

COURAGE KENNY REHABILITATION INSTITUTE®

Onward

SPRING 2019

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

You help create lifelong opportunities

At Courage Kenny Rehabilitation Institute, stories of determination, resilience and hope are all around us. We are poised for another year of astonishing client outcomes, innovative research, and life-changing community services.

In 2018, your support allowed us to serve more than 107,000 clients, our highest number yet. Together, we continue to make progress toward our vision that “one day all people will live, work, learn and play in a community based on abilities, not disabilities.”

Mackenzie Groth loves playing on the Courage Kenny Rolling Rowdies wheelchair basketball team. It has even inspired her to set some big goals for her future. Read more on page 3.

IN THIS ISSUE

- | | |
|---|----|
| Mackenzie Groth: All about basketball | 3 |
| Joel Hagen: Exceeding expectations after a brain injury | 5 |
| Terry Hanson: Polio survivor and accomplished athlete | 6 |
| Kevin Tupy: Driving towards independence | 7 |
| Courage Kenny Research Center spotlight | 11 |

Moving forward with an abundance of gratitude

Dear friends,

As a lifelong Minnesotan, I am very familiar with the transition from season to season. It's one of the things I enjoy most about living here. After a cold, snowy winter, I hope by the time this greeting reaches you we've begun the transition to spring!

Here at Courage Kenny Rehabilitation Institute, we are undergoing a transition of our own. In early February, after five successful years of leadership, Dr. Linda Krach stepped away from her role as President of Courage Kenny Rehabilitation Institute. I am deeply grateful for Dr. Krach's service to our patients and clients and innovative leadership.

Under her leadership, Courage Kenny expanded inpatient rehabilitation, aquatics and fitness services and the Activity-Based Locomotor Exercise (ABLE) Program. She also reimagined the physician staffing model and increased patient access through admission process improvements. Her passion for Courage Kenny's programs and services enabled countless people to achieve their maximum potential and independence. We wish Dr. Krach the best as she starts a new clinical role at Gillette Children's Specialty Healthcare.

In this interim period I am grateful for our many excellent physician leaders who will assist with clinical, operational and strategic matters. We will ensure that the important work Dr. Krach began will continue. While we move through these changes, our commitment to the health and success of our patients and clients remains a priority. This year is sure to bring even more stories of success, perseverance and innovation.

In 2019, we look forward to:

- The 40th anniversaries of Driver Assessment and Training and Courage Kenny Rehabilitation Institute – Northland.
- Improving client experience and increasing capacity with a newly renovated space for the Chronic Pain program on our Golden Valley campus.
- The 2nd annual Discover Abilities Expo in partnership with the University of Minnesota.
- Improved patient safety with daily safety huddles recently implemented across Allina Health, including Courage Kenny Rehabilitation Institute locations.

This is just a sample of what will make 2019 a great year. Thank you for your ongoing partnership.

Sincerely,

Ross Gustafson
Vice President of Operations



Linda Krach, MD, and Ross Gustafson.

Mackenzie Groth: *All about basketball*

Fifth-grader, Mackenzie Groth, has found her passion. Most days, her conversations and free time revolve around basketball. She looks forward to three-hour Rolling Rowdies practice every week and said she wishes she had even more practice time. She has written school essays about basketball, and even improved her reading proficiency when she started reading books on the sport. For the first time, her mom said, she's setting lofty and inspiring goals for her future.

Groth has spina bifida. Her parents, Jamie and Aaron, have been intentional about keeping her active and encouraging her to try new things. She first came to Courage Kenny Rehabilitation Institute –

Golden Valley for swim lessons, then heard about wheelchair basketball. She is also involved in skiing, softball and tennis and participates in wheelchair dance outside of Courage Kenny. Groth's parents were committed to putting her in a variety of activities so that she would have similar experiences to her peers.

"We are so fortunate to live here," said Jamie Groth, noting the number of opportunities Courage Kenny Rehabilitation Institute makes available to her daughter.

Now in her fourth year playing basketball, Groth plays on the Rolling Rowdies team, for players who are 8 to 13 years old, and travels for tournaments. Traveling and meeting other team members is her favorite part of the sport, she said. The team, Rolling Rowdies, competes regularly and is currently ranked number one in the nation.

As Groth's interest in basketball has grown, so has her ambition. Last year, she told her parents that she wanted to be a starter on the team. This year, she was a starter. Already, she has her sights set on attending the University of Alabama to play wheelchair basketball and dreams of making the Paralympic basketball team one day.

Groth has truly blossomed through basketball. Her parents



(Left to right) Cameron, Jamie and Aaron Groth support Mackenzie, center, at basketball practice.

have witnessed a boost in her confidence and leadership skills in all areas of her life, which they attribute to her participation in wheelchair basketball. They are thrilled with how she has embraced adaptive sports.

Jamie Groth said, "I never thought my child with a physical disability would say that gym is her favorite class or that a sport like basketball would be where she found her confidence and passion."

To learn more about adaptive sports and recreation and ways to get involved, visit allinahealth.org/couragekenny or email CKRISportsRecreation@allina.com.

Program Spotlight: *Brain Injury Rehabilitation Program*

People who live with a brain injury can experience a wide range of challenges. Courage Kenny Rehabilitation Institute's Brain Injury Rehabilitation Program provides comprehensive services that help people meet these challenges. From inpatient rehabilitation and outpatient therapy, to follow-up care and community resources, the brain injury team supports people at every stage of recovery.

The Brain Injury Program includes:

Inpatient rehabilitation care at Abbott Northwestern and United Hospitals and the Transitional Rehabilitation Program (TRP) in Golden Valley. The Golden Valley site is licensed as a skilled nursing facility. Nursing care and therapy is provided at an intensity that can best fit the client's needs and goals.

Outpatient services focus on continued recovery, learning new skills, and managing symptoms to improve day-to-day function and regain as much independence as possible.

Brain Injury Clinic at Abbott Northwestern Hospital is for outpatient rehabilitation for people with mild-to-moderate brain injury. This clinic helps people improve life skills important for work and school, such as improving memory, concentration, communication, organization and coping skills.

Community Reintegration Program (CRP) is an intensive outpatient group treatment program designed to maximize a person's abilities and independence. Clients focus on individual goals to help gain independence and improve pre-vocational skills.

Brain Injury Rehabilitation Program 2018 Highlights:

- Sponsoring the 2018 Minnesota Brain Injury Alliance annual two-day conference for professionals working with brain injury.
- Expanding the Peer Visitor Program to outpatients at Mercy Hospital, connecting people who have experienced a brain injury with a positive role model who has experienced a similar injury.
- Serving 709 patients in 2018 and having 90% of outpatients rate their experience as "very good," the highest rating on the client satisfaction survey.



Indra Lim, MD, medical director



Angela Folie, PsyD, LP, co-chair



Jeanine Ronning, clinical program manager

Joel Hagen:

Exceeding expectations after a brain injury

Motivation is everything for former police officer, Joel Hagen. His life changed on May 2, 2017, when he was involved in a motorcycle accident. Hagen, who wasn't wearing a helmet, sustained a brain injury that left him with an uncertain future. Doctors advised his family to sell his truck and townhome because he would never drive or live independently again. Thankfully, they didn't listen. Today Hagen is driving, working and living independently, but it took almost two years of hard work, a major set-back, and his unyielding motivation to get there. His ambition is to return to his job as a police officer, something his doctors say is a lofty goal.

Following the accident, Hagen was taken to Mercy Hospital. He then had inpatient rehabilitation at Courage Kenny Rehabilitation Institute, at both Abbott Northwestern Hospital and the Transitional Rehabilitation Program in Golden Valley, all a part of Allina Health. He was making remarkable progress. Then a surgery didn't go as planned and Hagen suffered a stroke, which set his recovery back to the beginning.

When Hagen returned to inpatient rehabilitation at Abbott Northwestern, his therapists were stunned and saddened to see him return after all the progress he had made, but they were ready to guide him back to recovery. Once again, Hagen began the hard work of full-time recovery. Hagen and his mom are especially thankful for the encouragement and commitment of his speech and occupational therapists. Even when he moved back home, Hagen continued to improve by joining North Memorial Hospital's aphasia program and playing iPad brain games in every spare moment.

His family was incredibly supportive and challenged him to continue to gain independence. On his first day home from inpatient rehabilitation, his mom, Jill, had him folding laundry. Another day she dumped a container of toothpicks on the floor and asked him to pick them up one by one with his weaker hand. Hagen welcomed these challenges. "If you don't put in the effort, you're going to get half the results," he said.



"If you don't put in the effort, you're going to get half the results."

– Joel Hagen

Remarkably, after his brain injury and stroke, Hagen doesn't have any cognitive impairments. Less than two years after the accident, he has completed therapy, and is living independently and working. However, Hagen won't be satisfied until he's back on the police force. He is awaiting final approval from his doctor to clear him to take the necessary tests and background check to be allowed back on the force. In the meantime, he listens to motivational speakers each morning, makes progress at the gym, and still believes "you have to give 110 percent."

Terry Hanson: *Polio survivor and accomplished athlete*



Terry Hanson with this year's Terry Hanson Lifetime Achievement Award winner, Hayden Audette, and volunteer coaches Nick Lohmer and Mauricio Morales.

Terry Hanson developed polio when he was just 22 months old, and has been living with the effects ever since. Now retired and volunteering at the lending library in the Courage Kenny Golden Valley lobby, Hanson says that having polio has shaped his life because it opened up a world of opportunity through adaptive sports.

Hanson grew up in the Dinkytown neighborhood of Minneapolis. In his early years, his regular polio check-ups were with Sister Elizabeth Kenny, founder of Sister

Kenny Institute. He was too young at the time to remember much today about the now internationally renowned Sister Kenny, but he does recall her signature black outfit, white hair and business-like attitude.

Hanson began playing basketball as a kid in his backyard with his younger brother. When he was in his wheelchair, he and his brother were about the same height, so their dad lowered the basketball hoop so they could play together. Hanson didn't discover organized wheelchair

basketball until he attended a Gopher men's basketball game at the University of Minnesota, at which the halftime entertainment featured a wheelchair basketball team. Soon he was involved with wheelchair basketball, wheelchair rugby and track and field.

Hanson traveled the world playing wheelchair rugby and coaching wheelchair basketball, including leading the Women's USA Paralympic team. His exceptional performance and involvement in wheelchair sports earned him a place in the National Wheelchair Basketball Hall of Fame for his coaching accomplishments, and the United States Quad Rugby Association Hall of Fame for his accomplishments as a player.

For years Hanson was involved as a coach and referee for wheelchair sports at Courage Kenny Rehabilitation Institute. He still volunteers at tournaments to run the scorebook. In his honor, each year since 2015, the Courage Kenny Sports & Recreation Department has awarded one player the Terry Hanson Lifetime Achievement Award for outstanding leadership, excellence and dedication to wheelchair sports.

For Hanson, the joy of being active and the pursuit of fun are at the core of his athletic motivation and success. He speaks highly of his players and credits his coaching success to them. His players tell him that he's a good coach, and he responds humbly, "I don't know about that, but it was fun."

Join the fun as a volunteer! We have many volunteer opportunities in the Twin Cities and Duluth. Go to allinahealth.org/couragekenny/ volunteer to learn more.

Kevin Tupy: *Driving toward independence*



Emily Hageness, OT and driving specialist, helped Kevin Tupy get back behind the wheel safely with adaptive driving equipment including a left-foot accelerator and steering knob.

For 40 years, Courage Kenny Rehabilitation Institute has been helping people gain and regain independence, mobility and sense of control through Driver Assessment and Training. In November 2016, Kevin Tupy's life changed drastically. A stroke left the Burnsville husband and father of three with right-sided arm and leg weakness. Inpatient and outpatient therapy at Courage Kenny Rehabilitation Institute helped Tupy regain some function, but he was challenged again in January 2018,

when open heart surgery weakened him physically.

Tupy was once again admitted as an inpatient to Courage Kenny Transitional Rehabilitation Program where he completed intense rehabilitation therapy to regain his strength and independence. After being discharged, Tupy continues to work out at the adaptive Fitness Center at Courage Kenny Rehabilitation Institute – Golden Valley and participated in the Community Reintegration Program

(CRP). In order to participate in those activities, he relied on paratransit services provided through Metro Mobility, which was a great resource, but often meant spending two to four additional hours a day in transit.

"Kevin was really motivated and committed to rehabilitation including CRP and driving" said Emily Hageness, occupational therapist and certified driver rehabilitation specialist. She assessed Tupy's need for adapted equipment and added a left-foot accelerator and spinner knob to the steering wheel.

Even though it had been two years since he'd been behind the wheel, it didn't take Tupy long to regain his driving skills. After about a month of intensive on-the-road training, he was able to pass his driving test.

"Being able to drive again was a step in the right direction to having more time and independence" said Tupy.

Today, Tupy drives from Burnsville to Golden Valley to work out in the Courage Kenny fitness center. He has also taken road trips to New Prague to visit his father, and to Paynesville to visit his brother. When asked if he drives his three daughters to activities he smiled and acknowledged, "I'm working up to driving them around."

Your ability to drive can be affected by visual, cognitive, physical or medical challenges, developmental or physical disability, changes due to aging, or mental health issues. Whether you are a new or an experienced driver, Driver Assessment and Training may help you become or remain independent on the road, or assist in identifying when it is time to retire from driving.

Courage Kenny Rehabilitation Institute has services for drivers at any age, from teen to seniors. To schedule an appointment at any of our nine locations, please call 612-262-7855, or email us at CKRIDrivingService@allina.com.

Try something new this spring!

Art of Possibilities Art Show & Sale

OPENING RECEPTION

Wednesday, April 24, 2019
5:30-7 p.m.

SHOW DATES

April 25 – May 17, 2019

Weekdays 9 a.m. – 4 p.m.
Saturdays 10 a.m. – 1 p.m.

Art of Possibilities showcases the work of more than 200 artists with disabilities from around the world. Attendees can purchase art, donate to support particular artists, or just enjoy the free art show. For more details and to view artwork visit www.courageart.org.

Courage Kenny Rehabilitation Institute
3915 Golden Valley Road
Minneapolis, MN 55422



Discover Abilities Expo

Join us for the 2nd annual showcase of adaptive sports and recreational activities in Minnesota!

Saturday, May 18, 2019, 10 a.m. – 3 p.m.

University of Minnesota's Minneapolis
Recreation & Wellness Center
123 Harvard St. SE, Minneapolis, MN 55455

Courage Kenny Rehabilitation Institute Sports & Recreation Department is partnering with the University of Minnesota's Recreation and Wellness Center to host the 2nd annual Discover Abilities Expo. At this event you will have the chance to:

- Learn about and try various sports and recreational activities adapted for people with disabilities.
- Meet with representatives from 40+ community organizations that offer adaptive sport, recreation and leisure programming.
- Discover resources to help you access adaptive equipment.
- Participate in interactive demos and listen to presentations and panel discussions related to health and recreation.

Check our website for a current listing of participating organizations and more event details!

allinahealth.org/DiscoverYourSport | Document the fun with #DiscoverYourSport



Join us for these events in 2019!



ENCOURAGE BREAKFAST

Tuesday, May 14, 2019, 8 – 9 a.m.
Inwood Oaks, Oakdale

At the annual Encourage Breakfast, community members gather to expand opportunities for children and adults with disabilities by raising funds for Courage Kenny Rehabilitation Institute – St. Croix. Thank you to RBC Wealth Management for being the Presenting Sponsor for this year's event.

allinahealth.org/encouragebreakfast

CELEBRATION OF COURAGE

Tuesday, June 4, 2019
12 – 1 p.m.

Target Field,
Minneapolis

Support the Sports & Recreation Department at this lunch event that is all about being active, having fun and being inspired!

[allinahealth.org/
celebrationofcourage](http://allinahealth.org/celebrationofcourage)



SHOOT FOR FUN

Saturday, Sept. 7, 2019
Old Vermillion Trail Hunting Preserve, Duluth

This event for hunting and sporting clay enthusiasts and friends supports adaptive sports and recreation in Northeastern Minnesota and Northwestern Wisconsin. Thank you to Presenting Sponsors JAMAR, Api Group, Inc., United Piping, Inc. and Northland Constructors.

allinahealth.org/shootforfun



A TOAST TO COURAGE

Radisson Blu Mall of America, Bloomington
Friday, Oct. 11, 2019, 6 – 11 p.m.

Our annual gala supports and celebrates life-changing programs and innovative services for people with disabilities. Enjoy a five-course dinner with wine pairings, a live and silent auction, and inspiring stories about the remarkable impact you make.

allinahealth.org/toasttocourage

Planned Giving: *Create lasting impact*

When you include Courage Kenny Rehabilitation Institute in your estate plans, you create a lasting legacy of impact on people's lives. Your thoughtful planned gift supports Courage Kenny's commitment to provide exceptional care, prevent illness, restore health, and bring hope, healing and comfort for generations to come.

Without years of generous support from our community, we would not be one of the most innovative rehabilitation providers in the upper Midwest. Through charitable gifts, we can continue to serve more people every year as they pursue healthy, fulfilling and independent lives.

Anyone can make a planned gift, regardless of age, income or assets. Planned giving is a smart way to make meaningful gifts to organizations you care about. Planned gifts can protect your assets, generate personal income for a lifetime, and give you peace of mind. Consult your tax advisor to make the best decision for you.



BENEFITS OF PLANNED GIVING INCLUDE:

- Knowing you can make a more generous gift than you ever imagined possible while still providing for you and your loved ones.
- Allowing you to address your financial concerns while making a charitable gift.
- Providing increased lifetime income for you or your loved ones.
- Unlocking appreciated assets to produce greater annual income without an immediate capital gains tax.
- Relieving you of the burden of managing investments, yet allowing you to benefit from those funds.
- Reducing income taxes through increased deductions for charitable giving.
- Reducing your estate taxes.
- Providing you with the opportunity to memorialize someone you love.
- Joining the Courage Kenny Foundation Legacy Society – along with many of our most loyal and generous donors.
- Creating a legacy of impact for generations to come.

PLANNED GIVING OPTIONS INCLUDE:

- Gift of appreciated stock or other assets
- Bequest of cash (name in a will or trust)
- Gift of life insurance policy
- Charitable gift annuity
- Gift of personal residence or land
- Charitable remainder trust
- Beneficiary designation (life insurance, annuity, IRA)
- Retained life estate

Please let us know if you have already included Courage Kenny Rehabilitation Institute in your plans so we can thank you and welcome you into our Legacy Society. To learn more about supporting Courage Kenny Rehabilitation Institute through planned giving, contact Jim Besst at james.besst@allina.com or 612-775-2581.

Courage Kenny Research Center:

Donor support drives successful research projects

Courage Kenny Research Center advances rehabilitation research across numerous clinical programs. Our goal is to promote, foster and sustain the highest quality research; support clinical research projects and studies; and offer research training to investigators and staff. Currently, the Research Center has 26 active studies, with various funding sources. The following are three of the studies generously funded by donors like you through Courage Kenny Foundation.

Breath Reset

Principle Investigator: Andy Rapacz, CEP

This study will explore the impact of Neuromuscular Electrical Stimulation (NMES) in conjunction with resistance respiratory training on improving respiratory function for people with spinal cord injury. Existing research shows respiratory function is significantly below average for many people with spinal cord injury. This can increase the risk of secondary health conditions and mortality. Respiratory complications are the leading cause of death for people with spinal cord injury. Effectively pairing electrical stimulation with respiratory training could greatly improve the health and wellness of many Courage Kenny Rehabilitation Institute clients. Recruitment for this study will begin in spring 2019.



Manual Wheelchair Speed, Maneuverability and Endurance, and Community Access

Principle Investigator: Amber Wacek, PT, DPT, NCS

This study will identify what wheelchair skills are needed to effectively use a manual wheelchair in the community. Based on each person's community involvement, this information can be used to justify treatment or identify what type of wheelchair would be most appropriate to assist a person's participation in their community. This study is in the midst of recruitment and is actively seeking people who use manual or power-assist wheelchairs.

Grace Notes: Feasibility, Benefit and Transferability of a Manualized Intervention to Advance Spiritual Wellbeing for Clients with Acquired Brain Injury (ABI)

Principle Investigator: Peggy Thompson, BCC, MDiv, MFA, BFA

Grace Notes is designed to improve skills such as memory, gratitude, awareness, problem solving, social skills, attention, and community participation for people with Acquired Brain Injury. Participants used a variety of tools including gratitude and contemplative prayer worksheets to expand their repertoire of coping resources. A 45-60 minute group session consisted of group check-in where participants share touching moments from their week, presentation of a spiritual tool, group discussion, and a closing prayer. Client participation in this study is complete and data is being analyzed.

To learn more about current research studies and how you can get involved, email CKResearch@allina.com or visit www.allinahealth.org/ckresearch.



COURAGE KENNY® FOUNDATION

3915 Golden Valley Road
Minneapolis, MN 55422

allinahealth.org/couragekenny
allinahealth.org/ckfoundation

If you would like to be added or removed from our mailing list or receive an email version, please contact Courage Kenny Foundation at 612-775-2589 or e-mail CKFoundation@allina.com.

facebook.com/couragekennyrehabilitationinstitute

 @CourageKennyAH
#beCKactive

#DiscoverYourSport

 @CourageKennyKids
@CourageKennyAT

408798 0319 ©2019 ALLINA HEALTH SYSTEM. ALLINA HEALTH IS A TRADEMARK OF ALLINA HEALTH SYSTEM. COURAGE KENNY REHABILITATION INSTITUTE IS A REGISTERED TRADEMARK OF ALLINA HEALTH SYSTEM.

Donate your car today!



888-440-CARS

AllinaHealth
COURAGE KENNY
REHABILITATION
INSTITUTE

NONPROFIT ORG
US POSTAGE PAID
ALLINA HEALTH
SYSTEM

ART
OF
Possibilities
ART SHOW & SALE

*Showcasing artists with disabilities
from around the world*

April 24–May 23, 2019