

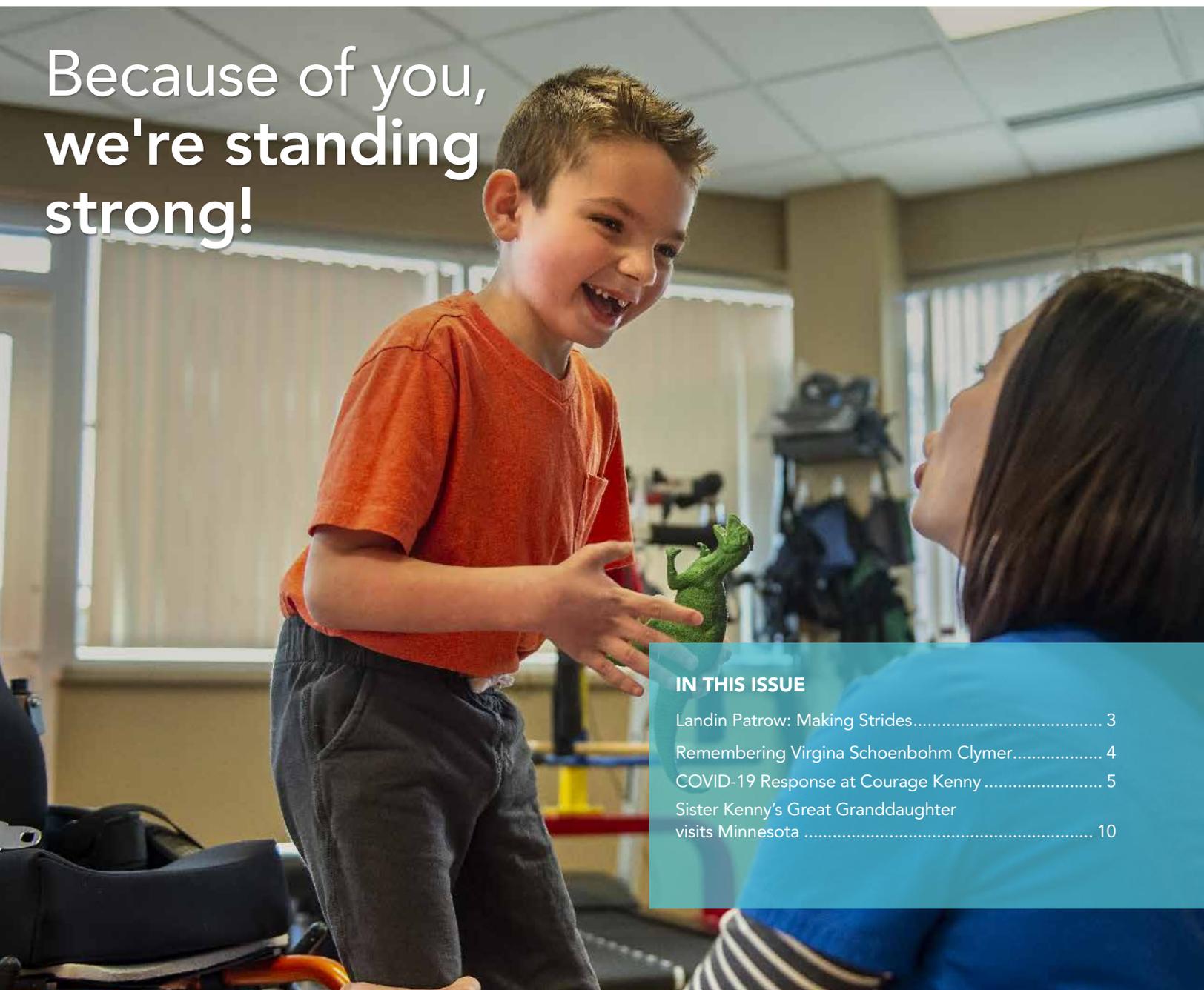
COURAGE KENNY REHABILITATION INSTITUTE®

Onward

SPRING 2020

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

Because of you,
we're standing
strong!



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Because of you, our clients have incredible stories of recovery, independence, and joy. Thank you for being a part of a dedicated team supporting clients like Landin Patrow (pictured with his physical therapist, Kelsie).

Allina Health 
**COURAGE KENNY
FOUNDATION**

Inspired and looking forward

Dear friends,

Thank you for your support in 2019 and throughout the last decade! This past year, your support fueled essential services for more than 114,000 clients. We look forward to what we can accomplish together in the future. Your generous support continues to impact the lives of Courage Kenny clients and their families in countless ways.

The past decade was one of significant growth and transition for us. The early part of the decade saw the merger of Courage Center and Sister Kenny Rehabilitation Institute to create Courage Kenny Rehabilitation Institute. We blended two excellent organizations under one mission, and as a result have been able to serve significantly more clients, offer a wider array of services than ever before, and reduce the fractured nature of services to make it easier for people to access the care and programs they need. This February, we were thrilled to welcome Sister Elizabeth Kenny's great granddaughter from Australia to show her how we've grown from her great grandmother's influential beginning. Read more about her visit on page 10.



*Stephen Bariteau, Vice President,
Strategic Philanthropy, Allina Health*

This issue of *Onward* illustrates the vast diversity in services that help clients live their most fulfilling and independent lives. In addition to inspiring client stories, you will also read about our response to COVID-19, and its impact on our work. This issue we also remember a dear friend, Virginia Schoenbohm Clymer, who had a powerful impact on this organization for much of its history.

Gratitude with optimism describes how we feel about the work ahead in helping individuals living with disability in our community. Thank you for playing an important and life-changing role as a donor. Together with clients, volunteers, therapists, nurses, and physicians, we comprise the winning team for clients today and in the future.

With gratitude,

A handwritten signature in black ink, appearing to read 'Stephen Bariteau'.

Stephen Bariteau
Vice President, Strategic Philanthropy, Allina Health

Landin Patrow: *Making Strides*

Landin Patrow has been coming to Courage Kenny Kids in Coon Rapids for most of his life. The seven-year-old loves dinosaurs, watching sports and is just learning to walk. Patrow does not have a formal diagnosis, though his doctors tentatively use cerebral palsy. He struggles with eating and primarily uses a feeding tube. And though he is mostly nonverbal, that doesn't stop him from charming everyone he meets. Patrow can speak a few words and can sign a few as well, and always has a beaming smile. After multiple MRI scans and genetic testing came back normal,



Landin and his mom, Mandy

Patrow's family still doesn't have an explanation for his delay with major milestones.

Patrow first came to Courage Kenny when he was nine months old after his parents noticed he wasn't progressing as usual. He has been involved in physical therapy, occupational therapy and speech therapy from a young age. This past

summer, Patrow participated in an intensive program where he came to Courage Kenny two hours each day for three days per week. Part of his therapy was using the universal gym – a system of bungee cords that allow Patrow to build strength and balance while being slightly supported.

During the summer intensive session, Patrow progressed from only being able to take eight independent steps to walking 120 steps! Now, Kelsie Hagelin, Patrow's therapist, is working on standing balance with him. As he walks, Hagelin will say "stop" and Patrow has to stop and stand in place, keeping his balance.

Every therapist at Courage Kenny Coon Rapids seems to know and love Patrow. As his mom says, "he's very social for not being able to talk." He's always giving thumbs up, high fives and fist-bumps.



Landin walks independently with therapist Kelsie Hagelin

Because Patrow doesn't have a diagnosis, his parents and therapists don't know exactly what to expect for his future. But he continues to work hard to meet the goals in front of him. He will participate in the intensive program again this summer, and is sure to make even more progress while bringing smiles to everyone around him. "He just surprises me," says his mom, reflecting on his unending motivation and positive attitude.





Remembering Virginia Schoenbohm Clymer

Courage Kenny lost one of its dearest friends and most loyal advocates with the passing of Virginia Schoenbohm Clymer on March 21 at the age of 96. For more than 60 years, she was an integral part of the organization as a member of the Courage Center Board, Courage Foundation Board and Courage Kenny Foundation Board. Virginia was a sound and thoughtful counsel for her husband, Wilko B. Schoenbohm, the beloved founder of Courage Center. She served on many committees and was a member of Courage Auxiliary, the volunteer group supporting Courage Center.

Virginia and Wilko shared a passion for creating opportunities for people with disabilities. A graduate of the University of Iowa, she worked in special education for 32 years, including work as a speech therapist

and coordinator in the Robbinsdale Area Schools. She met Wilko when she was working with children with disabilities in Iowa City and he was director of the Iowa Hospital School for Handicapped Children. In 1952 Wilko became the Executive Director of the Minnesota Society of Crippled Children and Adults, which became Courage Center. They were married in 1954.

The Schoenbohms had a zest for life and enjoyed music, travel, reading, gardening and nature. As members of Hennepin Methodist Church's Outreach Commission, they helped members of their community from a variety of backgrounds. They established the International Fund, currently part of Courage Kenny Foundation, to share and advance learning of modern rehabilitation

services with partners around the world. Virginia always had the courage to speak out and to act when she saw a need or an injustice. She was fiercely dedicated to all things Courage Kenny.

Virginia and Wilko had two children: Susan, who lives in Nashville, TN, and Steven, married to Ann Bainbridge, and their children, Remmer and Sophie, of Minneapolis. Following Wilko's death in 1998, Virginia married Wayne Clymer, a former Methodist bishop, in 2000.

Virginia has remained a valued and dear friend, providing sound counsel to this organization until her death. Her impact on Courage Kenny and her community is immense. As we grieve the loss of our friend, we also reflect with awe and gratitude on her incredible life.

We are in an unprecedented and rapidly changing time, and the COVID-19 pandemic has impacted our work here at Courage Kenny.

For the health and safety of our whole community, and in order to comply with the Governor of Minnesota's recommendations, we have made some changes to our spring event line-up.

Art of Possibilities Art Show and Sale:

The 56th annual Art Show & Sale has moved online! The opening reception, previously scheduled for the end of April, is canceled. Instead, you can view all of this year's artwork and make purchases online at www.courageart.org starting April 24, 2020 at 12:00 pm, and running through May 21st.

Encourage Breakfast:

The Encourage Breakfast benefiting Courage Kenny St. Croix has been rescheduled from May 19, 2020 to September 22, 2020. We hope to see you in September at Inwood Oaks Event Center in Oakdale, MN! Registration is open at www.allinahealth.org/encouragebreakfast.

Celebration of Courage:

The annual luncheon, originally slated for June 9, 2020, will not be held as planned at Target Field in Minneapolis. Stay tuned for an amazing summertime opportunity to support Courage Kenny Sports and Recreation programs during a special virtual event.



HOW YOU CAN HELP:

You have asked for more ways that you can help. The role of front line caregivers and all those who make our essential services possible has never been more crucial. *We all want to keep our critical team members in their roles, doing what they do best. This is why the foundations of Allina Health are joining together in an effort to support the needs of all of our caregivers at this important time.*

Caring for Caregivers:

The Caring for Caregivers Fund will specifically support our front-line caregivers with any financial hardships that may arise as our team members give their full attention to caring for those who are seriously ill. Contribute to this fund at allinahealth.org/caringforcaregivers.

Donate your Car:

We have adjusted our car donation procedures to allow for drop offs without in-person interaction. We also offer free vehicle towing right from your location. For more information contact us at 612-775-2500 or visit www.allinahealth.org/cars.

Maintain your regular giving to Courage Kenny Foundation:

For the health and safety of our clients, staff and volunteers, many of our programs are currently on hold or conducted by phone or video call. This means that when our operations return to normal, our community will need our services more than ever. Your gift now will ensure that life-changing community services are ready and waiting for clients when it is safe to resume. Give online at allinahealth.org/give2couragekenny.

This situation is evolving rapidly, as is our response. For updated information about coronavirus please visit allinahealth.org/coronavirus. To keep up to date with Courage Kenny Foundation during this time, search for us on Facebook at Courage Kenny Rehabilitation Institute or Twitter @CourageKennyAH.

Cindy Spraitz: *Trying new things*



Photo by Will Swanson



Photo by Will Swanson

Cindy Spraitz has been involved with Courage Kenny services for more than 30 years and she is still taking advantage of new opportunities. Spraitz first came to Courage Kenny when it was known as Courage Center and stayed in its residential program. Then, after leaving the residential program, she returned to work with an “outstanding and amazing” speech therapist who helped her start using a communication device to supplement her oral speech. Most recently she has been involved in Independent Living Skills (ILS) and last year, for the first time, she started waterskiing and alpine skiing through Courage Kenny Sports & Recreation. She even won a Rookie of the Year award!

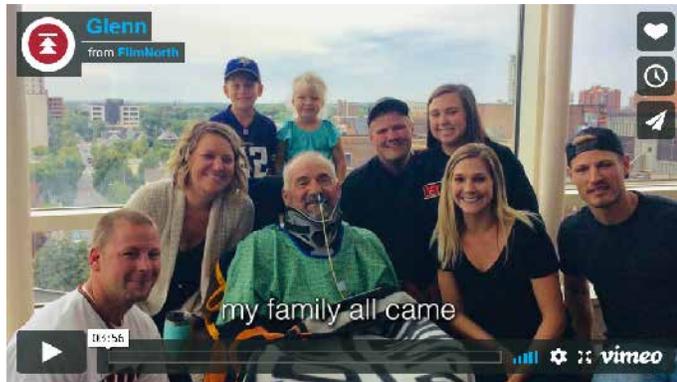
ILS has been an important part of Spraitz’s life, providing one on one support in her home so she can stay organized in her daily life. Spraitz has high praise for ILS, calling her ILS worker a “Jackie of all trades.” Spraitz cites ILS as one of the reasons she has been able to stay in her own apartment after her parents’ own aging and health challenges prevented them from continuing their support.

Spraitz named the staff at Courage Kenny as her favorite part of the organization. In particular, she mentioned her ski volunteers, Tom and Carol, because of their dedication and positivity. She also mentioned Beka, her former ILS worker who has since moved to work in the Sports & Recreation department. Spraitz credits Beka (pictured) not only with being an amazing ILS worker, but with encouraging her to get involved in skiing and waterskiing last year.

At Courage Kenny, Spraitz said, clients get to try so many activities that otherwise may not be available to them. Spraitz even tried scuba diving! After more than 30 years of coming to Courage Kenny, Spraitz is still discovering unique opportunities to feel independent and have fun.

Courage Kenny Clients

Document Recovery through Video



Since 2015, inpatient clients at Courage Kenny Golden Valley have had the chance to become filmmakers through a partnership with local nonprofit, FilmNorth. Inpatient clients are a part of the Transitional Rehabilitation Program (TRP). They stay with Courage Kenny for an average of 80 days as a bridge between the hospital and more independent living. After working hard in therapy for several hours each day, clients have a chance for artistic expression in the evening.

Through the film class, they learn about the basics of filmmaking and storytelling and use adaptive equipment to produce their own films. The class is a great social opportunity, a form of artistic expression, and a chance to learn new skills after acquiring a disability.



Glenn created a video called “Glenn’s Journey Home” in the film class last fall. He had sustained a spinal cord injury while working on his farm and came to Courage Kenny Golden Valley after his time at Abbott Northwestern Hospital. In his video, Glenn tells his story and shares photos and videos from his recovery progress. He shares his hopes to be able to get back to riding his motorcycle and farming.

Debora’s video, “Life at Courage Kenny” documents her recovery after her stroke. Debora feels grateful to be at Courage Kenny and to be making progress in her recovery. She says that each day gets better and better, but she looks forward to a time when she can return home.



The TRP film class is offered four times throughout the year. After participants gather their footage, qualified instructors from FilmNorth help them edit the videos and add captions to the finished product. At the end of each session, family and friends are invited to a screening to view the class’s films (pictured).

You can share their journeys. All Courage Kenny film class videos are available to view at vimeo.com/channels/FilmNorthCourageKenny

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.

Courage Kenny Clients

See Outpouring of Donor Support in 2019

In 2019, Courage Kenny saw incredible donor support, especially near year-end. Your generosity was unprecedented and humbling. THANK YOU!

Every gift matters to our clients. Our work relies on community support at all levels. In 2019, 5,434 people gave what they could to support our clients. In December 2019, we saw a strong outpouring of support with 89 gifts of \$10,000 or more.

Thank you for being a part of our wonderful community of support.

When this many people believe in a common vision, we are able to make a notable and lasting difference in the lives of our clients. Every gift matters. Every gift makes this work possible.

We put every dollar to work in 2019, and here are just a few of the things your donation made possible:



A new Lokomat®, robotic gait training device, was installed at Courage Kenny Golden Valley and has already provided over 1,000 therapy sessions for nearly 100 clients.



600+ athletes of all ages were able to participate in adaptive sports and recreation activities and were loaned all necessary adaptive equipment for their sport of choice.



\$114,928 distributed in ABLE scholarships to make this innovative fitness and wellness program accessible to more people with spinal cord injury and other neurological conditions.

Support Courage Kenny and have fun at our 2020 events!



Upcoming events

Shoot for Fun

Saturday, Sept. 12, 2020

Old Vermillion Trail Hunting Preserve, Duluth

This event for hunting and sporting clay enthusiasts and friends supports Courage Kenny adaptive sports and recreation in Northeastern Minnesota and Northwestern Wisconsin.

allinahealth.org/shootforfun



Encourage Breakfast

Tuesday, Sept. 22, 2020, 8 – 9 a.m.

Inwood Oaks Event Center, Oakdale, Minn.

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. Stillwater Mayor, Ted Kozlowski will be the emcee for this year's event. Thank you to RBC Wealth Management for being the presenting sponsor for this event.

allinahealth.org/encouragebreakfast



A Toast to Courage

Saturday, Oct. 10, 2020, 6 – 11 p.m.

Intercontinental MSP, Minneapolis

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 your support makes possible.

allinahealth.org/toasttocourage

Sister Kenny's great granddaughter pays visit to Minnesota



Alana Biddle (second from left) and her husband with Dr. Penny Wheeler and Arvid and Judy Schwartz.



Biddle (left) and her husband greet Allina Health President and CEO, Penny Wheeler at Courage Kenny Golden Valley

In early February, we had the honor of hosting the great granddaughter of our namesake, Sister Elizabeth Kenny for a tour of her great grandmother's lasting legacy.

Sister Kenny was an Australian Army nurse and came to the United States to practice her ground-breaking treatments for polio patients in 1940. Contrary to popular belief, Sister Kenny was not a nun. In Australia, the title "sister" was used to designate a nurse leader. Sister Kenny brought

her treatments to California, New York, and Illinois without receiving much interest before bringing them to Minneapolis. Two doctors here took interest in her techniques, and soon the demand for her treatment grew. In 1942 she opened the Sister Kenny Institute. This would later become a part of the Allina Health system and merge with Courage Center to form the now Courage Kenny Rehabilitation Institute.

Sister Kenny's work was known worldwide. She even had the opportunity to meet President Franklin D. Roosevelt in 1943. In 1950 congress made Sister Kenny the third person ever to receive unrestricted access to the United States by waiving all passport and visa restrictions for her. In 1951 she was named Most Admired Woman by a Gallup poll.

Alana Biddle, Sister Kenny's great granddaughter, has become increasingly interested in her great

grandmother and her legacy. She and her husband, who live in Australia, planned a trip to Minnesota as a part of a U.S. vacation in hopes of visiting Courage Kenny.

Biddle and her husband toured Courage Kenny sites at Abbott Northwestern in Minneapolis and in Golden Valley. She also had the opportunity to see the site of the original Sister Kenny Institute and look through extensive archives and artifacts from her great grandmother. She was joined on tour by Arvid Schwartz who was treated by Sister Kenny as a child and was able to share some of his memories with Biddle.

"Her legacy has prompted so much innovation and help for people with strokes and spinal injuries," Biddle commented during her visit. "Rehabbing people, getting them back to work, back in their homes. It's really inspirational that her legacy is still used today."

Meet Our Board of Directors

The Courage Kenny Board of Directors is comprised of a wide variety of individuals who all have one thing in common: their desire to help. The Board of Directors provides oversight of Courage Kenny Foundation finances and long term goals. The Courage Kenny Foundation is privileged to work with such compassionate, caring and dedicated people, and we'd like to take this opportunity to let you know them better. Here are our two newest members, Gary Johansen and Nicki Lertz.

Gary Johansen

Executive Director, Engineering
Power Systems Business Cummins Inc.



When Gary Johansen, Executive Director of Engineering – Power Systems, Business at Cummins, Inc., joined the

Courage Kenny Board of Directors in September 2019, he continued a long-standing relationship that Cummins has had with Courage Kenny Rehabilitation Institute.

Johansen brings a wealth of philanthropic background to the board, including in his community and workplace.

Outside of work, Johansen is active with Aeon Affordable Housing Partners, a leading provider of affordable housing in the Twin Cities metro area, the National Society of Black Engineers, where he actively recruits and has led the development of the inaugural Summer Engineering Experience for Kids (SEEK) in the Twin Cities. Johansen also speaks frequently on the topics of vulnerability, the impostor phenomenon and inclusion.

Nicki Lertz

Human Resources Technology Services Director
Andersen Corporation



Seventeen years ago, Nicki Lertz and her family were exposed to a world that they may never have known about except for a terrible car accident that

left her brother quadriplegic. And although this was not a reality they would have chosen, Lertz and her family embraced this reality to help him live a rich and fulfilling life.

Lertz, who is the director of HR Technology Services at Andersen Corporation in Bayport, Minn., has been involved with Courage Kenny Rehabilitation Institute since shortly after her brother's accident. Lertz has been instrumental in Courage Kenny's annual fundraising breakfast and 5K Your Way run. It was a natural fit for Lertz to join the Courage Kenny board of directors last year.

In addition to her Courage Kenny work, Lertz volunteers in her community by coaching volleyball and softball and as a Girl Scout Troup Leader.

Courage Kenny Board of Directors

Courage Kenny Board of Directors Chair

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Vice Chair, Secretary

ANDREW (ANDY) KRANE, President, Springer Creative Group Inc.

Treasurer

ROBERT MALCOLMSON, Risk Management Director, Galliard Capital Management

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PETER STITELER, Attorney at Law, Fox Rothschild LLP

DARCY SWENSON, Executive Recruiter Finance & Accounting, Addison Group

JIM VEDDER, Attorney at Law, Moss and Barnett

Ex officio

STEPHEN BARITEAU, Vice President, Strategic Philanthropy, Allina Health,

MEGAN MUSKE, president, Courage Kenny Foundation

MARJORIE (MARJ) ROLLAND, Foundation Accounting Manager



COURAGE KENNY FOUNDATION

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Leave a lasting legacy



Support Courage Kenny's life-changing impact for future generations by making a legacy gift.

Anyone can make a planned gift through a will or other beneficiary designation.

Learn more about planned giving options at allinahealth.org/CKLegacy or by calling Jim Besst at **612-775-2581**.

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