action. You can see their focus and commitment to do the best they can for the people they serve.

At Courage Kenny, our goal is to get people back to life. Whatever that means for each individual. We do it by offering a wide range of unique services. We help people live life to the fullest through rehabilitation therapy and medical care; psychological and mental health services; pain management; community based services, such as drivers training, vocational services, adaptive fitness and exercise, and sports and recreation.

Our goal is for our clients and patients to be engaged in their community and living life as independently as possible.

Allina Health 

**COURAGE KENNY
REHABILITATION
INSTITUTE™**

Thank you for a tremendous year!

Thank you to all of our donors who supported Courage Kenny Rehabilitation Institute with financial gifts totaling \$12.6 million in 2015 — a tremendous year! Indeed, 2015 was a great example of how the power of philanthropy impacted the lives of the 85,000 people who sought services at Courage Kenny Rehabilitation Institute.

This investment paid dividends in independence, empowerment and recovery for patients, clients and families. It enabled therapists and physicians to provide innovative care models such as telemedicine and care coordination in the Advanced Primary Care Clinic. It helped us expand our continuum of robotic technology on our Abbott Northwestern Hospital Campus. These bionic devices are helping people with spinal cord and other neurological conditions to stand and walk as well as help us understand and document the benefits of intensive fitness for people with these conditions. Finally, your investment helped us fund key research through Courage Kenny Research Center. Research projects last year ranged from “The role of spiritual care in recovery,” to “Factors influencing the behavior of cyclists to seek medical attention for injury and pain.”



You may be wondering — how will my gift be used to help Courage Kenny clients 2016? Here are just some of the ways we hope to use your philanthropic gifts in 2016:

- Fund 100 percent of the remodel of Courage Kenny Rehabilitation Institute – St. Croix. The project expands the size of the fitness center, re-purposes space to add new services, and provides a space for community gatherings.
- Fund scholarships for therapists, physicians and nurses to complete advanced training and certifications. This commitment expands the breadth of expertise of our staff, and also helps us attract and keep the best and brightest talent.
- Advance important seed funding for early-stage research projects. Often, this important, early-stage research is not eligible for external grant funding.
- Build one of the largest adaptive fitness centers in the nation is one part of a comprehensive \$4.75 million remodel and program growth project on our Golden Valley Campus. Stay tuned for updates on this significant project.
- Help people live life through a broad range of community services.

Courage Kenny Rehabilitation Institute would not be in a position to serve as many people as we do, nor could we provide the breadth and depth of services that we do, without strong financial and charitable support from the community. Things that matter remain the same — your generosity allows Courage Kenny to be the community’s leader in rehabilitation and recovery.

Thank you for all you do. All the best,
Stephen Bariteau, president, Courage Kenny Foundation



Justice Rickenbach: *Mastering the skills needed to play*

Justice Rickenbach, Blaine, Minn., is a spunky 11-year-old who refuses to sit on the sidelines, despite Prader Willi Syndrome. This painful disability impacts her strength, balance and coordination.

Instead, she shows up every week at Courage Kenny Kids in Coon Rapids with a big smile on her face. She is ready to work – no matter how hard or challenging the task might be. Determined to take part in school activities to the best of her ability, she asks to work on specific activities in therapy.

Vocal communication has been challenging for her, but when surgeries to correct her voice and speech were not as successful as hoped for, Rickenbach didn't let it get her down. She worked hard in speech therapy until she mastered her goals.

Riding a bike like any other kid was also important for Rickenbach.



In addition to biking, Rickenbach participates in pool therapy as well as horseback riding offered through Special Olympics.

Though it took a couple years to learn, her persistence helped her build her core and work on her

coordination skills. At first it was very difficult to stay upright without support, but within a month after joining the bike group through Courage Kenny Kids, she was riding a two-wheeler by herself.

Rickenbach really wanted to roller skate with her classmates, but her therapists thought it might be too challenging. The very next week, she showed her therapists a video of herself roller skating at school with help. Within weeks, she was skating by herself. Other children in therapy are inspired by Rickenbach's determination to master new skills, and her classmates have learned that Rickenbach shouldn't be defined by her disability, but by her accomplishments.

"Justice is the most mature, loving, kind, motivated and sweet girl," said Erin Vesey, physical therapist. "She has served as inspiration to Courage Kenny Kids clients and staff alike."

Peer visitors: *Mentorship for people whose life has changed due to spinal cord injury and disease*

Ken Walsh, of Shoreview, Minnesota, is an expert in many things: industrial education, and living with a spinal cord injury to name just two. On September 18, 1983, Walsh became a quadriplegic when a pickup truck that he was riding in rolled over. At the time, he was serving in the Navy in Yuma, Arizona.

“I remember thinking that my whole world changed,” said Walsh about his injury. “It definitely wasn’t my best day ever, but it wasn’t my worst day either.”

A White Bear Lake native, Walsh returned to the Midwest for his recovery and rehabilitation. He said he remembers being in a 15-bed ward in a Milwaukee hospital. On one side of him was a patient who had basically given up, who saw nothing to live for following a spinal cord injury. On the other side of him was a young man who was active and much more positive about life and his recovery. It was the more positive approach that appealed to Walsh.

Walsh’s positive attitude led him to college at St. Cloud State and a long career as an industrial technology teacher, first in Phoenix, and now in Mounds View, Minnesota.

“As a quad, I was designing things all the time to make my life easier. Being a tech ed teacher just seemed like a good fit for me,” he said.

Today, Walsh is married and active in adaptive sports as a member of Courage Kenny Rehabilitation Institute’s golf league and wheelchair rugby team. And, he is giving back to other people with spinal cord injuries as a peer visitor.

Peer visitors are available to patients who have a spinal cord injury or disease who are at one of Courage Kenny Rehabilitation Institute’s inpatient units: Abbott



Peer visitor Ken Walsh chats with Joe Hennen, a patient in the Transitional Rehabilitation Program in Golden Valley. Both men enjoy the outdoors and Walsh made plans to show Hennen an adapted fishing rod holder to see if it works for him.

Northwestern Hospital in Minneapolis, United Hospital in St. Paul, and the Transitional Rehabilitation Program in Golden Valley.

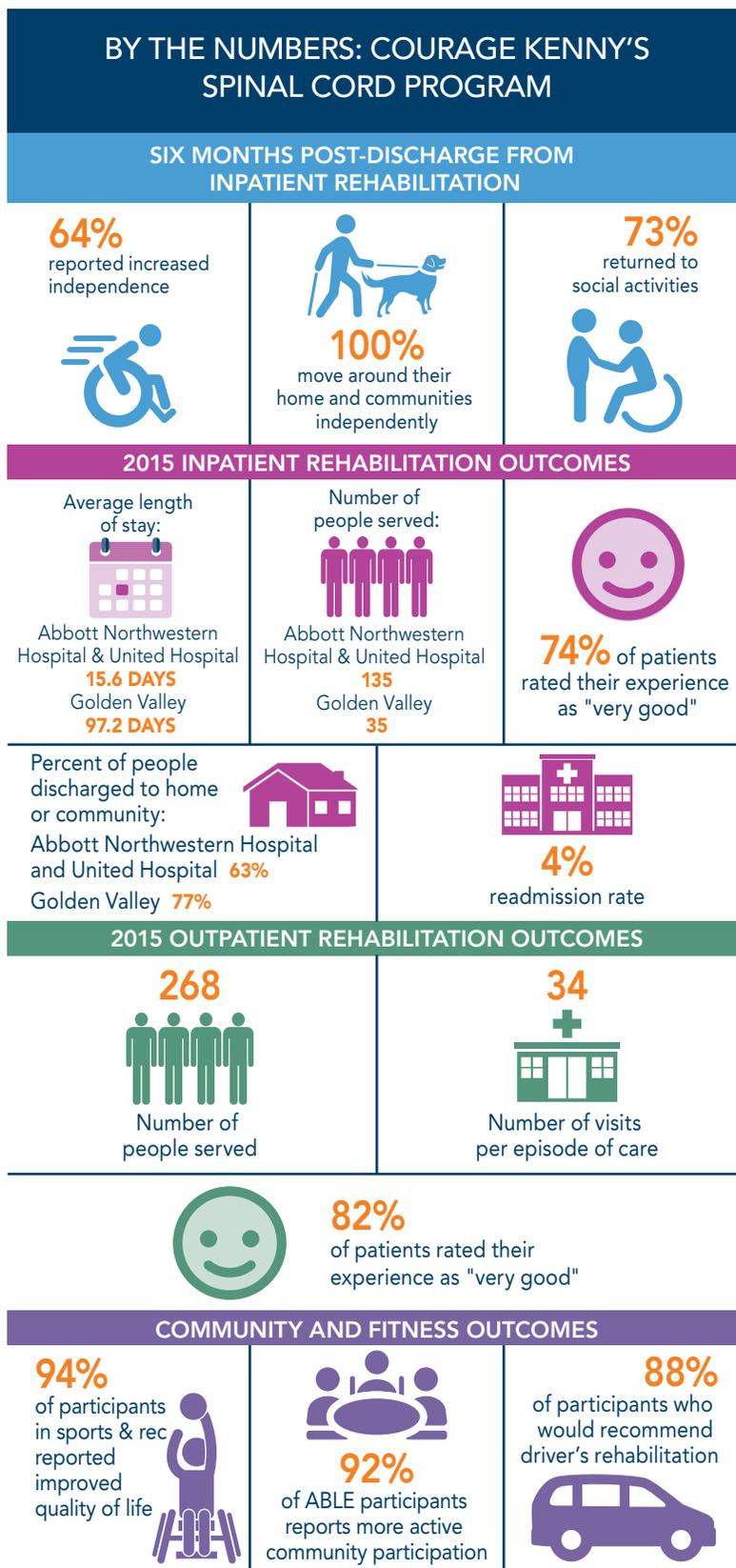
Coordinators at each location pair people who are newly injured with peers, or mentors, who have years of experience living with a spinal cord injury. The peers are volunteers who receive specialized training.

“To help others with recovery from spinal cord injury is a good thing,” Walsh says. “Whatever you want to do there’s a way to do it. You just need to keep an open mind.”

Carol Suchy: Taking the next step in her recovery from spinal cord injury

In the September 2015 issue of *Onward*, we introduced you to Carol Suchy and described her progress toward recovering from a spinal cord injury. Recently, Suchy (pictured below) has continued her therapy with new robotic exoskeleton technology, the EKSO G6, now available at Courage Kenny Rehabilitation Institute's Abbott Northwestern location. The device purchase was made possible through philanthropic funding.

The Institute now offers one of the largest and most innovative care continuums for people with spinal cord injuries and diseases in the upper Midwest. Courage Kenny's Spinal Cord program includes inpatient and outpatient care and a full range of community services that maximize a person's health and independence.



Not just fancy cars: *Nord Stern Porsche Club*

The Nord Stern Porsche Club, which includes members in Minnesota, South Dakota and North Dakota has been raising funds for Courage Kenny Rehabilitation Institute for 17 years. It started with one Nord Stern Club racer, Bobby Piper, soliciting pledges for his favorite Twin Cities charity based on the number of laps he completed in the “Enduro,” a one-hour race. The Club immediately embraced Piper’s cause, seeing its value to the community. And the rest is history.

In its 17 years of involvement, Nord Stern members have raised more than \$500,000 for Courage Kenny Rehabilitation Institute. Almost all contributions raised are from the 700-member Club and friends of Club members. Using donated materials and auction venues, Nord Stern is able to pass on 100 percent of all monies collected to Courage Kenny. “Nord Stern is very



proud of having zero overhead,” said Keith Jones, charity fundraiser for Nord Stern Porsche Club. “This couldn’t be accomplished without the support and assistance of our membership, corporate sponsors, and two local Porsche dealers: Porsche of Minneapolis, Porsche of St. Paul.”

Over the years, Nord Stern has received autographed racing

memorabilia donations from many of the world’s best racing drivers, including Dario Franchitti, Scott Dixon, Helio Castroneves, Jenson Button, Joey Lagano, Brad Keselowski, Alex Zanardi, Patrick Long, David Murray, Vic Elford, and Juan Pablo Montoya.

Keith Jones has run the charity events for Nord Stern for the past 15 years and is turning over his duties to Chris Tobkin in 2016. “I’m still going to be active in the partnership with Courage Kenny. I just thought it was time for someone new to take over,” said Jones.

“I’m very proud the Club has been so dedicated to helping Courage Kenny,” said Teresa Pfister, Club member and member of the Board of Directors for Courage Kenny Foundation. “The Club has really rallied around Courage Kenny’s cause. It’s been fun to watch,” she said.

2016 Art of Possibilities Show and Sale postponed

Courage Kenny Rehabilitation Institute’s Golden Valley Campus will soon begin construction to expand intensive and adaptive fitness and the Activity-Based Locomotor Exercise Program (ABLE). Unfortunately, this much-needed service expansion directly impacts the annual Art of Possibilities art show and sale. Because of this, the 2016 show and sale has been postponed until 2017.

If you have questions about the Art of Possibilities, please contact Laura Brooks, program coordinator, 612-775-2507, 888-413-3323 or artsearch@allina.com.

The Best in Show from the 2015 Art of Possibilities, “Rejoice and Be Glad,” by Doug Miller.



Scholarship EMPOWERs diversity in medical and rehab fields

The annual EMPOWER Scholarship encourages and supports ethnically diverse students who are pursuing a career in a medical or rehabilitation field. The scholarship is made possible by a gift from the David M. Hersey

Endowment Fund of the Courage Kenny Foundation.

The application deadline is April 30th of each year. To learn more about the application process go to allinahealth.org/empower.

Scholarships are awarded in June with checks made out to the educational institution you plan to attend. For more information contact Volunteer Services, phone 612-775-2728 or email us at CKRIEMPOWER@allina.com.



Rahel Haile is shown here in 2011 with Adele Hersey, widow of David Hersey. The scholarship is made possible by a gift from the David M. Hersey Endowment Fund of Courage Kenny Foundation. If you'd like to donate to the fund, contact Courage Kenny Foundation, 612-775-2584, or email ckfoundation@allina.com.

An EMPOWER recipient tells her story

"I received an EMPOWER Scholarship two times when I was in Minneapolis Community Technical College studying nursing. Receiving the EMPOWER Scholarship meant a lot to me. Because of the scholarship I was able to focus on my studies and spend time with my kids [rather] than working extra hours to pay tuition.

"After graduating from Minneapolis Community Technical College, I got a job at Allina Health's United Hospital as a registered nurse. I continued my education at Saint Mary's University and got my BSN degree in June 2015.

"In 2014, I received a Nursing Excellence Award for community involvement from United Hospital. I love volunteering in the community and I am proud of taking my professional nursing skills out into the community. I volunteer on a team with other registered nurses to teach about health issues in my native language within the Ethiopian community. I provide one-on-one counseling about chronic disease processes, healthy lifestyle habits, and medication administration safety. I identify health care needs of Ethiopian-Americans and serve as an advocate and an educator within the community. I also volunteer for a non-profit organization that supports homeless elders in Ethiopia."



Horticultural therapy: *The purposeful use of plants and plant-related material to bring about health and well-being*

Horticultural therapy is abundant at Courage Kenny Rehabilitation Institute. It is offered to inpatients at Abbott Northwestern Hospital in Minneapolis, United Hospital in St. Paul, the Transitional Rehabilitation Program in Golden Valley, as well as outpatients in the Community Reintegration Program (CRP).

While each location offers something a bit different and unique, all locations provide equipment and access to raised beds and other forms of adaptive gardening. The exercise provides a host of physical, cognitive, emotional and social benefits, but mostly, it offers people work that is quiet, restful and fulfilling.

Horticultural therapy techniques assist participants to learn new skills or regain those that are lost. It helps improve memory, cognitive abilities, task initiation, language skills and socialization. It can also help to strengthen muscles as well as improve coordination, balance and endurance. People can learn to work independently, problem solve and follow directions.

PHYSICAL

Improves...

- grasp/grip strength
- fine motor coordination
- range of motion
- flexibility
- endurance

Provides...

- exercise
- adapted equipment

EMOTIONAL

Enhances...

- self-esteem
- pride and responsibility
- visual and sensory stimulation
- connection for caring
- relaxation
- family participation

SOCIAL

Promotes...

- cooperation
- sharing stories and knowledge
- self-expression
- fun
- artistic expression and creativity
- leisure time management

COGNITIVE

Practices...

- processing facts and information
- sequencing
- memory
- following directions
- math
- safety with movement

Develops...

- visual and spatial skills
- attention span

“Learn to be an observer in all seasons. Every single day, your garden has something new and wonderful to show you.”

– author unknown

Celebrating a successful partnership



On January 31, Courage Kenny Foundation hosted a ribbon-cutting ceremony celebrating the completion of a new equipment shed at Hyland Hills Ski Area. The event honored McGough Construction and Three Rivers Park District who partnered with Courage Kenny Rehabilitation Institute on the shed for adaptive ski and snowboard equipment at Hyland. Participants and volunteers from the Sunday ski group were on hand for the festivities.

This season, ski volunteers at all locations are sporting new green and blue jackets with Courage Kenny Rehabilitation Institute branding. The jackets, paid for through philanthropy, have helped increase awareness of the program throughout Minnesota and western Wisconsin.



“We are deeply grateful for the partnership with McGough Construction and their sub-contractor partners; Three Rivers Park District; and other community partners and dedicated volunteers to make this project a reality. The increased efficiency and safety will serve clients and volunteers well into the future,” said Stephen Bariteau, president, Courage Kenny Foundation.

Sign up for WELLcast podcasts for great health information

Access Allina Health’s latest WELLcast audio podcasts to hear some of the latest news by Courage Kenny Rehabilitation Institute’s experts, including:

- “Benefits of adaptive sports”, Eric Larson, supervisor, Sports & Recreation Department
- “Managing a kid who has autism”, LeeAnn Mateffy, OT, lead pediatric occupational therapist, Courage Kenny Kids
- “Why fitness is important to cancer patients”, Liat Goldman, MD, physical medicine and rehabilitation

These and more from Allina Health professionals are available by visiting wellness.allinahealth.org. You can also download podcasts to your mobile device from iTunes (keyword: Allina Health) or iHeartRadio (keyword: wellcast).

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Featured Presenter: Eric Larson, CTR, -Supervisor Sports & Recreation department, Courage Kenny Rehabilitation Institute

Benefits of Adaptive Sports for Kids With Disabilities

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2015 Jacobson Award: *Recognizing two successful, young entrepreneurs*

Zach Knuckey, 26, Duluth, Minn., experienced a stroke in his spine in 2012 which left him with paralysis. His love of water and an active lifestyle led Knuckey to create Waters Edge Guide Service, which provides guided fishing tours and builds custom fishing rods.

Knuckey plans to use the award money to build and maintain a website for his business; purchase a rod wrapper and finisher to assist in building custom rods; and purchase a state-of-the-art side imaging sonar to help set his guided tours apart from others. To learn more, visit facebook.com/watersedgeguide

Kelsey Peterson, 30, Minneapolis, is a quadriplegic as a result of a diving accident in 2012. Since her injury she has devoted her time to Siren, an organic, safe holistic body care line.

All products include organic and locally sourced essential oils and are hand crafted in small batches.



2015 Jacobson Award recipients Zach Knuckey and Kelsey Peterson, with Barbara Jacobson (center), the wife of the late Judd Jacobson.

With her award money Petersen plans to extend her customer base, order new eco-friendly packaging and develop new marketing and display tools to help her grow her business. To purchase Siren products, visit sirensuperiorskin.etsy.com

Award recognizes entrepreneurial endeavor by a person with a disability or sensory impairment.

Application process now open for 2016 Judd and Barbara Jacobson Award

Courage Kenny Foundation and the Judd and Barbara Jacobson Award Selection Committee are seeking applications for the 2016 Judd and Barbara Jacobson Award. Established in 1992, the Award recognizes the pursuit or achievement of a business entrepreneurial endeavor by a person with a physical disability or sensory impairment. The award recipient will receive a \$5,000 cash award to advance his or her business endeavors.

The Award is named for Judd and Barbara Jacobson. Judd was a Minnesota business leader who became a quadriplegic as a result of a diving accident in 1943. The Award exemplifies the business entrepreneurial

spirit of this committed, creative and innovative man. Funds for the Award are made possible by a gift from the late Daniel J. Gainey, a lifelong friend of the Jacobson family.

To be considered for the award, applicants must have a physical disability or sensory impairment, be at least 18 years of age, reside in Minnesota, Wisconsin, Iowa, or North or South Dakota. Applications are available online at allinahealth.org/jacobson. This year's application deadline is Friday, July 29. For questions contact Lindsay Kedzuf, 612-775-2584, lindsay.kedzuf@allina.com.



Community members, staff and clients gathered to dedicate Courage Kenny Rehabilitation Institute – St. Croix’s newly remodeled spaces. Sherry Gydesen, Courage Kenny Foundation Board member, welcomes the group!

Hundreds attend grand opening at Courage Kenny Rehabilitation Institute – St. Croix

Hundreds of people from the St. Croix Valley community joined staff, clients and volunteers at a grand opening and dedication for the newly remodeled

Courage Kenny Rehabilitation Institute – St. Croix. Guests toured the new spaces and had opportunities to try out therapy equipment. It was a great evening!



Left: Founding Director, Peter Polga, stands in front of a new history display at Courage Kenny Rehabilitation Institute – St. Croix.



Below: Left to right, Catherine Freesmeier, Caroline Baillon and Alex Luloff make it a family affair at the Open House.

Left: Client David Her demonstrates the new ceiling lift walking harness, equipment installed as part of the recent remodeling project. Her is pictured with Shelby Benson, rehab aide, and Leah Smith, PTA.



COURAGE KENNY FOUNDATION

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Join Us! For fun-filled, inspiring 2016 events

Courage Kenny Foundation has many fun events planned in 2016! We hope you can join us as an individual attendee or as an event sponsor. Visit us at allinahealth.org/CKFoundation for more information.



ENCOURAGE BREAKFAST

Tuesday, May 17 | 7:30 – 9 a.m. | Prom Center, Oakdale
Supporting Courage Kenny Rehabilitation Institute – St. Croix services.

CELEBRATION OF COURAGE

Tuesday, June 14 | 11:30 a.m. – 1 p.m. | Target Field, Minneapolis
An inspiring and fun lunch event supporting children with disabilities in our community.

COURAGE KENNY GOLF CHALLENGE

Monday, Aug. 22 | 1 p.m. shotgun start
Hazeltine National Golf Club, Chaska
Join us before the pros hit the course for the 2016 Ryder Cup! Proceeds benefit Courage Kenny Rehabilitation Institute's adaptive sports & recreation.

SHOOT FOR FUN

Saturday, Sept. 10 | 8 a.m. – 6 p.m.
Old Vermilion Trail Hunting Preserve, Duluth
A day of outdoor fun benefiting local services, at one of the largest sporting clay events in the Midwest.

A TOAST TO COURAGE GALA

Friday, Oct. 14 | 6–11 p.m.
Radisson Blu Mall of America, Bloomington
Courage Kenny's signature gala-style event featuring gourmet food and wine, silent and live auctions, live music and more!