

COURAGE KENNY REHABILITATION INSTITUTE®

# Onward

SPRING 2021

A newsletter from  
Courage Kenny Foundation for friends of Courage Kenny Rehabilitation Institute

A man with curly brown hair, wearing a dark green button-down shirt, is smiling at the camera. He is standing in front of two computer monitors. The monitor on the left shows a Windows desktop with various icons. The monitor on the right shows a blue screen. In the background, there is a large window with a view of a city skyline under a clear blue sky.

## Celebrating your dynamic impact!

Your generosity supports Courage Kenny clients like Dale Heldt at critical points in their lives. Heldt has experienced remarkable career success, fulfillment and more independence with the support of Courage Kenny Vocational Services. Read more on page 3

## A sincere *Thank You*



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Dear Friends,

I wanted to take the opportunity to thank all Courage Kenny Foundation donors. We are sincerely grateful for your continued support that has allowed Courage Kenny to continue providing essential services to our clients through the pandemic. The COVID-19 pandemic significantly impacted the entire nonprofit Allina Health system. It brought changes in treating patients, new procedural protocols and adapting to shifting guidelines to keep critical workers and patients healthy.

I thought it might be appropriate to share some of the highlights and accomplishments from 2020 with you:

- Courage Kenny served 92,747 clients during 2020 even though services were significantly reduced for almost two months.
- Our staff embraced the new challenge of supporting patients recovering from COVID-19 through inpatient and outpatient therapy.
- 98% of Independent Living Skills clients reported stable housing after one year.
- Adaptive Sports & Recreation created new virtual programming to keep clients engaged and connected. They held 417 virtual events attended by 2,763 participants.
- We held the first virtual Art of Possibilities Art Show & Sale where 175 artists with disabilities displayed 294 pieces of artwork. The show resulted in the sale of nearly 40% of the art.
- Generous donors have already committed the majority of the funding needed for the \$1.5 million Phase One of the TRP expansion project.

So far in 2021, Courage Kenny Golden Valley has opened its doors to be a COVID-19 community vaccination site, and as of late April, has distributed more than 48,000 doses. We are honored to serve our community in this way, and we have had positive feedback from those visiting the Golden Valley campus.

In this issue, you will read about the multifaceted ways your support creates health and independence for people with disabilities and chronic health conditions. Your generosity is truly inspiring.

Thank you for your continued support of Courage Kenny and best wishes for a healthy and prosperous 2021.

Andrew Krane

Chairperson of the Courage Kenny Foundation Board

## Dale Heldt: Finding lasting job success & satisfaction

Dale Heldt credits Courage Kenny Vocational Services for helping him excel in his career and manage the transition to remote work due to COVID-19.

A structural designer with Asperger syndrome, Heldt loves his job with ERA Structural Engineering. The encouragement and coaching he receives through Courage Kenny's Extended Employment program helps maintain his success and satisfaction with ERA for the long term.

The Extended Employment program through Courage Kenny Vocational Services supports clients with disabilities in their jobs. In the program, clients meet with their Extended Employment counselor twice per month to discuss any challenges they are facing at work and walk through solutions. Often, as in Heldt's case, the counselor is in contact with the client's supervisor in a collaborative effort to maintain job success.

This summer Heldt will celebrate his three-year anniversary with ERA. He is consistently a go-to person on his team for the most complex structural design projects, and he has taken an active role in training new employees. Tom Birbeck, Heldt's Extended Employment counselor says, "Dale loves his work and his employer is thrilled with his performance."

Overall, Heldt sees a big improvement over his previous job where he struggled to get along with coworkers and didn't have enough work to keep him busy – and he loves being busy. The Extended Employment program continues to help him with encouragement and moral support. It was also helpful with the sudden transition to full-time remote work during the COVID-19 pandemic. "It's good to have someone to help you through the hard times," he says.

*Courage Kenny Vocational Services is generously supported by Otto Bremer Trust, Richard M. Schulze Family Foundation, Ameriprise Financial, RBC Foundation - USA, and donors like you!*





# Celebrating the incredible impact of Cars for Courage Kenny

Since its start in 1996, the vehicle donation program supporting first Courage Center, then Courage Kenny Rehabilitation Institute has achieved:

  
more than  
**52,000**  
vehicle donations

  
from over  
**45,000**  
donors.

  
In **25 years**  
these donations  
have brought a total of

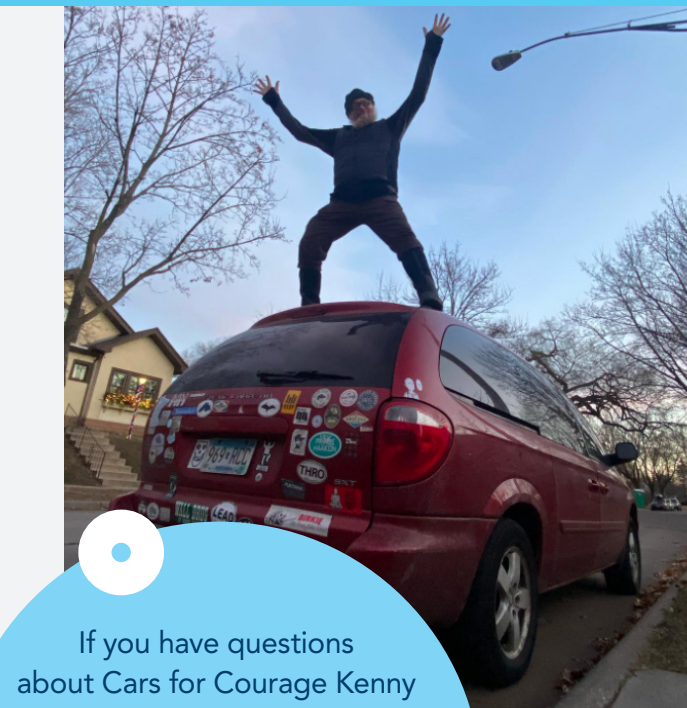
  
**\$36,395,049**  
of support for  
Courage Kenny clients.

After this impressive legacy, Courage Kenny Foundation has made the difficult decision to close the Cars for Courage Kenny vehicle donation program. In recent years, competition for car donation programs has increased as has competition from car dealerships seeking out used cars, making it difficult to sustain our program.

We are deeply grateful to all the wonderful supporters who chose to give their vehicle to Courage Kenny and have created this remarkable impact for Courage Kenny clients.

Jeffrey Johnson donated his van in December 2020, and shared some stories that illustrate the attachment and memories associated with many of the vehicle donations we received. This 2007 Dodge Caravan had many adventures it wasn't necessarily built for. He used it for hunting trips in the Rocky Mountains, to haul canoes, and on hundreds of ski trips with his family. His children and some of their friends learned to drive in the van. Johnson knew that donating it to Cars for Courage Kenny supports critical Courage Kenny services – the van's "last gift of generosity."

Thank you, Jeffrey, and all the other Cars for Courage Kenny donors whose gifts were full of such meaning and memories. The legacy of these donations over the years is in life-long programs that create health, independence and fulfillment for our clients.



If you have questions about Cars for Courage Kenny or would like to discuss other ways to give, contact us at:  
**612-775-2589** or  
**CKFoundation@allina.com**

*Kathy shows off her new home. "I'm very grateful for Courage Kenny's Independent Living Skills program and for the people who work there. I couldn't be happier with my new place!"*



## Courage Kenny launches new Housing Stabilization Service

Courage Kenny Behavioral Services, Independent Living Skills, and Adult Rehabilitative Mental Health Services all support clients in their homes with the goal of maintaining independent living. These programs provide one-on-one support based on each client's needs. We are thrilled to announce a new extension of these programs – Housing Stabilization Services!

In 2020, the Department of Human Services created this new program as a part of Medicaid to fund housing stabilization through agencies like Courage Kenny. Cindy Guddal, manager of these Community Programs at Courage Kenny, knew right away that this would be beneficial for our clients. This new funding through Medicaid formalizes our ability to offer the housing support that many Courage Kenny clients have needed for years.

Now, clients with disabilities who use Medicaid can receive help finding and keeping their housing if they are at risk of homelessness. Having stable housing is one of the top social determinants of health – second

only to food security – so this service can be a critical component of overall health and independence for people with disabilities.

One client, Kathy, was receiving support through the Independent Living Skills (ILS) program at the same time that she was at risk of losing her housing. Through this program, Kathy's ILS specialist was able to help her navigate barriers to securing housing and find her own place to live. Because Kathy had a criminal record and faced some evictions prior to having a stroke in 2019, landlords were hesitant to rent to her. Though Kathy was working on getting those issues expunged from her record, the legal system was moving slowly, especially during the pandemic. Kathy's ILS specialist helped by providing a detailed written explanation of the circumstances surrounding each situation on her record. With more information, Kathy's landlord accepted her application and she was able to move into her own apartment!



## Carole Wiederhorn: A force for good

Carol Wiederhorn has included Courage Kenny in her estate plans because she wants to sustain the programs that made such a difference for her husband, Rick.

Carole and Rick came to Courage Kenny seeking support and activities to combat the effects of Rick's Parkinson's diagnosis. "Rick got hooked up with the most wonderful trainer in the whole world," Carole reflected, referring to physical therapist, Nathanyal Jacklitch. She said the two had a wonderful friendship and partnership that kept Rick physically active. Rick also had a diagnosis of inclusion body myositis (IBM), which has characteristics similar to ALS, so Jacklitch did research on both diseases and tailored his physical therapy approach to Rick's unique and evolving needs.

Rick also participated in a number of Adaptive Sports & Recreation activities. He was a lifelong and accomplished skier, so he was thrilled to have a way to continue to ski as his abilities changed. At Courage Kenny, Rick never felt marginalized or left out.

Carole sees the value in "keeping moving no matter what your age." She feels that Rick's ability to remain active for so long helped him maintain function and quality of life for as long as possible.

Rick Weiderhorn passed away in the spring of 2019, and Carole is determined to honor and support the programs that made such an impact on his quality of life. By making a planned gift, Carole is able to give a more substantial gift than she would be able to during her lifetime. Carole believes that there is good that can be done with whatever you have to give, "and if it's put together with gifts from others it can make an even greater impact."

"Many people continue to think that philanthropy is for people who have millions of dollars, but there are a lot of people who can and should participate and make a meaningful difference."

*If you would like to learn more about making an impact through planned giving contact Jim Besst at [James.Besst@allina.com](mailto:James.Besst@allina.com) or 612-775-2581.*

*Rick Wiederhorn enjoyed keeping physically active*



## What's happening at Courage Kenny

On Thursday March 11, we were honored to have Governor Tim Walz and Health Commissioner Jan Malcolm hold their weekly COVID-19 press briefing at Courage Kenny Golden Valley. Commissioner Malcolm, the former CEO of Courage Center, was able to receive her Johnson and Johnson vaccine onsite.

Commissioner Malcolm told reporters, "coming back here is truly coming home...that I could get this vaccine here was really special to me."

## We would love to SEE YOU at the Encourage Breakfast Donation Drive Thru!

This one-of-a-kind, COVID-safe event will take place on **Tuesday, May 11, 8 a.m.- 11 a.m.** Instead of gathering for our traditional in-person breakfast event, we will celebrate throughout the morning in the Courage Kenny St. Croix parking lot with a festive, donation drive-thru so we can greet, visit and thank you in person while you remain safely in your car.

This is a special year to honor Courage Kenny St. Croix as we celebrate the 20th anniversary of the St. Croix adaptive fitness center!

We value our community coming together. However, because we are still in a pandemic, we want to ensure everyone's safety. As you drive up to drop off your donation, you will:

- Be greeted by masked staff, volunteers, and even some grateful clients,
- Experience local music, and
- Receive a delicious breakfast treat.

**Encourage  
Breakfast**  
DONATION  
DRIVE THRU

**TUESDAY, MAY 11, 2021**

Benefiting Courage Kenny  
Rehabilitation Institute - St. Croix

## COURAGE KENNY FOUNDATION

3915 Golden Valley Road  
Minneapolis, MN 55422

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[AllinaHealth.org/CourageKenny](https://AllinaHealth.org/CourageKenny)  
[AllinaHealth.org/CKFoundation](https://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](mailto:CKFoundation@allina.com).

### 2021 Art of Possibilities Art Show and Sale

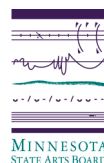
Join us at [CourageArt.org](https://CourageArt.org)

A treasured event for 57 years, the Art of Possibilities is a juried art show for artists with disabilities from around the world.

Log on to [CourageArt.org](https://CourageArt.org) to browse this year's show and purchase art to support our remarkable artists.

This year's virtual art show will be held online from Wednesday April 21 through Friday, May 14, 2021 at [CourageArt.org](https://CourageArt.org). Meet and hear from our artists in short videos, and enjoy and celebrate creativity that knows no barriers.

*This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.*



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