

# Onward

FALL  
2020

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



**Because of you we're staying active – from a distance!** Thanks to your support, Courage Kenny adapted to meet changing community needs during this pandemic. This summer, Courage Kenny clients stayed engaged and active, even while we weren't able to offer all of our regular in-person programs.

# INTRODUCING COURAGE KENNY FOUNDATION PRESIDENT LAURIE HENNEN

I first walked the halls of Courage Kenny in March 2014 as a new Allina Health employee. While my responsibilities at the time were outside of Courage Kenny, Golden Valley became my office and my second home. I have always been amazed by Courage Kenny's heart-filled mission. Now, as Stephen Bariteau steps more fully into his role as Vice President of Strategic Philanthropy for Allina Health, I am honored to take over as President of Courage Kenny Foundation. I am humbled to work alongside Courage Kenny staff who are so diligent about their work and care so deeply for our clients. I am moved by those who are here to heal, those who visit to get stronger, and those finding independence and richness in their life through our programs.

Each year, Courage Kenny Foundation works with our community to make the lives of people living with disabilities as full as possible. We work with people who have been touched by our programs and who want to give back. We offer events that generate understanding and excitement around services that affect more than 114,000 clients each year. I am thrilled to be a part of the Foundation team, and to support the transformational work of Courage Kenny Rehabilitation Institute.

Like many other organizations, Courage Kenny has suffered from the effects of COVID-19. We've had to pause some programs and services. We've had to pivot to virtual appointments. We've had to limit visitors and send our volunteers home. Things have certainly changed – at least temporarily. But one thing that hasn't changed is that our clients need our services, perhaps now more than ever. Another thing that hasn't changed is the drive of our donors to fund those services. In our 92-year history, this community has never let our clients down. Thank you for your continued support as we weather this historical challenge together.

Thank you for supporting the programs and services that expand opportunities for people with disabilities. This community inspires me daily. And my door... or should I say, my ZOOM room, is always open. I'd love to hear your story.

Gratefully,

Laurie M. Hennen

President, Courage Kenny Foundation



**I'm thrilled  
to be here.**

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# THE ROLE OF REHABILITATION THERAPIES IN COVID-19 RECOVERY

## A conversation with Lori Froehling



Lori Froehling is the Director of Therapies at Courage Kenny Rehabilitation Institute. She is responsible for Occupational Therapy, Physical Therapy, and Speech Language Pathology services provided by Courage Kenny at over 40 locations in Minnesota and western Wisconsin.

### How has the COVID-19 pandemic affected rehab therapies at Courage Kenny?

CKRI therapies have seen significant impact as a result of the pandemic. As COVID-19 hospitalizations increased, we transitioned outpatient therapists to work in acute care settings and the Allina hospital ICUs to care for these very ill patients. We created a specialized program to provide intensive therapy to COVID-19 positive patients while they were being medically cared for during their hospital stay. While our inpatient therapy services ramped up due to COVID-19, we saw a rapid decline in outpatient therapy as a result of the Governor's stay at home order to help minimize the spread of COVID-19. We are slowly ramping up in outpatient volumes again and all of our departments will be open by the fall. We are thrilled to return to serving more clients in person. We have missed them!

### What role do rehab therapies play specifically in COVID-19 recovery?

Most patients who are hospitalized for COVID-19 benefit from therapy services. In addition to providing therapy treatment, we work to provide education on their condition and instruct them in a home program to help support their recovery. In the acute care setting, we work as part of a multi-disciplinary team along with nurses and physicians to meet care needs. This includes helping clients in the ICU start moving early in their recovery. We support safe movement and promote independence with daily activities to create a safe transition home.

In the outpatient setting we are seeing some COVID-19 patients several months after illness who need more therapy before they can return to their previous level of functioning. Many have muscle weakness and fatigue as well as challenges with cardiopulmonary function.

### As this pandemic continues, what needs do you see for rehab therapies and other Courage Kenny services in our community?

Rehab therapies will continue to be a critical partner in the hospital setting to address COVID-19-related challenges. Outpatient therapies will also be critical as clients strive for full return of strength and mobility. Some individuals may benefit from a physical medicine and rehabilitation consultation for potential ongoing functional limitations following COVID-19. CKRI also offers warm water pools, fitness centers, and online exercise platforms to support individuals on their path to recovery and long-term wellness.

There is so much we don't know or understand yet about COVID-19 in terms of health impacts. CKRI staff members are staying informed of the research and working closely with medical leadership to add programming as appropriate to meet evolving client needs due to COVID-19.

I am incredibly proud of the CKRI therapists and entire CKRI team not only for the care they provide patients during the pandemic but also for helping create new models of care to meet patient needs while keeping patients and employees safe.

# COURAGE KENNY ATHLETES STAYING ACTIVE FROM A DISTANCE

The COVID-19 pandemic and the necessity of social distancing interrupted our usual robust adaptive sports and recreation opportunities. Our staff quickly re-imagined how to engage clients from a distance. Adaptive Sports & Recreation pivoted and got creative to offer a broad range of free activities online, and Aquatics and Fitness created online exercise videos. Valued partnership from Move United, Duluth YMCA and The Zone have been critical to providing programs from a distance.

Here's a sampling of how some in our community are staying active:



## Maya Servais

Sixteen-year-old Maya Servais is a long-time Sports & Recreation participant and has been working out virtually with Courage Kenny during the pandemic. She has a rare genetic disorder, Prader-Willi Syndrome, which is one of the leading causes of genetic obesity, so Servais is happy to have ways to stay active. She has participated in the adaptive swim team at Courage Kenny St. Croix for years, and now their workouts and practices have moved online. Taking full advantage of Courage Kenny online workouts, Servais is participating in a swim/track online exercise program once per week and a HIIT (high-intensity interval training) workout twice per week. She prefers exercising with other people, so the live virtual workouts have been a hit. Outside of Courage Kenny programs, Servais stays active by walking the dog with her family and attending an adaptive dance class held outdoors.



## Joni Lahr-Moore

Joni Lahr-Moore first came to Courage Kenny for adaptive rock climbing in 2015. She was newly diagnosed with a degenerative neurological condition called Spinocerebellar Ataxia type 3 (SCA3) and was having trouble accepting her changing abilities. Rock climbing with Courage Kenny, however, was a game-changer for her. Realizing she could still enjoy rock climbing renewed her hope and love of staying active. During the coronavirus pandemic, Lahr-Moore has been staying home, but hasn't been staying still. She has enjoyed the virtual "Turn the Pedals" social cycling hour, a seated adaptive yoga class, and a gentle stretching class—all through Courage Kenny. Lahr-Moore has also joined the Courage Kenny Strava club where members can share their workouts, bike rides or other activities and encourage each other. Thanks to all the new virtual ways to connect, Lahr-Moore says she's actually been more social during the pandemic.

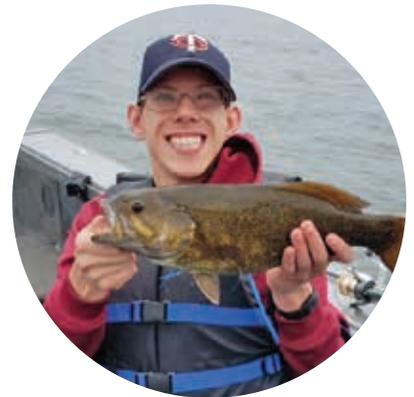
## Rick Ebner

Rick Ebner has been working out in the Arthur Andersen Minneapolis Alumni Fitness and Wellness Center for about five years. As he lives with Multiple Sclerosis, the fitness center helps him stay active and strong as his abilities change. While the fitness center was closed for COVID-19 precautions during the spring and part of summer, Ebner missed the social aspect of the fitness center. He stayed active with his own standing frame at home and participated in virtual Monday night spin classes through Courage Kenny, but the fitness center community was impossible to replace. He said of Courage Kenny, "the people who work there are angels." Now, Ebner is happy to be back in the fitness center using the FES bikes and the Lokomat. Though capacities in the fitness center are reduced, he's happy to be working out alongside friends again.



## Justas Emery

Justas Emery has been involved in wheelchair basketball, softball and adaptive swim lessons through Courage Kenny. When the COVID-19 pandemic prevented him from keeping up those activities he missed them a lot, but he was eager to start up virtual meetings and activities. Emery participated in virtual swim practices and HIIT workouts online. Even when he needed surgery this summer and spent time recovering, the online offerings gave him a chance to stay socially connected to the community. As he recovers from surgery, Emery has been enjoying time outside by fishing with his family!



## Poppy Sundquist

"CKRI has been a home away from home as long as I can remember," says Poppy Sundquist. From a young age, she began participating in swimming and track and field at Courage Kenny (then Courage Center). When she was fifteen she got involved with the new martial arts program, and she's been involved ever since. Now Sundquist volunteers with the program and has helped lead virtual martial arts sessions. She appreciates the opportunity to stay connected to the martial arts students through the virtual workouts. She has also kept herself active through the virtual adapted HIIT and yoga classes through Courage Kenny, as well as taking runs outside. Sundquist is extremely thankful for Allina Health essential workers, Courage Kenny staff, and everyone who supports these programs to ensure they are available when it is safe to return.



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Staying active may have looked a lot different over the past few months, but adapting is what our clients do best. Because of your support, we have been able to offer all virtual activities and exercise programs to our community free of charge. Your partnership is especially important in this time as we continue to live with the coronavirus.

**Donate today to support these essential, affordable and safe opportunities that keep our clients healthy, safe and connected.**

# CRANKY APE VALUED PARTNER AND LONG-TIME SUPPORTER OF COURAGE KENNY



For 13 years, Cars for Courage Kenny has had a wonderful partnership with Cranky Ape online vehicle auction. Cranky Ape sells the vehicles donated to Courage Kenny so that the proceeds can benefit Courage Kenny programs. This partnership, however, has proven to be more powerful than simple transactions.

Cranky Ape owners Jay Adams and Brian Livingston want their business to support their community however possible. They want their employees and their community to know that for them, "it's more than just business." Their genuine commitment to support Courage Kenny has resulted in consistent contributions to our programs.

Each year, Cranky Ape sells 800-900 donated vehicles for Cars for Courage Kenny. Because Cranky Ape is a national online vehicle auction, donated vehicles often sell quickly and for high returns, which means more immediate support for Courage Kenny programs. "This is a mutually beneficial partnership," reflected Adams. Since partnering with Courage Kenny, Cranky Ape has been able to do more charity auctions as a part of their business.

The Cranky Ape team also joins us for the A Toast to Courage gala every year. They purchase a table and invite employees to the event. Their employees have the opportunity to learn about Courage Kenny programs and the clients that their work supports. For Adams, it is important that employees understand the mission and the impact behind their daily work.

Adams believes the high respect and mutual benefit between Cranky Ape and Courage Kenny is a two-way street that is rare in business. He genuinely looks forward to calls from Courage Kenny and has built strong relationships with the Cars for Courage Kenny staff. He said, "It's just a great relationship. It's what you strive for when you get into business."

Courage Kenny Foundation and Cars for Courage Kenny are extremely grateful for this lasting partnership with our friends from Cranky Ape. They help turn donated vehicles into meaningful program funds, and their care and support for our clients goes above and beyond typical business relationships.



Jay Adams and wife, Amanda  
at A Toast to Courage

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With Cranky Ape's partnership, your vehicle donation goes further. Donate your car, SUV or boat today! We are currently accepting donations without the need to connect in person.

Visit [CarsForCourageKenny.org](https://CarsForCourageKenny.org) to learn more and start the donation process.

# INTRODUCING NEW COURAGE KENNY LEADERSHIP

Courage Kenny Foundation and Courage Kenny Rehabilitation Institute are excited to introduce two new faces in leadership. These leaders are already enthusiastically supporting our clients and programs.



## Courage Kenny Foundation Board Chair **Andrew Krane**

Courage Kenny Foundation Board of Directors recently appointed Andrew (Andy) Krane as the new board chair. Krane spent his career in the insurance industry, which is how he was first introduced to Courage Kenny. Krane's insurance agency supported Courage Kenny by donating a percentage of each new policy sold. Through this connection, Krane had the opportunity to tour Courage Kenny Golden Valley. After the tour, he says, "I was hooked." Krane joined the Courage Kenny Foundation board in February 2016. He also serves on the Philanthropy Sub-Committee for the Allina Health Board. As Chair, Krane says, "I look forward to working with the new President, Laurie Hennen and the wonderful team of board members to help CKF achieve their financial goals." The clients at Courage Kenny are what keep Krane grounded and inspired, "I am in awe of their dedication, and persistence to heal and move forward with their lives."

Though retired from the insurance industry, Krane now owns and publishes the magazine Art of the West. In his free time, he enjoys working on his father's motorcycle and some collector cars, as well as golfing, hunting, skiing and spending time with his large extended family.



## SVP Operations, Regional Hospitals and Clinical Services **Scott Leighty**

Scott Leighty joined Allina Health in June to assume oversight responsibilities for Courage Kenny Rehabilitation Institute, Allina Health Regional Hospitals, Central Lab, and Pharmacy. Leighty oversees Courage Kenny's strategy and operations. He joins our organization from Atrium Health in Charlotte, North Carolina where he led several successful initiatives to standardize, scale and ultimately improve the patient experience for Pharmacy, Radiology and Laboratory. He holds a bachelor's degree from Yale University and an MBA from the Kellogg School of Management, Northwestern University.

Having worked in health systems around the country, Leighty is excited about the wide range of services Courage Kenny offers, as well as the unique needs Courage Kenny fills in the community. He reflected, "these things would not be possible without the passion, dedication and generosity of the donors and volunteers of the Courage Kenny Foundation."

Scott and his wife Maureen have a daughter, Kathryn, who will start college this fall in St. Louis, MO. Scott and Maureen relocated to the Twin Cities this summer and look forward to being closer to family in the Midwest.

# TUNE IN FOR THESE UPCOMING VIRTUAL EVENTS!



## Encourage Lunch

SEPT. 22, 2020 | 12-12:30

Our annual Encourage event is going virtual! At this event community members come together to expand opportunities for children and adults with disabilities by raising funds for Courage Kenny St. Croix. This year, the mayor of Stillwater, Ted Kozlowski will emcee the virtual event. Tune in for the free program at noon on September 22!

**Register for the event or sign up to be an event ambassador at [allinahealth.org/encouragelunch](https://allinahealth.org/encouragelunch).**

Thank you to RBC Wealth Management for being the presenting sponsor for this event.

## A Toast to Courage

OCT. 6, 2020, 7 P.M.

Join us online for a virtual event filled with fun, reasons to celebrate and opportunities to make a difference for Courage Kenny Rehabilitation Institute clients and programs. We are excited to welcome Paul Douglas as our emcee and look forward to sharing inspiring stories of courage! The evening will include an auction with Glen Fladeboe and a special opportunity to support cutting edge rehab technology for our Transitional Rehabilitation Program at Golden Valley.

**Find more information and register for the online event at [allinahealth.org/ToastToCourage](https://allinahealth.org/ToastToCourage).**

# SPRING VIRTUAL EVENT RECAP

## 2020 Art of Possibilities Art Show and Sale

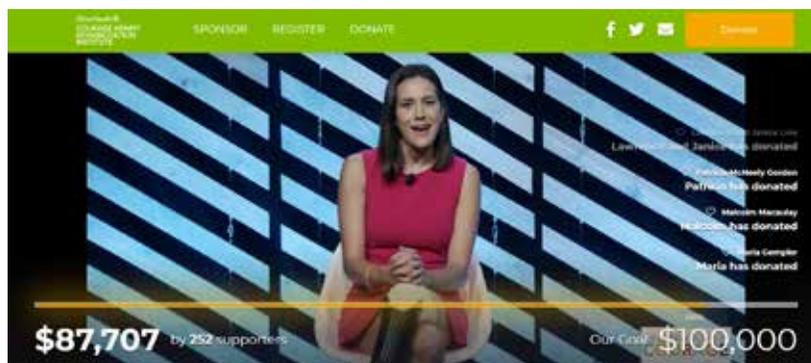
Every April, the walls of Courage Kenny Golden Valley are lined with original artwork by artists with disabilities from around the world. This year the Art of Possibilities Art Show and Sale moved online for the first ever virtual art show. The Courage Art website displayed 294 unique and beautiful pieces of art by 175 artists with disabilities. Visitors to the website could browse and purchase pieces. This year, 92 pieces of art were purchased, and a total of \$16,357 was distributed to artists with disabilities through art sales and awards.

**To view the 2020 art show as well as art from previous art shows, visit [CourageArt.org](https://CourageArt.org).**

## Celebration of Courage

Courage Kenny Foundation held the first ever virtual Celebration of Courage on Thursday, June 25. Generous donors gave more than \$110,000 for Courage Kenny Rehabilitation Institute Sports & Recreation programs for athletes with disabilities. The virtual event included stories from Courage Kenny athletes, a video premiere highlighting Sports & Recreation programs, and a special volunteer recognition. Support from this event will help us continue our virtual programs, and resume in-person activities when it becomes safe to do so.

**To view the inspiring program and athlete stories visit [allinahealth.org/CelebrationOfCourage](https://allinahealth.org/CelebrationOfCourage).**



Courtney Godfrey of Fox 9 emceed the virtual event

# EMPOWER SCHOLARSHIPS:

## A legacy of supporting futures in medicine

Courage Kenny's annual EMPOWER Scholarship supports students of color who are pursuing a career in a medical or rehabilitation field. The scholarship is made possible by philanthropy through a gift from the David M. Hersey Endowment Fund of the Courage Kenny Foundation. The 2020 recipients are Jou Vang and Fatima A. Garza-Ramon.



### Jou Vang

Jou Vang and her family came to the United States after the Vietnam War, searching for a better life after spending time in a refugee camp in Thailand.

Growing up, Vang said that her parents taught her to help those less fortunate, "...because," she said, "everyone has different fates."

Vang turned to volunteering as a way to help others. She has been a volunteer at the NorthPoint Health and Wellness Center since the fall of 2019, working as a Food Shelf Aide, School Health Screener and as a Women's Cancer Screening Guide. These experiences led to a passion for nursing, and a goal to serve low-income and diverse communities. "Nursing," Vang said, "will allow me to not only provide quality care but also advocate for the community to bridge the gap of health disparity."

In addition to her studies in nursing and her volunteer work, Vang holds jobs in two healthcare facilities—one in a clinical support role, and another as a Personal Care Assistant. This fall, Vang begins her last year in the nursing program at St. Catherine University. The EMPOWER Scholarship will help her focus on her studies and to worry less about finances as she turns her energy toward graduation, and as Vang said, "...allow me to achieve my goals and turn my dreams into reality."



### Fatima A. Garza-Ramon

Fatima Garza-Ramon is committed to service, and knows that her volunteerism has helped her grow. While giving

her time and efforts to many causes, she has also excelled as a high school and college student. She attended Burnsville High School (BHS) and simultaneously took classes toward an AA degree at Normandale Community College.

Garza-Ramon has volunteered extensively, including: EL Student Tutoring, Feed My Starving Children, Books for Africa and Better World Books Program. She also worked on an Honors Action Project team on a project called "Reducing the Stigmatism Associated with the Opioid Crisis."

After being accepted by many colleges and universities, she has decided to attend the University of Minnesota, College of Biological Sciences. Garza-Ramon's Phi Theta Kappa Honor Society Advisor shared that, "Fatima hopes to study Biochemistry and minor in Spanish, Public Health, or Neuroscience with the intention of attending medical school to become a pediatrician. She wants to connect the bridge between doctors and Hispanic patients, as native language communication provides a better medical experience especially during times of stress. "The EMPOWER Scholarship will," in Garza-Ramon's words, "...immensely help me focus on my pre-med track by reducing the struggle of financial cost."

# COMMUNITY BASED SERVICES:

## Maintaining Independent, Healthy Lives

At Courage Kenny and Allina Health, we know that 80% of a person's health is determined by factors beyond traditional medical care. Our Community Based services offer support to clients in their homes or communities with the goal of maintaining independent living. These programs are each aimed at addressing a chronically unmet health need for the traditionally underserved disability community. Our programs are especially critical as clients continue to navigate the effects of the pandemic. In March, our community based programs moved to virtual visits to ensure client and staff safety. Many have recently returned to some in-person sessions where possible. Your support makes these programs possible, and helped us adapt to move these programs online at the start of the pandemic.

### Independent Living Skills (ILS)

ILS staff meet with clients for an average of about two hours per week at the client's home or virtually. Together, they work on logistics such as going through mail or paying bills and scheduling – tasks that can be difficult for clients to complete on their own, but are important for living independently.

### Behavioral Health Services

Behavioral Health Services is specifically for people who are working on behavioral control. Behavioral Health staff (all licensed mental health professionals) visit clients once per week to create a behavioral plan and work toward specific behavior goals. The goal is to manage behavior so it does not jeopardize a client's living situation or relationships.

### Adult Rehabilitative Mental Health Services (ARMHS)

ARMHS works with clients who have been referred from other mental health services. ARMHS clients have mental health conditions that create barriers to living independently. The goal is often to prevent clients from entering more costly care settings such as residential mental health programs, and to prevent homelessness.

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Krista Wimmer (pictured below) participates in ILS, Behavioral Health Services, and ARMHS. Here she is pictured with Ryan Fahey, her ARMHS specialist (left) and showing off her new apartment (right). Wimmer recently moved out of her parents' house and into her own apartment for the first time. Staff from all three programs helped her get to this point and successfully transition into this new phase of her life.



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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).

## Support Courage Kenny St. Croix and double your impact!

**The Katherine B. Andersen Fund of the Saint Paul & Minnesota Foundation has generously created a \$100,000 matching challenge grant.** Your gift will be matched if:

- + This is your first gift designated to Courage Kenny St. Croix
- + You didn't give to Courage Kenny St. Croix in 2019
- + You are increasing the amount of your 2019 gift to Courage St. Croix (the increase amount will be matched)

Your gift to Courage Kenny St. Croix supports essential community services such as the adaptive fitness center, therapeutic warm water pool and community programs. You help us keep these services affordable for the east metro community! Give with the enclosed return envelope or online at [allinahealth.org/ckfoundation](http://allinahealth.org/ckfoundation). **Be sure to designate your gift for Courage Kenny St. Croix to have your gift doubled!**



David Gerhke comes to Courage Kenny St. Croix for the LSVT Big and Loud program to counteract his symptoms from Parkinson's disease. For Gerhke, the program has helped him regain strength and tools to perform everyday tasks!