

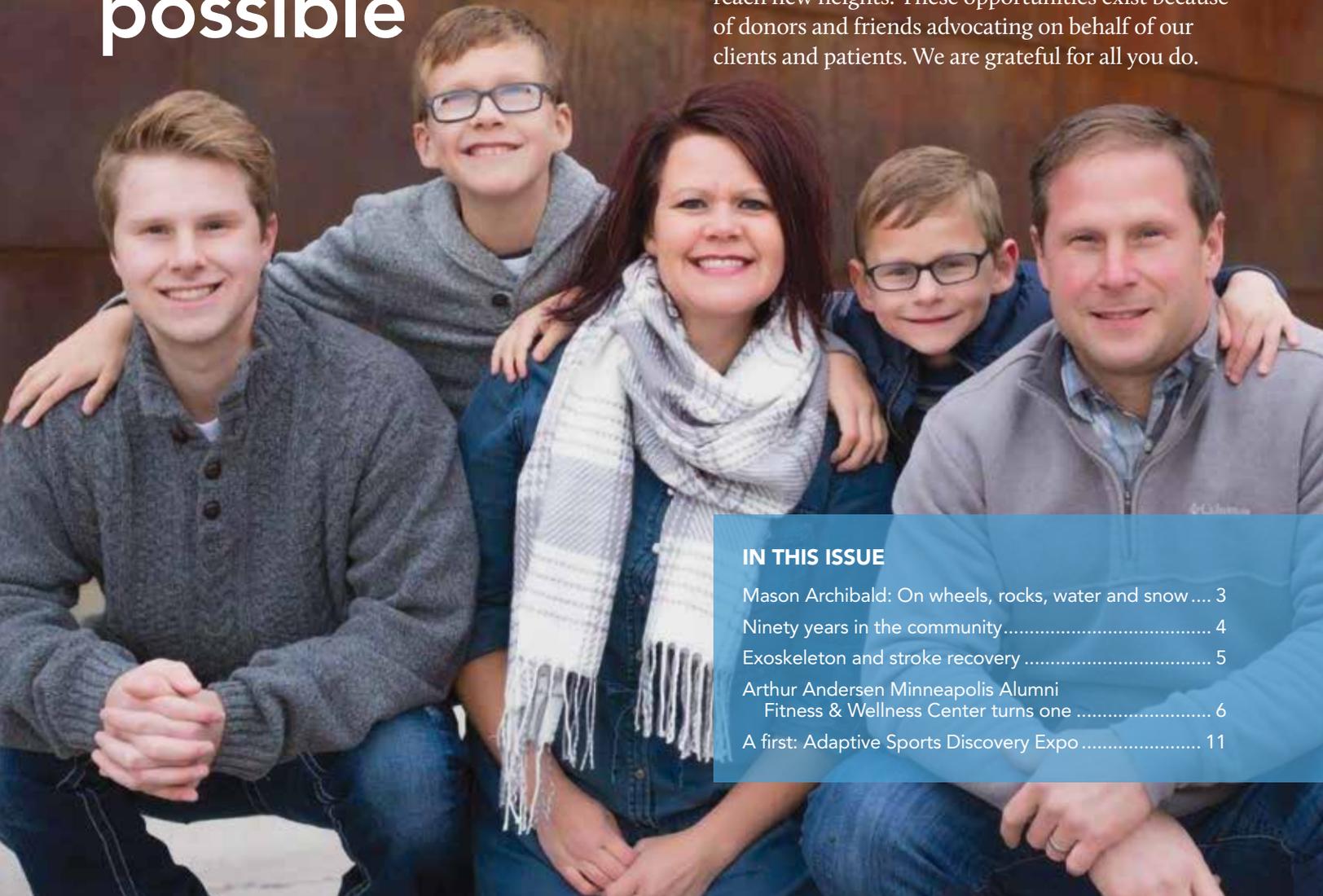
# Onward

FALL 2018

A newsletter from  
COURAGE KENNY FOUNDATION  
for friends of COURAGE KENNY  
REHABILITATION INSTITUTE.

## REACHING NEW HEIGHTS: You make it possible

Now in its 90th year, Courage Kenny Rehabilitation Institute continues to serve more individuals across Minnesota and western Wisconsin and provide programs and services that help people of all abilities reach new heights. These opportunities exist because of donors and friends advocating on behalf of our clients and patients. We are grateful for all you do.



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Mason Archibald, second from left, with his family, Tyler, April, Blake and Bill Archibald. Mason enjoys biking, rock climbing and skiing, thanks to the adaptive sports and recreation activities at Courage Kenny Rehabilitation Institute – Northland. Read more on page 3.

# Advancing our vision, thanks to you



Greetings, friends of Courage Kenny Rehabilitation Institute,

The year seems to be racing by, and it is a year that we should stop and reflect upon. It is now just over five years since Courage Center and Sister Kenny Rehabilitation Institute merged to become Courage Kenny Rehabilitation Institute. One of the reasons that I joined this organization is the wonderful continuum of services that was created with the merger. We have truly become the unified organization that was envisioned, offering that great continuum of services while continually working to advance our vision: One day all people will live, work, learn and play in a community based on abilities, not disabilities.

This year is also the 90th anniversary of the founding of the organization that became Courage Center. It was founded largely as an advocacy organization with a goal of improving opportunities for and inclusion of children with disabilities. It evolved to also provide services while continuing its strong advocacy role, reflecting the changing context of society, health care and education. Read more about our history on page 4.

I would also like to share a few of this year's accomplishments. First, our Advanced Primary Care Clinic received a Health Care Homes Innovation Award from the Minnesota Department of Health. This award honors clinical care teams at certified health care home clinics who have achieved outstanding results in redesigning care to improve health. Also, our Sports and Recreation Department continues to actively involve people with disabilities in the community, and its athletes and teams continue to achieve recognition on a national level. The Jr. Rolling Timberwolves, for example, finished sixth and the Rolling Rowdies finished second at the national tournament. We hosted the NeuroRecovery Network's annual research summit highlighting the work of our ABLE Program. We are adding six physicians and three psychologists to our practice, and have initiated physical therapy residency programs to provide additional training leading to certification in orthopedic and neurological PT.

Thank you for all you do to support our vision.

Sincerely,

A handwritten signature in blue ink that reads "Linda E. Krach, MD". The signature is written in a cursive style.

Linda E. Krach, MD

## Mason Archibald: *On wheels, rocks, water and snow with adaptive sports*

Join us in  
**Duluth**



Mason Archibald riding tandem in Courage Kenny Rehabilitation Institute – Northland’s adaptive cycling program.

Mason Archibald, 12, first arrived at Courage Kenny Rehabilitation Institute – Northland in Duluth six years ago to try adaptive cycling. Born with a visual impairment, Archibald started out riding tandem behind a volunteer. He was talkative and always had a great time biking. Once he got used to the feel of riding a bike, it didn’t take long for him to master a bike of his own.

After trying adaptive cycling, Archibald went on to experience many more firsts in adaptive sports and recreation thanks to opportunities offered by Courage Kenny Rehabilitation Institute – Northland.

This spring he participated in rock climbing, and this summer he participated in adaptive water skiing. His favorite sport is alpine skiing. Archibald is one of 56 participants in the adaptive ski and snowboard program. He has been skiing for three years with Malcolm Macauley, a longtime volunteer and a lead ski instructor.

Archibald’s favorite parts of skiing are going down the slopes fast, going off jumps, and riding the chairlift to the top of Four Pipe at Spirit Mountain.

“I remember when I first took to the bunny hill and I didn’t know what I was doing. That was four years ago. This year, I was going down this steep section of the big hill and I bumped into Malcolm. I jumped right over his skis,” Archibald said.

Next winter, Archibald hopes to start taking small jumps and maybe ski without a tether. His goal every year is to simply be outside and enjoy all the snow.

Archibald’s parents, Bill and April, first brought their son to Courage Kenny Rehabilitation Institute – Northland because they didn’t want his vision impairment to hold him back. That decision has led to many great experiences and new skills—and a passion for skiing that may last a lifetime. “Everyone at Courage Kenny has been very helpful,” said April Archibald. “It really feels like family after a while.”

A promotional poster for the "Shoot for Fun" event. The poster features a silhouette of a person shooting a rifle, a target, and a bridge. The text includes the event name, date, location, and sponsors.

EST. 1998  
2018  
COURAGE KENNY REHABILITATION INSTITUTE®- NORTHLAND  
**SHOOT FOR FUN**  
Register today for a day of outdoor fun benefiting Courage Kenny Rehabilitation Institute – Northland  
SATURDAY, SEPT. 8, 2018  
at Old Vermilion Trail Hunting Preserve & Sporting Clays  
[allinahealth.org/shootforfun](http://allinahealth.org/shootforfun)  
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COURAGE KENNY REHABILITATION INSTITUTE

# Celebrating 90 years of innovation and advocacy for people with disabilities

Courage Kenny Rehabilitation Institute was created in 2013 by the merger of Courage Center and Sister Kenny Rehabilitation Institute. Both organizations bring a strong history of service to people with disabilities, and their pioneering work during the past 90 years has helped to lay the groundwork for one of the nation's premier rehabilitation centers. Here are a few key milestones.

## Founded in 1928

Courage Center was founded in St. Paul as the Minnesota Society for Crippled Children, later changing its name to the Minnesota Society for Crippled Children and Disabled Adults. From the beginning, it was dedicated to meeting the changing needs of children and adults with disabilities.

## 1930s

Its first advocacy victory came in 1931, when Minnesota Governor Floyd B. Olson signed a bill providing school transportation for children with disabilities in rural areas.

The organization held its first camping trip for people with disabilities in 1938, which led to the development of many other outdoor experiences and programs in later years.

## 1940s

Sister Kenny Institute opened in Minneapolis in 1941 with support from leading citizens. The Institute was named after Sister Elizabeth Kenny, an Australian nurse ("sister" is an honorific title used in Australia for "nurse") who had pioneered new methods of muscle rehabilitation to treat polio. In 1940, as the polio epidemic worsened, local physicians had invited her to Minneapolis to demonstrate her methods, and then asked her to stay on to help treat patients. Sister Kenny Foundation was established in 1942.



## 1950s

Courage Center led the nation in identifying architectural barriers in public buildings, launched Courage Cards and opened Camp Courage.

## 1960s

In the post-polio era, Sister Kenny Institute began adapting its rehabilitation methods and programs to serve people with a variety of neuromuscular conditions. The Courage Foundation was established.

## 1970s and 1980s

Courage Center expanded its community-based services with outpatient clinic locations in Stillwater, Burnsville and Forest Lake, and sports and recreation in Duluth.

## 1990s

Courage Center and Sister Kenny Institute collaborated to develop a new health service delivery model for people with disabilities called AXIS Healthcare.

## 2000s

The Sister Kenny Research Center was established to support and enhance evidence-based practice in rehabilitation care.

## 2010s

Courage Center was one of 26 nationwide recipients of the Health Care Innovation Award from the Centers for Medicare and Medicaid Services (CMS), which allowed it to develop the patient-centered medical home model for people with disabilities and complex medical conditions. Courage Center and Sister Kenny Rehabilitation Institute merge to become Courage Kenny Rehabilitation Institute.

# Ann Marie Good: *Regaining function after stroke with the help of exoskeleton robotic therapy*

“The exoskeleton allows me to feel like I can do anything and can be whole again” said Ann Marie Good.



Ann Marie Good walking in the exoskeleton bionic suit with physical therapists, Jen Steele (above) and Kate Brown, at Courage Kenny Rehabilitation Institute – United Hospital.

In December 2017, Ann Marie Good, 66, woke one morning to numbness on her left side and facial drooping. She didn't realize at first that she had experienced a stroke. But later that day, her husband, realizing that something was not quite right, called for an ambulance, which took her to United Hospital in St. Paul, Minn.

As Good started her recovery, she was introduced to an exoskeleton bionic suit, which aids in gait rehabilitation for patients who have had a stroke or spinal cord injury.

Good learned during one of her sessions that she was close to setting a record: the most steps taken in the exoskeleton during inpatient rehabilitation at United Hospital. Being the competitor that she is, she was determined to beat it, which she did with more than 500 steps.

After leaving the hospital, Good did home therapy for five weeks, but felt she could make further progress if she returned to Courage Kenny for outpatient therapy. Good received occupational, physical and speech therapy. Good explained that having dedicated therapists along with technology like the exoskeleton make a difference in recovery and regaining function. “It's so uplifting to work with people who really care. It makes you want to work harder.”

Good's therapist have witnessed the great progress she has made. “Ann shows up every day ready to work. I've never met a kinder soul,” said her physical therapist, Amanda Burtraw. “We are now working on her ability to walk without an assistive device in her home. She is very engaged in her recovery and we expect to see continued gains in her function.”

While Good's immediate goal is to walk with a regular gait without a cane, she has a longer term goal as well: to start a nonprofit serving women affected by domestic abuse. “I really believe that's part of what is driving me to work so hard.”

# Arthur Andersen Minneapolis Alumni Fitness & Wellness Center celebrates a successful first year



Arthur Andersen Minneapolis Alumni Fitness & Wellness Center at Courage Kenny Rehabilitation Institute – Golden Valley celebrated its first year.

The \$4.75 million expansion, which was fully funded by philanthropic dollars given by the community, included remodeling the Golden Valley campus to create a seamless experience for clients. The former atrium was converted to house all of the cardio equipment and now leads directly to the Activity-Based Locomotor Exercise Program (ABLE) and strength training rooms.

With the expansion, new fitness equipment was purchased, including an additional locomotor treadmill for ABLE and robotic technology for Courage Kenny locations at Abbott Northwestern and United hospitals. Additional fitness specialists were hired to work one-on-one with clients and staff training was enhanced in partnership with the Christopher and Dana Reeve Foundation’s NeuroRecovery Network.

The expansion has allowed the facility to serve more people at the Golden Valley campus. In the first year of the expansion, it served an additional 199 clients, a 12.5 percent increase in one year.

This would not have been possible without the support of generous donors.

If you’d like to learn more about the ABLE program or to set up a tour of the Arthur Andersen Minneapolis Alumni Fitness & Wellness Center, call Courage Kenny Foundation at **612-775-2589** or email us at **[ckfoundation@allina.com](mailto:ckfoundation@allina.com)**.



*Kevin Alexander, lead fitness & aquatics specialist at Courage Kenny Rehabilitation Institute – Golden Valley, leads a group fitness program in the Arthur Andersen Minneapolis Alumni Fitness & Wellness Center.*



*ABLE client Joe Dailey uses the NeuroMuscular Electrical Stimulation machine with activity-based exercise specialists, Olivia Augustin and Tony Tolefree.*

# Kevin Lehtola: *Improving strength and independence through ABLE*

Kevin Lehtola was injured in a car accident 19 years ago. The crash shattered bones in his legs and back and left him in a coma that lasted weeks. After a spinal stroke (a disruption of the blood supply in the spine), Lehtola became paralyzed.

It wasn't until two decades later that Lehtola learned about the Activity-Based Locomotor Exercise (ABLE) Program at Courage Kenny Rehabilitation Institute. After being on the waiting list for two years, Lehtola was elated when he got the call to begin the program. When he learned that his insurance policy would not cover his participation, he turned to Courage Kenny Foundation's ABLE Scholarship Fund. Lehtola applied for and received a scholarship that covered 80 percent of the cost for three months.

Since starting the program, Lehtola has seen significant improvements. He is thankful for the opportunity to be part of the ABLE program.

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**"The ABLE program is definitely a once-in-a-lifetime opportunity that has greatly improved my life in numerous ways."**

**– Kevin Lehtola**

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Lehtola continues to work on increasing his core strength and stability and hopes to try different recreational activities, like kayaking, now that his balance has improved. With an educational background in psychology and music therapy, Lehtola plans to pursue his passion for helping people through music therapy while teaching and inspiring others to strive to become the best versions of themselves.



*Kevin Lehtola works with ABLE Program therapists at Courage Kenny Rehabilitation Institute.*

SAVE THE DATE  
10.12.18



# A TOAST TO COURAGE

Celebrating the stories of  
Courage Kenny Rehabilitation Institute®

**Friday,  
Oct. 12, 2018  
6-11 p.m.**

*With emcee Rena Sarigianopoulos of KARE 11*

Radisson Blu Mall of America  
2100 Killebrew Drive  
Bloomington, MN 55425

**Join us for a special night filled with friends, fun, reasons to celebrate and opportunities to make a difference.**

Bid on fabulous silent and live auction items, enjoy a gourmet dinner designed with wine pairings, be inspired by stories of courage, and keep the party going at the after-dinner party.

Individual tickets: \$175 | Sponsored table: \$2,500  
Visit [allinahealth.org/toasttocourage](http://allinahealth.org/toasttocourage) to register.

For information on sponsorship opportunities, please contact Kari Delaney, **612-775-2583**, [kari.delaney@allina.com](mailto:kari.delaney@allina.com).

*Our vision is that one day, all people will live, work, learn and play in a community based on abilities, not disabilities.*

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REHABILITATION  
INSTITUTE**

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# Join us for inspiring and fun events in 2018!

Courage Kenny Foundation has many fun, meaningful events planned in 2018. We hope you can join us as an individual attendee or as an event sponsor. Visit [allinahealth.org/CKFoundation](http://allinahealth.org/CKFoundation) for more information.



## Spring 2018 events

### Encourage Breakfast

Courage Kenny Foundation held the **Encourage Breakfast** benefiting Courage Kenny Rehabilitation Institute - St. Croix on Tuesday, May 15. With close to 500 guests, this was our largest Breakfast to date, and it helped raise more than \$185,000 for services and programs in the local community. The event featured former Minnesota Viking Matt Birk as the emcee and several inspiring client stories, and it celebrated Courage Kenny Rehabilitation Institute - St. Croix's 30th year in the community. Save the date for next year's Encourage Breakfast on Tuesday, May 14.



### Art Show

The 54th annual Art of Possibilities Art Show & Sale's three week exhibit wrapped up in May. Held every spring, the art show celebrates the legacy of Courage Kenny Rehabilitation Institute and demonstrates that "creativity knows no barriers." The show featured 245 pieces of fine art created by 194 artists with disabilities from around the world, and all the art was for sale. To see the artwork, visit the online gallery at [courageart.org](http://courageart.org). Mark your calendar for the next show: April 25-May 17, 2019.



### Celebration of Courage

Courage Kenny Foundation held the fifth annual **Celebration of Courage** at Target Field on Tuesday, June 12. More than \$94,000 was raised for Courage Kenny Rehabilitation Institute's Sports and Recreation department for athletes with disabilities. The generosity of the community of supporters who joined us at the event will make it possible for hundreds of athletes to participate in adaptive sports and recreation activities that promote an active lifestyle, overall health and independence.

# Hundreds make the first Adaptive Sports Discovery Expo a success

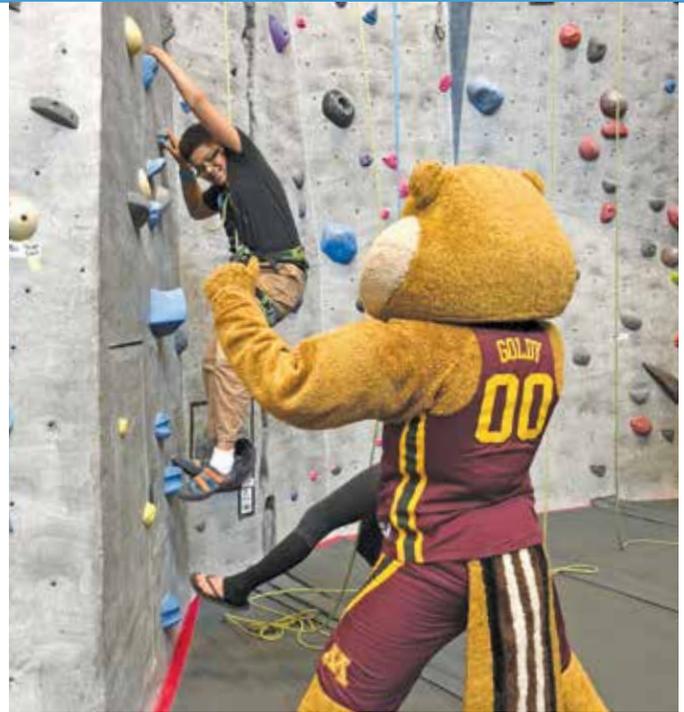
“We want to be a part of the growth of hope for all individuals with the knowledge that no barrier is too great nor insurmountable. These opportunities create a lifelong appreciation for health and well-being for all,” said George M. Brown, director, University of Minnesota Recreation and Wellness.

In May, Courage Kenny Rehabilitation Institute partnered with the University of Minnesota and Paul’s Pals to hold the first Adaptive Sports Discovery Expo at the University’s Recreation and Wellness Center. The event included more than 40 organizations that specialize in adaptive recreation and sports activities in Minnesota. Participants were able to:

- observe and try various sports and recreational activities adapted for people with disabilities
- meet with representatives from local adaptive sports and recreation organizations
- learn about new adaptive sports and recreational activities, and discover resources to help access and fund equipment
- attend a panel discussion that featured athletes and directors from local organizations.

For many attendees, the Expo was a way to explore new offerings in the community and try activities for the first time. Demetrius “D” Walker, 12, who was born with an upper limb difference, was able to try different activities at the Expo, including the rock climbing wall—with some help from University of Minnesota mascot, Goldy.

“Paul’s Pals was thrilled to be a part of the Adaptive Sports Discovery Expo,” said Jennifer Lewin, executive director of Pal’s Pals. “Clearly, with over 600 attendees, this type of community networking is what individuals, families and professionals are longing for. We hope this is just the start.”



*Demetrius Walker tried rock climbing at the first Adaptive Sports Discovery Expo held at the University of Minnesota’s Recreation and Wellness center.*

His mother, Stephanie Walker, said, “D is always interested in trying new things, but is also self-conscious around most kids. He never wanted to feel different or stick out if he needed an adaptation for something. So we thought we would see if the Expo had any options for us. We received lots of information and he is interested in trying a few things out. We would never have an opportunity like this on our own.”

The Expo reached more than 600 people, demonstrating the importance of adaptive sports and recreation in the community. “We are grateful to the dozens of volunteers and sponsors who made this event possible, and we look forward to the future opportunities this expo will bring to the Twin Cities,” said Eric Larson, manager, Sports And Recreation Department.

To find out more about sports and recreation opportunities at Courage Kenny Rehabilitation Institute, contact the Sports and Recreation Department at **612-775-2277** or **CKRISportsRecreation@allina.com**.

# Service Spotlight: *Driver Assessment & Training*



Courage Kenny Rehabilitation Institute has been a leader in providing driver assessment and training for seniors and people with disabilities since 1978. These services benefit people age 15 and older and their families who want to ensure their loved ones are safe to operate a motorized vehicle, as well as potential drivers who may need adaptations or driving lessons to become independent behind the wheel.

Being able to drive means greater independence, a more active and engaged lifestyle, and an increased sense of control in daily life. Driver Assessment & Training services are typically self-pay. Since not everyone in need can afford these services, Courage Kenny offers cost-sharing for those who qualify. Philanthropy helps to provide these important services, and we are grateful for donors in making this possible.

## LOCATIONS

- |               |                 |              |
|---------------|-----------------|--------------|
| • Buffalo     | • Forest Lake   | • New Ulm    |
| • Burnsville  | • Golden Valley | • Owatonna   |
| • Coon Rapids | • Isanti        | • Stillwater |

**96%**  
**of clients**

in Driver Assessment & Training who were recommended to take the Minnesota State Road Test passed.



Ariana Vacura, 18, above left, came to Courage Kenny Rehabilitation Institute – Golden Valley in September 2016 to determine if driving was a possibility for her, and if so, what equipment might be needed. Jen Fischer, Driver Assessment & Training specialist, recommended that using a specialized prosthetic device would allow Vacura to drive safely and more comfortably.

Once she had the device, Vacura completed driving lessons with Fischer in an adapted vehicle before getting her own customized van, which includes easy-to-reach features on the driver side door and voice activation. "Ariana was nervous at first, but Jen made her feel comfortable. She was really patient and made the lessons positive," said Joyce Vacura, Ariana's mom. Vacura plans to take the Minnesota Road Test in August and looks forward to more independence and being able to drive to school when she begins attending Rainy River Community College in the fall.

For more information about Courage Kenny Rehabilitation Institute Driver Assessment & Training, please call 612-775-2829 or email [CKRIDrivingService@allina.com](mailto:CKRIDrivingService@allina.com).



# COURAGE KENNY FOUNDATION

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**give**  
TO THE MAX  
**DAY** 

**NOV. 15, 2018**

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