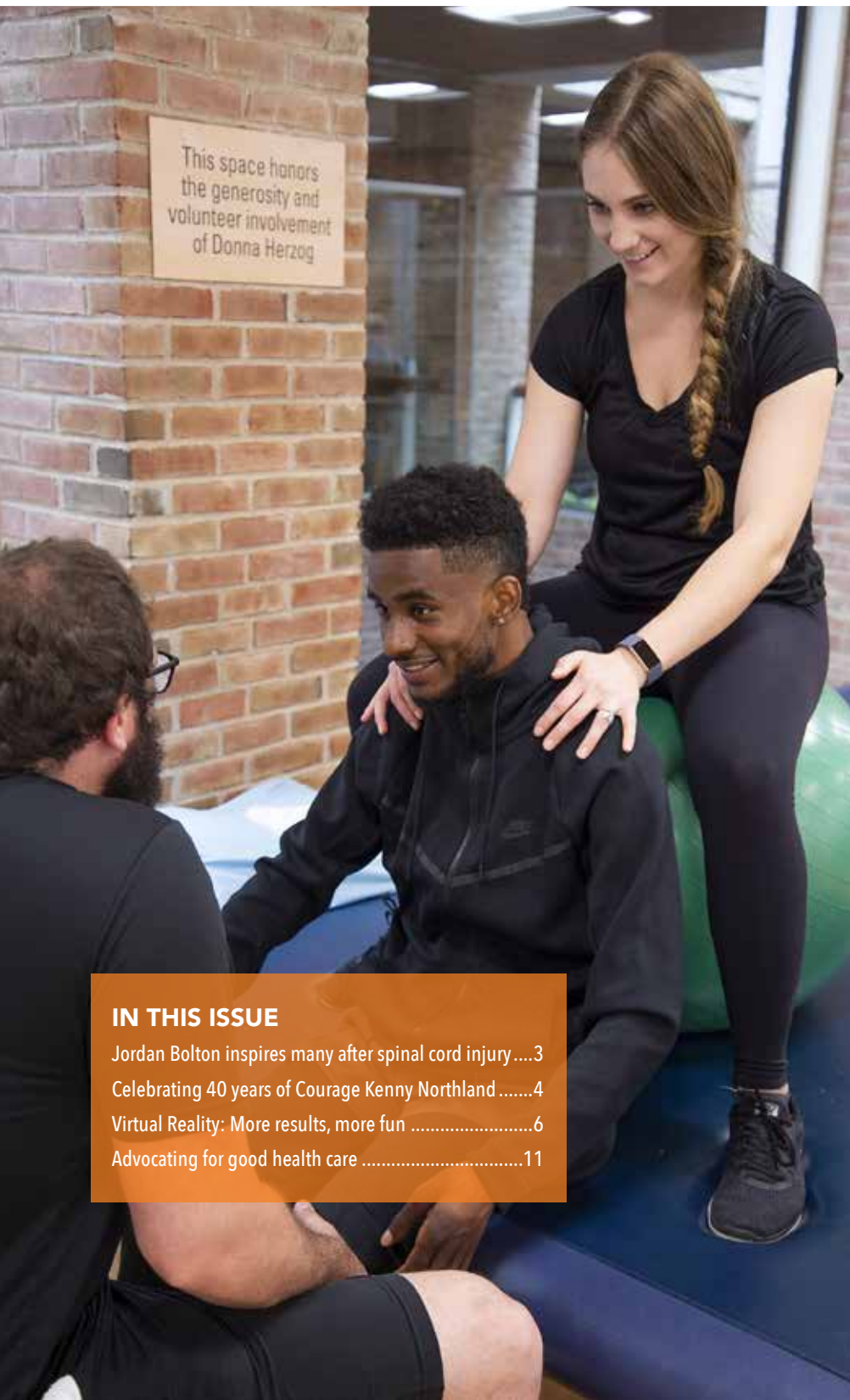


COURAGE KENNY REHABILITATION INSTITUTE®

Onward

FALL 2019

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



You bring the impossible within reach

Here at Courage Kenny Rehabilitation Institute, we see clients exceed expectations every day. Each story is incredible, inspiring and made possible by your loyal support.

We're not satisfied with only using the latest state-of-the-art rehabilitation technologies and practices for our clients. That's just the start. We are always looking to the future, bringing new ideas to our clients so they can benefit as soon as possible.

Our Activity Based Locomotor Exercise (ABLE) program is one example where we see clients like Jordan Bolton (pictured) exceed expectations time and time again.

Our new focus on virtual reality has already created opportunities for clients to surpass their goals while having fun and maximizing the benefits of therapy. With your support we hope to bring this cutting-edge resource to even more clients.

You are the driving force behind the innovation that makes the seemingly impossible possible. You bring the latest technology and treatments through our doors so our clients have access to every available resource. Thank you for launching us into the future.

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Allina Health

**COURAGE KENNY
FOUNDATION**

Courage Kenny welcomes new board chair

Dear Friends,

As the seasons change, we are grateful for all you have done for our Courage Kenny clients and their families this year. There is more to accomplish before the end of 2019, but the many ways you support our mission inspires those we serve.



Susan Rhode, board chair, Courage Kenny Foundation

Susan Rhode, a long-standing Courage Kenny Foundation board member, has stepped up as the new board chair for Courage Kenny Foundation. Susan is an attorney with Moss & Barnett specializing in family law. She has been a dedicated board member and donor for more than 10 years. She is passionate about our clients and is a super star at introducing new friends to the life-changing services of Courage Kenny. Now, the Foundation will

benefit from her leadership as board chair. Please join me in giving Susan a warm welcome in this new role.

Donors step up with gifts in all shapes and sizes. Some of you have been giving the same amount every year for many years, some of you have included Courage Kenny in your estate planning, some of you give at events and some give us their vehicle. No matter the method, these are all incredible displays of generosity that directly support our clients.

As we move into a season of thankfulness, please know you are an important part of the team that helps Courage Kenny serve more than 107,000 individuals each year. You join a talented team of physicians, therapists, care coordinators, nurses, clients and volunteers. Working together is the only way we can be hopeful to fulfill the mission that "one day all people will live, work, learn and play in a community based on abilities not disabilities." Now, won't this be a great day?

Thanks again for all the ways you impact the lives of Courage Kenny clients.

All my best,



Stephen Bariteau
President, Courage Kenny Foundation



Stephen Bariteau

“Why not me?”

Jordan Bolton inspires many after spinal cord injury

“I’m going to be fine,” Jordan Bolton told his mom when he called to tell her that he had sustained a spinal cord injury while attending college in North Dakota. At that time, doctors told Bolton that his C4-C5 spinal cord injury would leave him “bed-bound” for the rest of his life. But the talented basketball player was determined to remain active.

That’s why in October 2018, nine months after his accident, Bolton started the Courage Kenny Activity Based Locomotor Exercise (ABLE) program at the Arthur Andersen Minneapolis Alumni Fitness & Wellness Center. In ABLE, Bolton works with fitness specialists for

four hours a day three days a week. In his free time he also works with a personal trainer and uses a functional electrical stimulation (FES) bicycle in his home. In total, Bolton is focused on his recovery six days a week. An aspiring lawyer, he also finished school while in intensive recovery, graduating with an associate in arts degree with a focus on political science in spring 2019.

Though time-consuming, this intensive schedule has yielded remarkable results. Bolton has regained feeling in his whole body, regained bowel and bladder function, lowered his blood pressure, gone off all medications and can walk with assistance in the pool. He continues to reach new milestones so quickly that there are no limits to his hopes for recovery.

Bolton has had unwavering positivity since his injury. When his new reality began to sink in just after his accident, instead of asking, “Why me?” Bolton asked, “Why not me?” inspiring the phrase “Why not JB” printed on bracelets and sold as a fundraiser for Bolton’s therapy. His friends and teammates also started using the phrase “play for JB,” some even writing it on their



Bolton works on core strength with ABLE specialists.

shoes during games. Bolton says that the inspiration that others find in his journey is what continues to motivate him.

Bolton’s progress underlines Courage Kenny Foundation’s goal to make ABLE available to everyone who could benefit from it. ABLE is often not covered by insurance, and the intensive nature of the program can mean a high cost to participants. To make this program available to as many people as possible, Courage Kenny Foundation raises money for ABLE scholarships; in 2018 we were proud to offer \$95,278 in scholarships to 18 clients. However, the need continues to grow. We hope to give even more scholarships in 2019, and we need your help. Your support can make remarkable results like Bolton’s possible for even more clients.



Bolton walks on the body weight supported treadmill as a part of his locomotor training.

To learn how you can support ABLE scholarships contact Mary Heer-Forsberg at Mary.Heer-Forsberg@allina.com or 612-775-2103.

40 years of adaptive recreation and adventure in the Northland



2019 marks the 40th anniversary of Courage Kenny Rehabilitation Institute – Northland, offering adaptive sports and recreation opportunities for people with disabilities in Northeastern Minnesota and Northwestern Wisconsin.

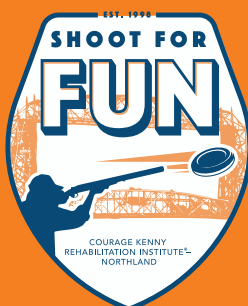
Courage Kenny Northland offers more than 32 sports and recreational opportunities, including Alpine skiing and snowboarding, yoga, swimming, archery, power soccer, fishing, cycling, sailing, kayaking, water skiing and curling.



Courage Kenny Northland began as a collaboration between the then-named Courage Center, the Ordean Foundation and the University of Minnesota Duluth. At that time, several University of Minnesota Duluth students regularly traveled to the Twin Cities to play wheelchair basketball. The three organizations came together to establish a Duluth home for adaptive sports and recreation. At first the organization offered just a couple sports, but it has gradually grown into the comprehensive and invaluable Northland resource it is today.



Courage Kenny Northland serves more than 160 community members each year. Whether it is providing adaptive equipment so participants don't have to purchase their own or offering scholarships to be sure cost is not a barrier to participation, Courage Kenny Northland relies heavily on donor support. Thank you for sustaining this program for its first 40 years and for your continued partnership and impact for the next 40!



Register a team of five for a day of outdoor fun benefiting Courage Kenny Northland at this year's Shoot for Fun on Saturday September 7, 2019.

allinahealth.org/shootforfun

A legacy of community support for wheelchair softball

Once again, our community has rallied together to make sure our wheelchair softball athletes have a top-notch facility. Knutson Construction has generously donated a new equipment shed at Todd Anderson Field in Brooklyn Park. The new shed is a vast improvement over a series of temporary storage structures the softball team had been using. It will ensure our equipment and sport wheelchairs are well maintained so players can play their best.

This is not the first time our community has shown up to benefit wheelchair softball. The team's current home at Todd Anderson Field was made possible by dedicated partners and grassroots support.

The Courage Kenny youth wheelchair softball program began in 2005 in the parking lot of the Brooklyn Park Community Activity Center. The Junior Division was recognized by the National Wheelchair Softball Association in 2007, and it became clear that the youth and adult teams needed a more permanent place to practice.

In 2010, the Minnesota Twins teamed up with then Courage Center to campaign for a Pepsi Refresh Grant with Major League Baseball. Twins player Michael Cuddyer was the Twins representative for Courage Center, and he rallied the support of Twins fans. In the end, Courage Center received the most votes – over two million – and was awarded \$200,000 to build what is now known as Todd Anderson Field. This is the first and the only competitive wheelchair softball field in Minnesota.



Representatives from Courage Kenny, Knutson Construction and the City of Brooklyn Park cut the ribbon on the new shed at Todd Anderson Field on June 10, 2019. Left to right: Jeff Martinson, Ryan Trench, Beka Bickel, Megan Welty, Tom Simon, Mike Nielsen, Brad Tullberg and Greg Hoag.



Todd Anderson Field at Northwoods Park, Brooklyn Park.

Our community – including Knutson Construction, the City of Brooklyn Park and the Minnesota Twins – made this unique space possible in service of our athletes.

Today the field is home to two youth and one adult team. The teams are consistently ranked as top teams in the nation. The adult team, called the Rolling Twins, recently won the 2019 National Championship.

Virtual reality: More results, more fun



The player swings his arms, slicing the flying watermelon and apples in half. The points add up as the virtual flying fruit speed up, making the player swing faster and wider. The player is in a virtual world, watching the virtual swords in his hands swing and chop at the targets. Sounds like a fun game? It is, but more importantly, it is also helping the player, a client at Courage Kenny Rehabilitation Institute, improve hand-eye coordination, balance and motor skills.

A virtual reality (VR) system at Courage Kenny Golden Valley allows clients the chance to immerse themselves in new virtual environments. VR engages the whole nervous system and has been shown to accelerate rehabilitation outcomes and facilitate faster recovery. It is a safe and fun way for patients to advance their recovery by practicing activities in a simulated environment. When used as part of a comprehensive rehabilitation program, VR has been shown to improve outcomes for many patients who have neurological disorders, such

as stroke, Parkinson's disease, multiple sclerosis, spinal cord injury, chronic pain and many others. Skills practiced through VR include balance, standing tolerance, problem solving, endurance, working both arms together, visual motor coordination, pain management, speech and both fine and gross motor coordination.

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"With virtual reality, because of the fun, engagement and competition for scores, it feels less like therapy and more like play. Patients are motivated to work"

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– Derek LaBerge

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"With a patient who needs to improve balance, compare sitting on a mat in a gym to going skiing down a mountain," said Derek LaBerge, senior therapeutic recreation specialist. "Therapy can be repetitive, so with virtual reality, because of the fun, engagement and competition for scores, it feels less like therapy and more like play.

Patients are motivated to work."

LaBerge described one client who struggled with pain during regular physical therapy. She was able to stand for up to 10 seconds before pain would interfere. The first time she tried a VR game, she was able to stand for 1 minute and 25 seconds without pain. Clinical research has shown that patients are motivated by the variety of goal-oriented games and will practice up to 15 times more with these activities compared to traditional treatments.

Courage Kenny recognizes the potential this new technology has for therapy, so we aim to expand virtual reality to even more clients and locations. To jump start this initiative, we've designated VR therapy as the subject of the Fund-a-Need at the October 11, 2019, A Toast to Courage gala.

To support the VR fund or to purchase your ticket to A Toast to Courage, contact Courage Kenny Foundation at 612-775-2589 or CKFoundation@allina.com.



Lloyd Froelich, 70, used VR therapy to help in his recovery from a stroke.



YOU'RE INVITED!

Bid on fabulous silent and live auction items, enjoy a gourmet dinner with wine pairings and be inspired by stories of courage.

**FRIDAY, OCT. 11, 2019
6-11 P.M.**

**RADISSON BLU
MALL OF AMERICA**



Sam Olson has exceeded all expectations for her rehabilitation. With the help of regular Lokomat sessions, she is determined to walk independently again.

Your support at last year's A Toast to Courage gala successfully funded a new Lokomat at our Golden Valley location. The Lokomat (pictured left) is a body-weight supported treadmill and robotic walking technology for gait training and strength building. This new technology was installed in spring 2019 and already has a full schedule of clients benefiting from your generosity.

At this year's A Toast to Courage you have the opportunity to bring even more opportunities to our clients by supporting the expansion of virtual reality across our locations. Join us for a special night filled with friends, fun, reasons to celebrate and opportunities to make a difference.

To purchase tickets visit allinahealth.org/ToastToCourage. For more information on sponsorship opportunities contact Kari Delaney, 612-775-2583 or Kari.Delaney@allina.com.

Thank you for breaking records at our spring events!



Encourage Breakfast

Courage Kenny Foundation held the 2019 Encourage Breakfast benefiting Courage Kenny Rehabilitation Institute – St. Croix on Tuesday, May 14. With more than 400 guests in attendance, our generous community helped raise almost \$160,000 for services and programs in the St. Croix area – the second highest-grossing breakfast to date! Emmy award-winning journalist Vineeta Sawkar emceed the event, and several Courage Kenny St. Croix clients shared their inspirational stories. We are already excited for next year's event! Please save the date for Tuesday, May 19, 2020. Thank you to this year's presenting sponsor, RBC Wealth Management, as well as other sponsors, Maplewood Toyota, Andersen Corporation and Boutwells Landing.

Art of Possibilities Art Show & Sale

The Art of Possibilities Art Show & Sale is held every spring featuring artists with disabilities from around the world. Art of Possibilities provides a forum for artists to sell their work. It also creates a cherished and inclusive community event, and highlights abilities while inspiring individuals who come to Courage Kenny who face similar barriers. In 2019, there were 261 pieces of art for sale from 167 artists. Awards were also presented by a panel of judges. To view the artwork and award winners, visit the online gallery at www.CourageArt.org.

Save the date for next year's Art of Possibilities Art Show & Sale April 23 - May 15, 2020.



Celebration of Courage

Courage Kenny Foundation held the sixth annual Celebration of Courage luncheon at Target Field on Tuesday, June 4. More than \$117,000 was raised for Courage Kenny Rehabilitation Institute Sports and Recreation programs for athletes with disabilities. A special thank you to the brand experience design agency, Latitude, for creating an incredible virtual reality experience for the event. Guests were able to use virtual reality to feel what it is like to ski the slopes of Breckenridge in a monoski, like adaptive sports and recreation participants. Thank you to our gold sponsor, the Minnesota Twins; silver sponsors, Apple Automatic, Plymouth Lions and Thomson Reuters; and bronze sponsors, Atlas Staffing Inc. Bassett Creek Dental, Korn Ferry and Moss & Barnett.



The **EMPOWER** Scholarship: A legacy of supporting health care careers

Courage Kenny Rehabilitation Institute is pleased to announce the recipients of its 2019 EMPOWER Scholarship.

The Empower Scholarship supports students of color pursuing careers in medical or rehabilitation fields. The annual scholarship is granted through the David M. Hersey Endowment Fund and recipients are selected by a volunteer committee. The committee is excited to introduce Bemnet Habtamu and Zakaria Jamari as the 2019 scholarship winners.

Bemnet Habtamu is from Bloomington and graduated from Kennedy High School in May. Habtamu will attend the University of Minnesota Twin Cities this fall with hopes to become an

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"Bringing a voice to the children with special needs in our community is my motivation."

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– **Bemnet Habtamu**
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occupational therapist for children with special needs. While in high school, Habtamu participated in College Possible, an intensive after-school program that prepares and supports students from low income families as they pursue their dreams of higher education. Habtamu has already begun to pursue her interest in working with children with special needs by volunteering in Fraser's inclusive early childhood education program. She said, "Bringing a voice to the children with special needs in our community is my motivation."



Scholarship recipients, Bemnet Habtamu (left) and Zakaria Jamari (right)

Zakaria Jamari is from St. Paul and graduated in June from Como Park High School. Jamari will attend the University of Minnesota Duluth in the fall. He plans to major in biology and continue on to medical school after completing his undergraduate work. While in high school, Jamari participated in Upward Bound, a college-readiness program for youth from under-resourced families. Mainong Yang, the assistant director of Upward Bound said, "He is a selfless person who, no matter his own struggles, finds time to help others and to give back." Jamari has volunteered more than 284 hours at Regions Hospital in St. Paul as a

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"As an aspiring doctor, I will show compassion to my patients ... they are human and need to be loved."

.....
– **Zakaria Jamari**
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guest service greeter and physical therapy volunteer. He said his experience there is what sparked his interest in a medical career. "As an aspiring doctor, I will show compassion to my patients because they're more than just another face I have to cure — they are human and need to be loved."

Advocating for good health care

In 2019, Allina Health met with representatives from all levels of government on specific issues and legislation that will reduce costs, improve care and access, and promote health.



Courage Kenny Rehabilitation Institute advocacy included an effort to create a grant program to facilitate access to adaptive fitness programs. The benefits of physical activity have been well researched and proven for people of all abilities. For those living with a disability, not only does increased physical activity improve their overall health, but it can reduce secondary health complications, such as cardiovascular conditions, pain, depression, stress and skin problems. While the research is clear regarding the health benefits of physical activity, the field of adaptive fitness is evolving faster than our public policy infrastructure. As a result, access to the very few programs in Minnesota that serve people living with disabilities is challenging.

Providing adaptive fitness is expensive, as it requires specialized equipment, space and trained staff. Courage Kenny Rehabilitation Institute has a state-of-the-art Arthur Andersen Minneapolis Alumni Fitness & Wellness Center; unfortunately, a lack of insurance coverage for adaptive fitness is a barrier to accessing this resource.

Working with legislators, Allina Health public policy leaders advocated for defining adaptive fitness into law and creating a \$2 million statewide adaptive fitness fund to provide grants to qualifying adaptive fitness programs throughout the state. This bill was not passed in the 2019 legislative session, and efforts will continue in 2020.

BECOME A HEALTH CARE ADVOCATE FOR THE COMMUNITY

Advocating for your health care is simple. Help support efforts, like the adaptive fitness grant program, by joining the Allina Health Policy Action Network. Sign up at cqrcengage.com/allina and let your elected officials know that you support improved health care access for all.

Courage Kenny clients in advocacy

Spinal cord injury research

Courage Kenny client Rob Wudlick and his team from the United Spinal Association were instrumental in the 2015 Minnesota state legislature allocation of \$6 million for spinal cord injury research.

Wudlick has a C4-5 spinal cord injury and is quadriplegic. He was treated at Courage Kenny in 2011 and started advocating for spinal cord injury research within a year of his injury. The passage of the legislation took five years and, in the process, created a spinal cord injury champion in Wudlick.

In an article written about Wudlick's efforts by the United Spinal Association, he explained why he became an advocate, "I got involved with the local chapter here in Minnesota because I wanted to make a change and get the state to pass an initiative that would allocate money for SCI [spinal cord injury] research. Getting involved with national advocacy efforts and receiving direction from United Spinal's public policy team has been invaluable."

Wudlick serves as United Spinal's North Central Regional Coordinator and recently traveled to Washington D.C. to accept the United Spinal 2019 Finn Bullers Advocate of the Year Award.



Rob Wudlick (right) with lead ABLE specialist Dain Clausen at Courage Kenny Rehabilitation Institute.

"Getting involved with national advocacy efforts and receiving direction from United Spinal's public policy team has been invaluable."

– Rob Wudlick



Mitchell Radziej (right) with Courage Kenny therapist Lisa Rae Caturia.

Mitchell's Law

Mitchell Radziej became a successful advocate following recovery from a car accident in North Dakota in 2015. It took more than eight hours for first responders to find his family to notify them of his accident and injuries. Radziej spent more than 200 days in the hospital and underwent 20 surgeries. This was followed by rehabilitation, including time at Courage Kenny Rehabilitation Institute for speech, physical and occupational therapy.

As his health improved, Radziej and his parents, Kathy and David, thought hard about those missing eight hours between the accident and notification. They worked with their State Senator Jason Isaacson and Representative Kelly Moller to pass what is now known as Mitchell's Law. The law, which goes into effect in July 2020, permits those who apply for a driver's license or identification card to provide up to three emergency contacts who first responders can notify in the event of an emergency.



COURAGE KENNY FOUNDATION

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