

COURAGE KENNY REHABILITATION INSTITUTE™

# Onward

FALL 2016

A newsletter from  
COURAGE KENNY FOUNDATION  
for friends of COURAGE KENNY  
REHABILITATION INSTITUTE, which  
is the merged Courage Center and  
Sister Kenny Rehabilitation Institute.



Courage Kenny Sports & PT  
client Paul Schrempp.

## Helping people move past pain

As a friend of Courage Kenny Rehabilitation Institute you know that we are unique because we combine 'traditional rehabilitation' – physical, occupational and speech therapy – with specialty, 'whole person care'. This specialty care includes a range of pain management services, Spine Centers, and Sports & Physical Therapy clinics throughout Minnesota and Western Wisconsin.

In this issue, you'll read about how Courage Kenny Spine Center helped Paul Schrempp develop an exercise routine which has allowed him to reduce his back pain, avoid a fourth back surgery and return to a busy life as a teacher and father of three.

Also inside, you'll meet the newest member of our leadership team, Ross Gustafson, vice president, Courage Kenny Rehabilitation Institute, John Nasseff Neuroscience and Spine Institute, and the Allina Health Orthopedic Institute. You'll also learn about some of our new and remodeled locations in Greater Minnesota, and how the Courage Kenny Research Center is adding opportunities for employee development along with expanding clinical research opportunities and practices.

Thank you for all you do to enable Courage Kenny Rehabilitation Institute to make a difference in the lives of our patients, clients, families, employees and communities.

Allina Health 

**COURAGE KENNY  
REHABILITATION  
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## Courage Kenny welcomes Ross Gustafson as new vice president of Operations

As many of you know, this past January Dave Slowinske took on a new role within Allina Health, and we needed to hire a new vice president of operations for Courage Kenny Rehabilitation Institute. We had an excellent response to our job posting including applicants with strong experience from across the country. We found someone who we believe will be a great addition to our team. It is my pleasure to introduce you to our new Vice President of Operations for Courage Kenny Rehabilitation Institute, Ross Gustafson.

Ross joined us on July 11. He is a highly respected leader with more than 17 years of experience in performance improvement, physician practice management and health care operations. His background includes experience as a national consultant for VHA, now known as Vizient. Since joining Allina Health in 2005, he has served in several roles including executive director of Abbott Northwestern - WestHealth. He also managed multiple physician practices at Abbott Northwestern Hospital.



Linda Krach, MD, and Ross Gustafson

More recently, Ross served as vice president of Allina Performance Resources (APR), overseeing the Enterprise Data Warehouse, Report Writing and Extracts, Clinical Data Analysis, Business Intelligence Reporting, Performance Improvement, Regulatory Operations and Library Services departments, in addition to overseeing system quality, and patient and employee safety functions.

Prior to joining us and the other Allina Health neuromuscular service lines (Orthopedics, Neuroscience and Spine) Ross led the integration and implementation of the partnership between Allina Health and Health Catalyst.

We look forward to joining our efforts to continue the work of Courage Kenny Rehabilitation Institute.

Sincerely,

Linda E. Krach, MD, vice president, Medical Operations  
and president, Courage Kenny Rehabilitation Institute

## Paul Schrempp: *Making all the right moves for better back health*

Four spine surgeries before the age of 40? That's what Paul Schrempp hoped to avoid.

Sports injuries and a car accident had triggered his first three surgeries, the most recent of which occurred in 2006. He did fine until 2012, when his back went out again. The 40-year-old teacher and father of two saw his doctor, who referred him to Courage Kenny Spine Center, which offers specialized, non-surgical treatment for back and neck pain. A key component of the program is intensive spine strengthening using MedX equipment which focuses exercises on a person's core, back and neck muscles.

Research has shown that spinal strengthening exercises using MedX lumbar and cervical machines, in addition to core strengthening and exercise, leads to faster and more complete recovery.

After the re-injury, Schrempp's symptoms were as bad as they had been before surgery – including numbness down his leg and on the outside of his foot. It was painful to sit or stand for long periods, and a few times he even taught his fourth grade class while lying on the floor.

After an evaluation with a Courage Kenny Spine Center doctor, he began working with physical therapist Brenda Kern. Kern started him on MedX equipment and his symptoms began to subside. Schrempp combined the MedX workouts with other exercises and stretches.

"Eventually, I started feeling pretty good and I didn't stick with the routine," he said. Then the back pain returned.



Today, Schrempp keeps active with his children as part of his continuing efforts to keep his back healthy.

"That was when it became clear to me. I understand that this is life-changing. I can't do the exercises for a little while and stop when I'm feeling better," he said.

So, Schrempp returned to Courage Kenny and redoubled his efforts. He again used MedX equipment and learned from his physical therapist how to modify his regular exercise routine to be safe for his spine. "I learned how important positioning is. Brenda taught me about which muscles need to be working, and how to get the bigger muscles working to relieve pressure on the disc. She also showed me that it's not as important to lift heavy weights; it's more about consistency. I learned to do a good

job stretching and keeping the hamstrings loose."

Schrempp also incorporated an exercise regimen that focuses on core strengthening. He is convinced that the combination of these approaches saved him from a fourth spine surgery. Now he exercises every day. "This is something I've got to do if I'm going to keep my back healthy," he said.

"The physical therapy I received at the Courage Kenny Spine Center was different from other physical therapy I had done," he added. "There was a lot more involved and more discussion. I wanted to become an expert on my own back, and that's what happened."

# What's new in Sports & Recreation?



## Adaptive rock climbing

For the past year, Courage Kenny Rehabilitation Institute has teamed with the Midwest Climbing Academy to offer adaptive rock climbing to youth with disabilities, many of whom have sensory processing challenges. This unique partnership offers kids a quiet, private space without distractions – other non-disabled climbers and loud music – which is common in other climbing facilities.

Partnered with a volunteer instructor, these athletes can try out an activity that may seem impossible at first, but which teaches them perseverance and problem solving skills all while having fun.

The climbing team offers two, six-week sessions a year.

For more information or to register your child for adaptive rock climbing go to [allinahealth.org/ckactive](http://allinahealth.org/ckactive) or contact:

### Twin Cities

Megan Welty, 612-775-2280,  
[megan.welty@allina.com](mailto:megan.welty@allina.com).

### Duluth

Mark Hanna, 218-726-4834,  
[mark.hanna@allina.com](mailto:mark.hanna@allina.com).

### To volunteer

To share your love of rock climbing by becoming a volunteer instructor, contact Sports and Recreation Volunteer Coordinator Mari at [Mari.Salveson@allina.com](mailto:Mari.Salveson@allina.com) or 612-775-2729.

## Moving forward – underwater

*Try Scuba dive clinics spread the passion for diving to people with disabilities*

Water is a great equalizer for people with disabilities. That's why Courage Kenny Rehabilitation Institute offers a wide variety of aquatic therapy as well as community pool classes in the Twin Cities, Stillwater and Duluth.

Now, Courage Kenny has added scuba to its list of offerings. Once a month the Sports & Recreation department partners with volunteers Tom Cornell and Rick Kline, certified divers, and White Bear Lake's Midwest School of Diving to offer Try Scuba clinics for people with disabilities.

Since February, on the first Monday of the month Try Scuba clinics have been hosted at the Institute's Golden Valley warm-water pool. Check [allinahealth.org/scuba](http://allinahealth.org/scuba) for a complete list of dates and times for upcoming scuba clinics.

Follow this video link to hear what recent participants Chad and Becky Walker have to say about scuba:  
<https://vimeo.com/165589803>.



Omar Emery takes the plunge at a recent Try Scuba clinic.

# Making lives work throughout Minnesota

## New Ulm completes renovation, expansion

An expansion and renovation project recently finished at Courage Kenny Rehabilitation Institute – New Ulm. Increased client visits in the last three years meant the Institute was fast outgrowing its physical space in the lower level of the New Ulm Medical Center, part of Allina Health.

“It has been so beneficial for our community to have these services available locally,” said Frannie Knowles, MD. “When a person has to drive long distances, it saps their energy and that’s vital energy that they could be using to further their therapy and feel better faster.”

The project had tremendous support from local donors and businesses. Funds were raised at community events such as the New Ulm Medical Center Foundation’s annual golf tournament and Have a Heart Gala. An employee and physician campaign also raised \$300,000 for the project. In all, \$2 million has been invested to



Physical Therapist Eileen Campbell works with Ben Mathiowetz during a therapy session in the newly remodeled and expanded Courage Kenny Rehabilitation Institute – New Ulm

bring top-notch services to the local community.

In addition to renovation of 8,000 square feet of hospital space, which hadn’t been updated since 1993, the project included an increase of about 4,000 square feet for an adult gym and separate pediatric therapy space for Courage Kenny Kids.

The new layout improves client privacy and the overall healing environment. Allina Health’s Virginia Piper Cancer Institute and Penny George Institute for Health and Healing are right next door, allowing for more efficient integration between specialty services.

“Therapy is more about people than high-tech equipment,” said Rehabilitation Manager Deb Beatty. “This renovation will really impact the healing environment for our patients and clients. It will move us to a level where our space matches the quality of care already provided by our therapists.”

## District One Hospital, Faribault adds Courage Kenny services

On May 16, rehabilitation services provided at District One Hospital in Faribault, Minn., part of Allina Health, became part of Courage Kenny Rehabilitation Institute. The physical and occupational therapy department is now Courage Kenny Sports & Physical Therapy – Faribault. Services include: hand therapy, sports & orthopedic physical therapy, joint replacement therapy, cancer rehabilitation, functional capacity evaluation, neurologic rehabilitation and work conditioning. Speech language pathology is now part of Courage Kenny Rehabilitation Institute and will be provided by current staff.



Left to right, therapists Becky Foley, Lori Henry, Ashlee Marzahn and administrative coordinator Kelly Huff are a part of the team at Courage Kenny Rehabilitation Institute – Faribault.

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

The annual EMPOWER Scholarship encourages and supports ethnically diverse students who are pursuing a career in a medical or rehabilitation field. The scholarship is made possible by a gift from the David M. Hersey Endowment Fund of the Courage Kenny Foundation. This year's recipients are KuGay Nahpay and Michael Abebe.

## **KuGay Nahpay**

When KuGay Nahpay came to Minnesota from a refugee camp in Thailand with her father and siblings in 2007, she spoke no English and had only a limited education. She quickly learned that if she was willing to work hard there were many people to support her in her quest for knowledge. In addition to keeping up a high GPA in high school, Nahpay was active in extracurricular activities and volunteered with the Karen community (Karen's is an ethnic group from the mountainous border regions of Burma and Thailand). In addition to her volunteer work with the Youth Leadership Initiative at the Wilder Foundation, Nahpay has been active with Vietnamese Social Services and Trinity Baptist Church.

Nahpay's goal is to become a nurse helping her Karen community.

## **Michael Abebe**

As a young child, Michael Abebe moved with his family from Ethiopia to the United States. He has excelled academically, making the 'A' honor roll at South High School where he graduated with one full year's worth of college credits.



KuGay Nahpay, left, and Michael Abebe, right, joined Adele Hersey, the EMPOWER scholarship's founder, at a reception to honor this year's recipients.

Michael has contributed more than 150 hours in community service through the student council and National Honor Society, and more than 54 hours as a volunteer at Abbott Northwestern Hospital, part of Allina Health.

Abebe is well on his way to achieving his goal of becoming a doctor. His

long-term goal is to build a hospital in Ethiopia. He has been accepted at the University of Minnesota where he plans to study biochemistry with a sub-focus in pre-med.

"The EMPOWER scholarship will significantly aid my family and I with paying for college," he said.

# Spring and summer events focus on services and programs

Courage Kenny Foundation hosted two annual events in May and June. The Encourage Breakfast, on Tuesday, May 17, raised funds for Courage Kenny Rehabilitation Institute – St. Croix. Celebration of Courage, on Tuesday, June 14, benefited Courage Kenny Kids' pediatric therapy services.

Thank you to the volunteers and sponsors who made these events possible! A special thank you to our Encourage Breakfast presenting sponsor RBC Wealth Management. Additional sponsors include: Andersen Corporation, Maplewood Toyota, Boutwells Landing, ABRA Auto Body & Glass, Allina Health, Edina Realty and Bob Peltier, First National Bank, First State Bank and Trust, and HealthPartners Stillwater Medical Group. And, a special thank you to Celebration of Courage sponsors: Minnesota Twins, Allina Health, Bassett Creek Dental, Bell Mortgage, Caribou Coffee and Moss & Barnett. Your support makes a big difference in the lives of our patients and clients.



A familiar face for Onward readers, Courage Kenny Kids client Justice Rickenbach (center) posed with her family and Twins mascot TC Bear.



TC Bear with a young fan.



Jed Poster and his son Jack, a Courage Kenny Kids' client, shared a laugh at this year's Celebration of Courage event at Target Field.



Lyle Chacka and guests.



Breakfast emcee Chris Shaffer, WCCO TV



Plant centerpieces for Encourage Breakfast were donated by Costa Farm and Garden.

# Courage Kenny Research Center: *Advancing patient care through research*

More and more people every day are surviving and recovering from cancer. However, after facing the challenges of surgery, chemotherapy and radiation many cancer survivors discover lingering problems with memory and concentration, a condition known as “chemobrain”.

A recent study by the Courage Kenny Research Center evaluated the Institute’s approach to cognitive therapy for cancer survivors who experience chemobrain. Funded by Courage Kenny Foundation, “Focus Forward” was an employee-led research project. The study’s principal investigator Mary Vining Radomski, PhD, OTR/L, teamed with Nancy Hutchison, MD, medical director for Cancer Rehabilitation, Survivorship and Lymphedema at Courage Kenny Rehabilitation Institute/Virginia Piper Cancer Institute. Seven Courage Kenny occupational therapists served as co-investigators.



Occupational therapist Joette Zola, OTR/L, the study’s co-investigator conducts a session with a participant.

During the study, 28 women who had received chemotherapy for breast cancer completed four one-on-one sessions with an occupational therapist. At each session, these cancer survivors learned new strategies focused on three personal therapy goals. Before- and after-treatment measures showed, and study participants reported, they made significant improvements in memory, problem solving, language and daily performance; and had reduced stress, anxiety, depression and fatigue.

“The opportunity for involvement in clinical research has been career changing,” said Joette Zola, OTR/L, a study co-investigator. “The Courage Kenny Research Center team has helped me actively contribute to the development of evidence-based care. My involvement in this study has increased my confidence in our treatment approach and allowed me to share

our work at both the national and local level.”

While further research is needed, these findings support the approach Courage Kenny Rehabilitation Institute therapists and providers are taking to help cancer survivors better function in their daily lives. The research was made possible through ongoing research funding of the Courage Kenny Foundation.



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**NOV 17, 2016**

# Making lives work through play in the Northland

The annual Arrowhead Youth Games was hosted by Courage Kenny Rehabilitation Institute - Northland at the University of Minnesota - Duluth (UMD) on May 5.

More than 350 youth with disabilities from 26 schools from around the Northland attended. More than 100 volunteers staffed 19 different adaptive recreation activity stations that kids in grades K-8 got to experience throughout the day. Many UMD students helped out as volunteers as did employees from local businesses including Minnesota Power, United Piping Inc., The Ski Hut, Duluth Y and COGGS.

The annual event is offered in cooperation with Duluth adaptive physical education teachers and the Health, Physical Education and Recreation Department at UMD.



Above: Volunteers from Duluth East High School Right to left: Grace Bauman, Piper Shaw, Kayla Larson, Mariah Jeanette, Rachel Turner and Joel Atella.



Left: Volunteers assist a young participant at the bike activity station where kids learn about the many types of cycling options that are available and find one that best fits their abilities.

## Shoot FOR Fun RAFFLE

Benefiting Courage Kenny Rehabilitation Institute™ – Northland  
**Purchase tickets to win a  
2016 Polaris Ranger 570 full-size in sage green!  
Includes two CL-X7 Dynasty helmets.**

For more ticket information visit [allinahealth.org/shootforfun](http://allinahealth.org/shootforfun).

Driving one of those would sure beat flying!



Permit #: X-05907

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## Timberwolves FastBreak Foundation sponsors youth wheelchair basketball

The Minnesota Timberwolves' FastBreak Foundation recently announced it will sponsor Courage Kenny Rehabilitation Institute's four youth wheelchair basketball teams: the Rolling Rowdies 101, the Rolling Rowdies, Jr. Rolling Gophers and Jr. Rolling Timberwolves. The sponsorship includes financial support to purchase sport wheelchairs and other equipment so all participants have the right-size chair available to play and succeed at their highest potential. Check out the Timberwolves website to keep up to date on the partnership – [nba.com/timberwolves/jr-rolling-timberwolves](http://nba.com/timberwolves/jr-rolling-timberwolves).

The Foundation has paired itself with winners on and off the court. The Jr. Rolling Timberwolves have won the National Wheelchair Basketball Association's (NWBA) national championship six times, most recently in 2014, and a second place finish in 2015.

Winning is great, but Courage Kenny Rehabilitation Institute's main objective is to focus on each athlete's ability, not their disability. All teams are co-ed and all athletes have disabilities that impact their lower extremities who range in age from five to 18 years old.

"I look forward to practice each week," said 14-year-old Jack Pierre, the youngest member of the Jr. Rolling Timberwolves. "My teammates have become really close friends. I have become more

confident in my athletic abilities and basketball skills. I am excited to keep improving on this team, become a leader one day, and to continue my wheelchair basketball career in college."

The Institute was named the Jr. NBA Program of the Week in 2015, becoming the first wheelchair basketball team to be selected for this honor. Courage Kenny is nationally recognized for developing collegiate, national and Paralympic athletes.

### Comeback win lands Jr. Rolling T-Wolves their seventh national championship!

Courage Kenny Rehabilitation Institute's Jr. Rolling Timberwolves are the 2016 National Wheelchair Basketball Association's national champions for the seventh time. The team made a second half comeback to defeat the Houston Hot Wheels 53-50 in Louisville, Kentucky in April. This is the seventh national championship in the team's history and fifth in the last eight years, the most of any other team or program in the nation!

RITA KAPLAN LECTURE SERIES

# Healthy Living for a Lifetime

Thursday, Sept. 29, 2016

5:00 p.m. Wellness screenings for seniors

5:30 p.m. Presentation

6:30 p.m. Reception

*Includes complimentary refreshments and appetizers.*

American Swedish Institute

2600 Park Avenue

Minneapolis, MN 55407

*Complimentary parking is available.*

This event is free and open to the public, but reservations are required. Please call **612-775-2589**, or email [CKFoundation@allina.com](mailto:CKFoundation@allina.com), with the names of guests attending prior to **September 20, 2016**.

## PRESENTER

**William H. Staples, DHSc, DPT, GCS, CEEAA**

William "Bill" Staples is an associate professor at the Krannert School of Physical Therapy at the University of Indianapolis and is the president of the Academy of Geriatric Physical Therapy.



The Rita Kaplan Lectureship Fund at Courage Kenny Foundation is available through generous support from the Thomas A. Maren — Leon and Barbara Goldstein Fund of The Rhode Island Foundation. Additional support is generously provided by Manuel Kaplan, MD.



# A TOAST TO COURAGE

CELEBRATING THE FACES AND STORIES OF COURAGE KENNY REHABILITATION INSTITUTE™

Join us for a special night filled with friends, fun, reasons to celebrate and opportunities to make a difference.

**Friday, Oct. 14, 2016 | 6 – 11 p.m.**

*with emcee Rena Sarigianopoulos of KARE 11*

Radisson Blu Mall of America | 2100 Killebrew Drive | Bloomington, MN 55425

Individual tickets: \$150 | Premier tables of 10: \$1,800

**Visit [allinahealth.org/toasttocourage](http://allinahealth.org/toasttocourage) to register.**

Sponsorships and tables of 10 are available!

Contact Kari Erickson, 612-775-2583, [kari.erickson@allina.com](mailto:kari.erickson@allina.com).

*Our vision is that one day, all people will live, work, learn and play in a community based on abilities, not disabilities.*



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