

COURAGE KENNY REHABILITATION INSTITUTE™

Onward

FALL 2014

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

Jack Jablonski: Moving on to the next chapter

Jack Jablonski's life changed forever in December 2011. An injury during a high school hockey game resulted in a severed spinal cord that left him paralyzed. Recently, Jablonski updated Courage Kenny Foundation on what life is like for him today, his plans for college, and what participation in the Activity-Based Locomotor Exercise (ABLE) Program has meant for him.

Read more about Jack on page 2, and exciting expansion plans for ABLE and fitness on pages 6-7.

"Courage Kenny Rehabilitation Institute has led me through an unbelievably life-changing experience. I'd be nowhere without ABLE. I've been able to regain so much thanks to my participation in the program."

Allina Health 

**COURAGE KENNY
REHABILITATION
INSTITUTE™**

Dear Friends of Courage Kenny
Rehabilitation Institute,

When Courage Center and Sister Kenny Rehabilitation Institute merged just over one year ago, we had high hopes that we could be even better together than we had been as two strong but separate organizations. We were both proud of our legacies, but we also shared a belief that people who need rehabilitation could be better served if we joined forces. We sought to serve more people, make the right care more easily available at the right time, and make an even bigger difference for our clients, their families, and our entire community. We're proud of the progress we have made.

In these pages you'll see how Courage Kenny Rehabilitation Institute is making good on that promise with the help of supporters like you.

Thanks for all you help us do for our clients, our patients and our communities.

Jan Malcolm, president, Courage Kenny Foundation,
and vice president, Public Affairs, Allina Health



Jack Jablonski: Moving on to the next chapter, continued



I spend about two and a half to four hours a day, four days a week, at Courage Kenny's ABE program. My favorite part is being on the treadmill, standing upright. It gives me a sense of normal that I miss after the accident. The fun part is seeing how tall I am towering over the therapists!

When I first started therapy at Courage Kenny I was battling a lot of illnesses. Since starting the ABE program, I've been healthy and strong. I haven't had to spend any more time in the hospital. It's easier to sit up with no help. The changes I've made are unbelievable when it comes to strength. When I look back, I've gained a lot.

I am excited that Courage Kenny is expanding the ABE program. It's the right thing to do. There is a long wait to participate so the expansion will help a lot more people. I'd love to see more people getting access to the program and benefitting as I have.

Courage Kenny Rehabilitation Institute has led me through an unbelievably life-changing experience. I'd be nowhere without ABE. I've been able to regain so much thanks to my participation in the program. It's going to continue to change lives for the better.

I'm very anxious to get off to college. It's going to be a big change and transition going to the University of Southern California but I'm looking forward to it. I plan to major in Communications. I am thankful for the early start in the broadcasting world with my local radio show. I really enjoy it. I have a blast talking about sports and want to be involved in that in the future. I'll have to see what comes next, but majoring in Communications at USC is a start.

Life is all about adjusting and I've had the good fortune of great family, friends, and many others who have made it easier for me. But, you have to be ready for what comes next!

COURAGE KENNY REHABILITATION INSTITUTE

WE'RE GROWING
AND EXPANDING



NINE
NEW PHYSICIANS



at Courage Kenny
Rehabilitation Associates
to better serve patients
and clients and
specializing in:

CANCER REHABILITATION
SPINE REHABILITATION • PSYCHIATRY
PHYSICAL MEDICINE AND REHABILITATION

31

In September Courage Kenny
Rehabilitation Institute at
Abbott Northwestern Hospital
expanded its inpatient unit to
31 PRIVATE ROOMS

A POSITIVE IMPACT ON PATIENT EXPERIENCE,
QUALITY AND STAFF SATISFACTION.

SHARE = SPORTS, HEALTH, ACTIVITY,
RECREATION AND EXERCISE



220
CLIENTS SERVED IN ITS
FIRST YEAR.

a resource for people of all ages and abilities
to achieve physical and emotional fitness



20+

ACTIVE CLINICAL
RESEARCH STUDIES

including cancer rehabilitation,
stroke, balance and gait,
cognition, Parkinson's disease
and concussion

THREE-YEAR
ACCREDITATION

from the **Commission on Accreditation
of Rehabilitation Facilities (CARF).**

Our Inpatient Rehabilitation, Stroke, Brain
Injury and Spinal Cord Injury programs
and Vocational Services passed rigorous
national guidelines for program service
and quality.

DRIVER ASSESSMENT AND TRAINING

expanded from **8 to 11** locations:

Buffalo	Golden Valley
Burnsville	New Ulm
Cambridge	Owatonna
Coon Rapids	St. Cloud
Duluth	Stillwater
Forest Lake	



Allison MacArthur: A whole person transformation



It's called rehabilitation, but for Allison MacArthur, it was more like rebirth.

Six years ago, at age 21, the former ballet dancer and high school athlete was referred to Courage Kenny Rehabilitation Institute's Chronic Pain Rehabilitation Program. The intensive, three-week program changed her life.

While still in middle school, MacArthur began experiencing back pain. It was caused by a congenital condition affecting her lower spine. Two vertebrae were partially fused, compressing a disc. Eventually, she had to give up dancing and other activities because of the pain.

The pain worsened when she went to college, possibly aggravated by all the walking required on her urban campus. During spring break, when many college students head south, MacArthur was scheduled for surgery. The goal was to separate the vertebrae and relieve pressure on the disc. Instead, the disc ruptured during surgery.

Afterward, MacArthur was in so much pain that she spent most of her time in a wheelchair. She lost weight and became severely deconditioned, to the point where she could barely hold a bottle of water. Depression and insomnia plagued her. Because of her wheelchair and frailty, friends found it difficult to be with her. "I almost became a total shut-in," she said.

MacArthur thought her life was over. A corrective surgery was possible, but not until her overall health improved. She needed to gain weight and build strength, and to do that, she needed a new approach to manage her pain.

That's when she was referred to the Chronic Pain Rehabilitation Program which uses a comprehensive approach to help people improve function despite pain. Its staff includes pain specialists in the fields of medicine, psychology, physical and occupational therapy, chemical dependence, exercise physiology, therapeutic recreation, vocational services and nutrition services. Participants engage in activities ranging from classroom learning to pool therapy – all day, five days a week.

At first, MacArthur questioned whether she belonged there. "The first thing they talked about was learning to live again, even with pain. That was a contradiction to me. I felt like my entire future depended on having no pain," said MacArthur.

Her first pool therapy session was led by a staff member who had been an elite gymnast. There was an instant connection. "She gets me," is what MacArthur recalled thinking. "She had me doing ballet moves in the pool, and memories of what I used to enjoy started coming back."

Biofeedback taught her to use relaxation techniques to reduce pain and calm her thoughts. "Ever since then, I have not had problems with insomnia," said MacArthur.

The program helped MacArthur reframe every aspect of her life.

"We even talked about things like having a relationship when you are in pain. It was like they were retraining me to live a normal adult life," she said.

Slowly, the barriers that kept MacArthur from participating in life fell away. "I came to appreciate that their focus was not on my back," she said. "Other than when I was in physical therapy, we really didn't talk about my back. It was about me – what do I enjoy, what am I afraid of, what am I excited for? I learned that just because I had some limits from my back, it does not have to mean I have limits in my life."

Within a few months of completing the Chronic Pain Rehabilitation Program, MacArthur felt strong enough to apply for a job at the Fridley Life Time Fitness. In time,

she regained her health completely and no longer needed surgery.

But her transformation continued. While working at Life Time Fitness, she was introduced to weightlifting. "I started doing bicep curls with the tiniest dumbbell in the gym," she said.

That led to a new passion: competitive bodybuilding. Now, in addition to a fulltime career as an executive assistant with Life Time Fitness, MacArthur has competed in eight bodybuilding contests, and has launched a new business as a posing coach for bodybuilders.

"My life today could not be more different," said MacArthur. "This was not just about my body. This was a whole person transformation."



ABLE expansion will make it largest in nation

Growth includes expanded fitness center space on the Golden Valley Campus



Courage Kenny Rehabilitation Institute's Activity-Based Locomotor Exercise (ABLE) program is expanding. When the expansion is complete in 2016 the program will be the largest of its kind in the nation. Plans call for doubling the size of the Golden Valley location.

Emerging scientific research shows that nerves are alive and can often be activated through intensive fitness activities. In partnership with the Christopher and Dana Reeve Foundation's NeuroRecovery Network, ABLE is a cutting-edge intensive fitness program for people with paralysis and other

neurological conditions including stroke. Participants have reported:

- increased strength, function and independence
- reduced pain
- improved health and quality of life.



Our ABLE program is one of only six community fitness and wellness facilities in the national NeuroRecovery Network and the only such program in the five-state region. ABLE has grown dramatically, with a current 12-18 month waiting list. The expansion will help meet the demand for service while more than doubling the amount of data collected for the Network's research study of the impact of locomotor exercise on the brain and muscles. The purpose of this study is to:

- observe and evaluate outcomes for people with spinal cord injury

- collect information on the costs of operating community-based locomotor exercise programs
- promote the development of effective strategies for providing exercise and standardized activity-based interventions.

To fund this state-of-the-art program, Courage Kenny Foundation is reaching out to individuals, corporations and foundations for help. Money raised will support the purchase of new equipment, building renovations, the hiring and training of new fitness staff and participant scholarships. Scholarships lessen the financial burden for families.

While ABLE program fees vary, costs can average \$10,000 to \$15,000 for a typical three-month session. Approximately \$150,000 to \$200,000 in scholarships are expected to be distributed by the Courage Kenny Foundation to ABLE participants in each of the next three years.

To find out more about how you can help Courage Kenny Foundation support the growth of this exciting, innovative program, contact Joelene Evenson, Courage Kenny Foundation, 612-775-2103.

Exercising in the warm-water pool and fitness center is part of client Tom Swedien's weekly routine.





Polio survivors Jim Ostberg and Vicki Pittman Hocking were reintroduced 62 years after receiving care at Sheltering Arms, a Minneapolis facility that used the Kenny Method to treat polio.

Life after Polio: Realities and Practicalities *Symposium draws overflow crowd*

On September 18, Courage Kenny Foundation hosted Life after Polio: Realities and Practicalities, a symposium that provided insight into the syndrome, symptom management, maintaining mobility and managing pain. Representatives from Courage Kenny Rehabilitation Institute and Allina Health were available with resources and information on the disorder and tools for independent living.

More than 175 polio survivors and their guests attended educational sessions presented by the Institute's physical medicine and rehabilitation physicians and other providers. The event featured a myriad of historical documents as well as movies from the 1940s and '50s with footage of Sister Elizabeth Kenny, the founder of Sister Kenny Institute. Guests shared photos, scrapbooks and memories.

Due to the overwhelming success of Life after Polio: Realities and Practicalities, Courage Kenny Foundation will repeat the program in 2015. For more information contact Sandy Landberg, 612-775-2592, sandra.landberg@allina.com.

The History of Polio

An infectious viral disease, polio was rampant in the 1940s and '50s, affecting approximately 35,000 people each year in the United States – making it one of the most dread diseases of the 20th century. Physicians at the time prescribed immobilization through casting and splinting as the best treatment for polio. In contrast, Australian nurse Sister Elizabeth Kenny's approach called for just the opposite – a regimen of hot packs and stretching. Most patients who received the Kenny Treatment made a strong recovery. So when similar symptoms of polio returned 30 to 40 years after the first onset, polio survivors and the medical community were surprised and puzzled.

Polio followed by Post-Polio Syndrome was familiar to the late Dr. Richard Owen, former medical director of Sister Kenny Rehabilitation Institute. A polio survivor, Owen experienced some of these symptoms. In 1992, Dr. Owen established the first of its kind Post-Polio Clinic at the Institute.

Making a better world, one community at a time

Cummins Power Generation, a Courage Kenny Rehabilitation Institute corporate partner, is making a difference in the lives of our patients and clients. Cummins supports assistive technology and vocational services through volunteering and donations to the Institute. Cummins is also committed to hiring people with disabilities. Read on to discover some of the reasons Cummins supports Courage Kenny Rehabilitation Institute through the eyes of Gary Johansen, executive director, Worldwide Engineering.

When did you start giving to Courage Kenny Rehabilitation Institute, and why?

Cummins Power Generation began partnering with Courage Kenny Rehabilitation Institute (then Courage Center) in 2006 after a visit from Cummins senior leaders. The concept of modifying or creating devices to improve the quality of life for adults and children with disabilities was formed and the partnership was born. Since then, we have done great things together. Last year Cummins volunteers modified more than 400 devices and toys to help adults and children improve their quality of life, their dignity and their therapy.

What has meant the most to Cummins and to you personally about your philanthropic support?

The impact has been immense. We learned how to grow and develop a relationship that benefits both partners. It has helped make us better partners in our other relationships all around the world. For me personally, the interaction with Institute leaders and clients has been the biggest reward. I've taken much more from the relationship than I've given. People at Courage Kenny have inspired me to work hard at being a better leader and a better person.

What do you hope happens as a result of your giving?



Cummins engineers volunteer regularly in the Assistive Technology department, adapting toys and other devices to help make life more accessible for children and adults with disabilities.

I hope that as many people as possible have a higher quality of life and reach their full potential. I hope it enables a client to, in turn, use their amazing talents, strengths and passion to help others.

Why do you feel it's important for Cummins' to be involved with a non-profit?

One of Cummins' core values is to serve and improve the communities in which we work. This is not a new idea. J. Irwin Miller, a truly visionary leader, believed deeply that corporations have a responsibility to serve, and frankly, that it is good for business. This kind of support leads to stable, healthy communities where people want to live and work, which leads to an engaged, productive workforce, which strengthens the company...and the cycle continues. I see this every day from Cummins employees worldwide.

What brings you the most joy in giving?

I feel the most joy when I have helped someone find their 'voice'. That they have their say, they reach their full potential, and they find true

satisfaction and happiness. Every human being deserves this. It just feels good knowing someone's life was made better, even if they don't know it came from me.

What advice do you have for others?

Think carefully. It's best to take some time to find your passion and create a purpose – your own mission statement – about how you want to serve. Once your heart is in it, you'll find time to put your hands, your energy, your effort into helping. At Cummins, every one of our 45,000 employees has four company-paid hours to devote to the community partnership of their choice. This investment often leads to an employee finding that spark that pushes her or him to apply their head, heart and hands. When that many people focus on making a better world, watch out!

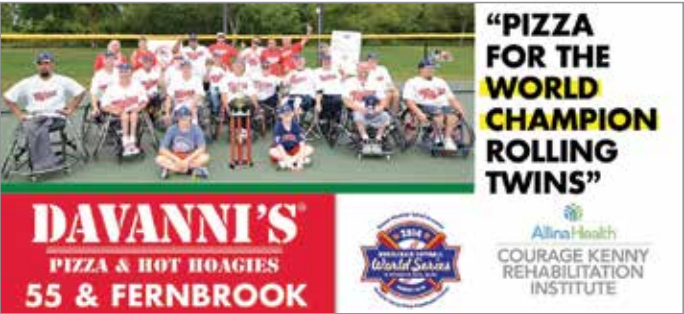


Gary Johansen, executive director for Worldwide Engineering, Cummins Power Generation.

Summer events raise funds, awareness

We are the champions!

Courage Kenny Rehabilitation Institute hosted the National Wheelchair Softball Association's Wheelchair Softball World Series August 14-16. Tournament play centered at Todd Anderson Field and two other fields in Brooklyn Park, Minn. Fourteen teams from around the country and Japan participated. Participants and spectators enjoyed gorgeous weather and exciting competition. In the end, the hometown Rolling Twins came out on top, scoring a tournament total 73 runs to just one given up to their opponents. Thank you to more than 20 sponsors who contributed to this successful event.



This fall, Davanni's, one of the Institute's long-time corporate partners, featured the World Champion Rolling Twins on a billboard on Hwy. 55 and Fernbrook Lane, in Plymouth, Minn.

Shoot for Fun presented by National Bank of Commerce

On Saturday, Sept. 6, close to 450 avid hunting and sporting clay enthusiasts from across northeastern Minnesota and northwestern Wisconsin participated in Shoot for Fun. The event included 50-point sporting clays and other fun shooting games, a silent auction, prizes and great food. It once again took place at Old Vermilion Hunting Preserve in Duluth, Minn. Participants raised \$160,000 for sports and recreation activities offered by Courage Kenny Rehabilitation Institute – Northland. Thank you to our presenting sponsor National Bank of Commerce, our participants and other loyal sponsors.

Mark your calendars for next year's Shoot:
Saturday, Sept. 12, 2015



Courage Kenny Golf Challenge presented by ABRA Auto Body and Glass

Courage Kenny Foundation and ABRA Auto Body and Glass partner each year to improve the lives of youth and adults with disabilities with a golf fundraiser. This year, on Monday, Sept. 8, 100 golfers played Hazeltine National Golf Course in Chaska, Minn., to support adapted sports and recreation opportunities for people with disabilities. The course provided plenty of challenges, laughs and, most importantly, raised more than \$100,000. Thank you to our event sponsors, including our presenting sponsor ABRA Auto Body and Glass.



Scott Heikkinen, Mike Utecht, Patrick Miner and Boyd Hanson represented Miner's Inc. at the Shoot.

Get involved!

We hope to see you this winter at one of our events.



Join us! Keep fit throughout your pregnancy with Prenatal Splash

Prenatal Splash is therapeutic aquatic exercise for pregnant women of all abilities, at any stage of pregnancy. Participants learn about a variety of pregnancy-related topics such as posture, body mechanics, while exercising in a safe, comfortable warm-water pool.

Sessions are available at Institute pools in Golden Valley and Stillwater. To learn more about days, times and fees, visit Events and Classes on allinahealth.org.

Adaptive Ski and Snowboard program is growing!

Courage Kenny Rehabilitation Institute has one of the largest adaptive ski and snowboard programs in the nation. The program is supported by nearly 400 volunteer instructors. All volunteers receive instruction on adaptive equipment and techniques for teaching skiers and boarders with disabilities. This is a great way to have fun and make new friends while introducing someone with a disability to snow sports. The 2015 locations are Hyland Hills, Afton Alps, Giant's Ridge, Trollhaugen, Welch Village, Spirit Mountain and Lutsen Mountain.

To learn more about becoming a ski and snowboard volunteer, contact susan.nyberg@allina.com, 612-775-2724.

Come to a Nordic ski open house this winter

This fall and winter, Three Rivers Park District, the Loppet Foundation and Courage Kenny Rehabilitation Institute will host a series of Learn-to-Ski Open Houses. Held at locations throughout the Twin Cities, the events will highlight the opportunities for people with disabilities to learn Nordic skiing. There is a fee to participate in most cases.

Saturday, Dec. 14 | 1-3 p.m.
Hyland Hills, Bloomington

Saturday, Jan. 17 | 10 a.m.-noon
Theodore Wirth Park
Minneapolis | Free.

Saturday, Feb. 1 | 6-8 p.m.
Registration and fee required to participate.
Luminary Loppet, Lake of the Isles, Minneapolis

Adaptive cross country ski lessons

One-to-one instruction is available for beginning to intermediate stand-up and seated skiers.

Thursdays, Jan. 15 – Feb. 26, 2015
No program Jan. 29. 6:30-8 p.m. Use class code GV-NS-2A to register online.
Fee: \$85 – includes park pass and rental equipment.



Tai Chi

Tai Chi is known as a moving meditation characterized by slow, rhythmic movements. It can improve balance, coordination and reduce stress. Courage Kenny Rehabilitation Institute, in partnership with the Penny George Institute for Health and Healing, offers two tai chi sessions, one for anyone of any ability, in Golden Valley, and another for people who've had a stroke, brain injury or other movement disorder, in Minneapolis.

Tai Chi for all abilities

Tuesdays, 9:30-10:15 a.m. | Golden Valley Creekside Lounge
3915 Golden Valley Road, Minneapolis
Single classes \$10 each, or \$100 for a 10-week session.
Call 612-775-2306 to register.

Tai Chi for persons with strokes, brain injuries or movement disorders and their care partners

New members may begin the class on the first session of the six-week series.
Fridays, 1-2 p.m. | Phillips Eye Institute Auditorium
2215 Park Avenue S., Minneapolis
\$30 for six-session series. Call Sue Newman, 612-863-4996, to register.

For more adapted sports info visit allinahealth.org/couragekenny

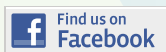


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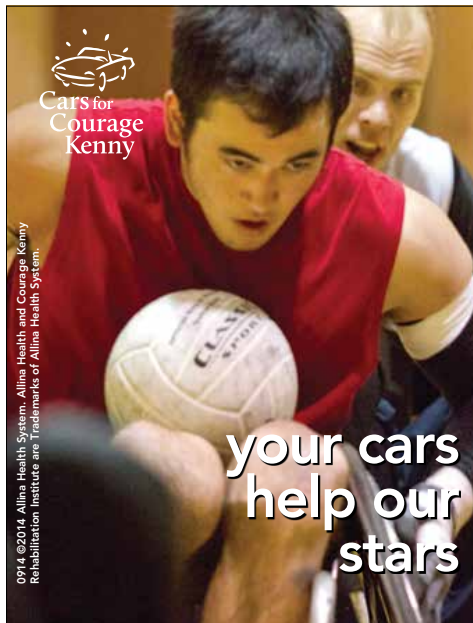


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Creative ways to support Courage Kenny Rehabilitation Institute this holiday season



Donate your vehicle to
Cars for Courage Kenny
612-775-2500
allinahealth.org/cars


AllinaHealth
COURAGE KENNY
FOUNDATION

Be retro. Send holiday cards.



This year, Courage Kenny Cards is proud to present the 56th annual collection of fine art holiday cards featuring artists of all abilities. Cards are available for purchase online at couragekennycards.org. You can also

purchase boxed cards at local Lunds, Byerly's and Bachman's stores, and the Cars for Courage Kenny office in Golden Valley.