

Onward

WINTER 2018-19

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

Thank you! Your giving spirit makes a difference in the lives of our clients

For Courage Kenny Rehabilitation Institute patients, clients and employees, this is the season we say ‘thank you.’ Without you, much of what we do wouldn’t be possible.

Your contributions continue to move us toward our vision ‘that one day all people will live, work, learn and play in a community based on abilities, not disabilities.’

Thank you. We wish you a season filled with joy, peace and gratitude!

Kirk Ingram, shown here with daughter, Alexa, and wife, Melissa, is back to work and continuing his recovery at Courage Kenny Rehabilitation Institute.

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Thank you to our generous friends

This past year proved how strong Courage Kenny Rehabilitation Institute's family continues to be. From thousands of volunteers giving their time, to committed donors supporting our mission in action, thank you for standing with our clients, their families and our Courage Kenny team to provide excellent services and meaningful opportunities for people of all ages and abilities.



In 2018, Courage Kenny Rehabilitation Institute continues to make gains across our footprint of services from inside the hospital to directly in our communities. For instance, we've made great strides by hiring new physical medicine and rehabilitation physicians this year to meet the needs of our clients and patients. We'll also help people in our Chronic Pain Program by undergoing a significant physical expansion of the space, allowing us to serve twice as many clients.

These are just two examples of how your financial support impacts the lives of Courage Kenny Rehabilitation Institute clients by helping them stay healthy and independent. More positive outcomes and personal stories are included in this newsletter. Each story encourages us to work even harder to reach more people. None of these stories are possible without the generous support of our community. It is humbling to know how much community members like you care about our clients. Together, we are creating a more inclusive community.

Thank you for being a part of our family and for making a difference in the lives of so many.

All my best to you and your loved ones during this holiday season.

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

Stephen Bariteau
President, Courage Kenny Foundation

"Amazing" Susan Hodder:

Committed volunteer and donor shares the fun with participants of adaptive Sports & Recreation

When ski volunteer Susan Hodder took a reluctant, young adaptive skier down the slopes for the first time, she took it slow. She held on to his seat for the first few runs, but he didn't seem very excited. When Hodder finally let go, he flew down the hill and cracked an enormous smile. He was hooked, and so was she.

This joy, Hodder says, is what has motivated her impressive volunteer history with Courage Kenny Rehabilitation Institute's Sports and Recreation Department.

In the mid-1980s Hodder saw a flyer about volunteering with the adaptive ski program, and she got involved right away. When her first ski season was over, she volunteered with other adaptive sports and has been indispensable ever since.

During some time living in Colorado, Hodder learned to snowboard. When she moved back to Minnesota she was determined to bring adaptive snowboarding to Courage Kenny. She even joined the Courage Kenny Ski & Snowboard Advisory Board to make it happen.

As Hodder took on more responsibility with Courage Kenny Ski & Snowboard – including a stint as training director – she also got involved with other adaptive sports including waterskiing, sailing and hand-cycling. Her impact is apparent in the way staff, participants and other volunteers speak about her. A colleague said, "Susan's passion is contagious, her kindness and willingness to give to others knows no bounds." She is recognized as a "once in a lifetime



Susan Hodder, left, gives snowboarding tips during a lesson with Mitchell Tanquist, participant, assisted by volunteer, Noelle Andrychowicz.

volunteer... one that all of us in the adaptive community should strive to emulate."

Hodder has just as many kind words for her colleagues. She says, "Courage Kenny is where I made all my dearest friends, whether they are participants, volunteers or employees. They are the best people. I cherish each and every one of them."

The adaptive activities to which Hodder has volunteered for decades are made possible because of

donations from our community. Hodder chooses to donate, she says, because she knows her support creates opportunities for people. Her wish: To see the Courage Kenny Sports and Recreation Department grow so it can continue to open doors for people with disabilities to be active in their community.

To support Hodder and the Sports & Recreation Department visit our website at allinahealth.org/ckfoundation.

Kirk Ingram: *Determined to recover from spinal cord injury*

Kirk Ingram is thankful for his family, friends and faith. He is also thankful that Courage Kenny Rehabilitation Institute is located in the Twin Cities, which made it easier for this St. Louis Park resident's family and friends to be near as he underwent rehabilitation after a spinal cord injury.

In August 2015, Ingram, then 28 years old and a new father of two-week old Alexa, dove into shallow water in Lake Minnetonka. He fractured the fourth cervical vertebra in his neck, severely damaging his spinal cord, leaving him paralyzed from the chest down. Ingram spent nine months in the hospital recovering from the injury and undergoing intense rehabilitation therapy.

Courage Kenny Rehabilitation Institute has played a big role in

Ingram's recovery and continues to be a part of his routine. He currently is participating in outpatient intensive fitness and the ABLE (Activity-Based Locomotor Exercise) Program. ABLE is exercise-based therapy, developed through research, focused on activating muscles and nerves to promote a greater degree of recovery. It challenges muscles below the level of injury.

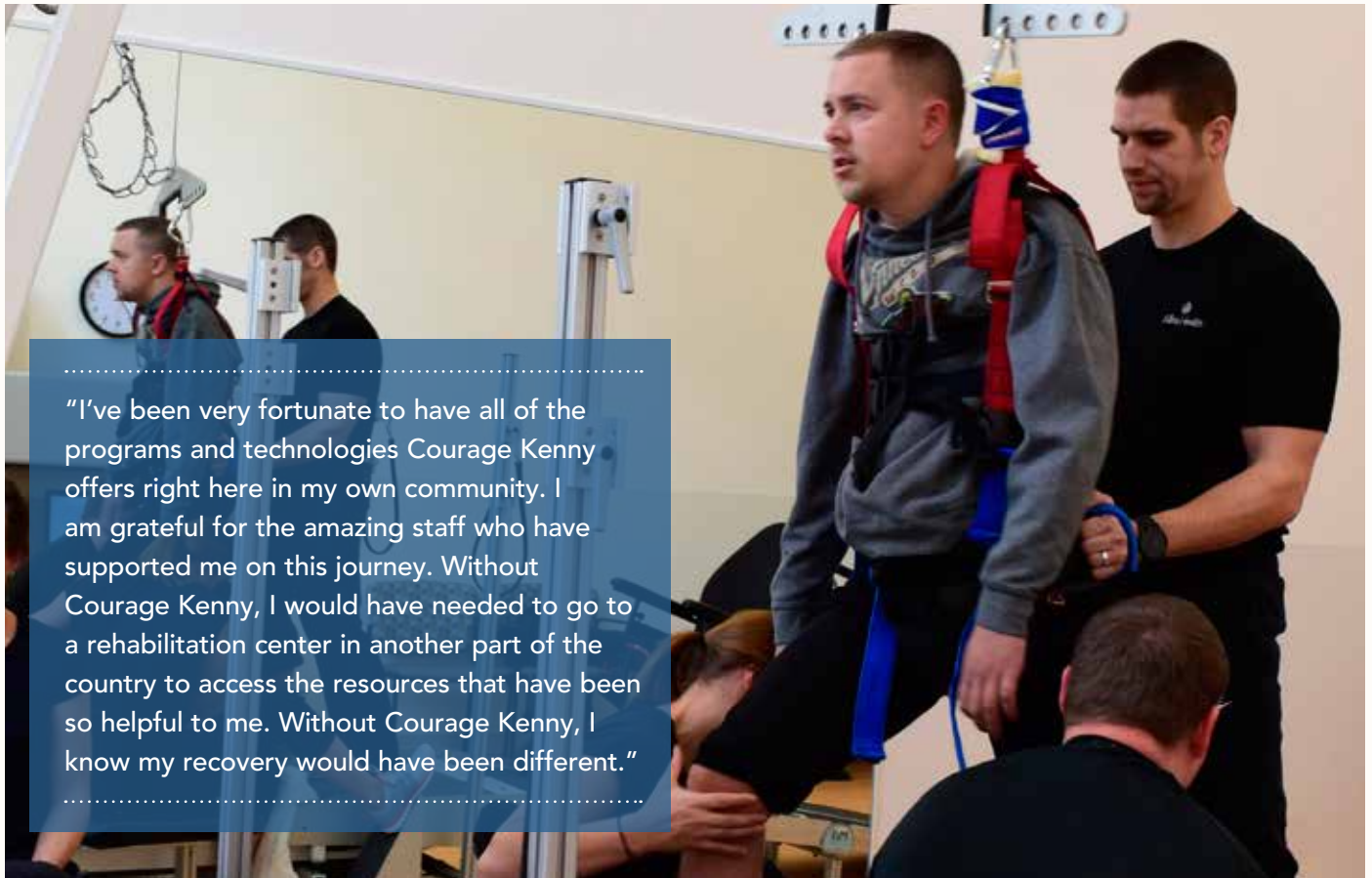
ABLE is helping Ingram build core strength and re-train his brain to understand motor patterns associated with walking. Through ABLE and other intensive fitness services and technology available at Courage Kenny Rehabilitation Institute, Ingram has gained core

strength, and improved his balance and overall health.

"Ten months following my accident, I was able to return to work," he said. "While I lived on the Courage Kenny Golden Valley campus, staff from the adaptive technology center helped me realize that I would be able to go back to work using various technologies to control my computer."

Ingram also serves on the Board of Directors for Get Up, Stand Up to Cure Paralysis, and was the keynote speaker at the 2018 A Toast to Courage gala hosted by Courage Kenny Foundation.

Kirk Ingram, shown here on the ABLE locomotor treadmill, credits nine months of weekly gait training on the Lokomat at Abbott Northwestern Hospital for enhancing his neurorecovery. A new Lokomat in Golden Valley will speed recovery even faster, said Ingram.



.....
"I've been very fortunate to have all of the programs and technologies Courage Kenny offers right here in my own community. I am grateful for the amazing staff who have supported me on this journey. Without Courage Kenny, I would have needed to go to a rehabilitation center in another part of the country to access the resources that have been so helpful to me. Without Courage Kenny, I know my recovery would have been different."
.....

Thanks to you we're keeping pace with technology!

Being a leader in rehabilitation and keeping up with state-of-the-art technology has been a part of Courage Kenny Rehabilitation Institute's continuum of care for decades. Our clients have access to technology of all types — from low-tech gadgets to high-tech, cutting edge software and devices; from electrical stimulation and assistive technology to robotics and virtual reality.

"As rehab professionals at Courage Kenny, our job is to make sure we figure out what the next technological advance is, and then partner with our clients to help them maximize their recovery and get them back to what they want to be doing," said Brian LeLoup, director, Sub-Acute Care for Courage Kenny Rehabilitation Institute.

Thanks to the generosity of donors like you, in 2019, Courage Kenny plans to purchase and install a new Lokomat® at Courage Kenny Rehabilitation Institute - Golden Valley. This innovative robotic walking system uses body-weight support to assist in basic walking.



Kirk Ingram in action on the Lokomat at Courage Kenny's Abbott Northwestern Hospital location.



Kevin Smethers tries out voice-activated software in the Assistive Technology Lab at Courage Kenny Rehabilitation Institute – Golden Valley

The Lokomat has been shown to improve outcomes for people with spinal cord injuries and other neurological conditions. It will be used by Transitional Rehabilitation Program patients as well as outpatient and fitness clients and will include "pediatric legs" for use with our youngest clients.

What else is new and exciting in technology advances for clients? Assistive technology resources are always emerging to help clients live, work and play more independently. Advances in electrical stimulation and virtual reality are also bringing

exciting possibilities to our clients, according to LeLoup. "Electrical stimulation and virtual reality are two areas that have the strongest evidence to support their use in clinical practice. They are a game-changer in rehabilitation, allowing people to have great results and reach goals that, in the past, would not have seemed possible.

"So, in the end what our therapists are really trying to do is match the right technology with the right client to allow that person to reach their full potential in whatever they want to do."



Community Giving Campaign: *An opportunity for employees to give*

Courage Kenny Rehabilitation Institute employees give of themselves every day to provide comprehensive rehabilitation care to our patients and clients. Each year our employees have another opportunity to give, this time through donations to the annual Allina Health Community Giving Campaign.

The Campaign provides an opportunity for employees to make a charitable contribute to Courage Kenny Foundation or one of the other Allina Health foundations, their local United Way, or another favorite nonprofit. Employees from across Allina Health come together during this month-long campaign to give and celebrate our culture of philanthropy.

In 2018, more than \$1.5 million was given by Allina Health employees through the Community Giving Campaign to make a difference in our communities. Thank you, employees!



The Courage Kenny employee with the winning duck is awarded this traveling duck trophy!



The legacy lives on! The annual United Way Duck Race was tradition for Courage Center employees. The tradition lives on as one of Allina Health's Community Giving Campaign events at Courage Kenny Rehabilitation Institute – Golden Valley. The money raised through duck sales supports Courage Kenny clients and programs. Here, hundreds of rubber ducks race along the creek!



Courage Kenny's Kyle Grunder, Stephen Bariteau and Brian LeLoup partnered with Facilities staff including John Steele to oversee the racing ducks!

EMPOWER Scholarships:

A legacy of supporting health care careers and goals



This summer, Courage Kenny Rehabilitation Institute presented two recipients with a 2018 EMPOWER scholarship. The annual scholarship supports ethnically diverse students pursuing a medical or rehabilitation career. It is made possible from a gift from the David M. Hersey Endowment Fund of Courage Kenny Foundation. This year's recipients are Himal Purani and Elizabeth Ramos Young.

Himal Purani

Purani, a University of Minnesota student, has a passion for service and healthcare. She received her Bachelor of Science degree in Genetics, Cellular Biology and Development and started medical school this fall.

In her role as an outreach volunteer at the American Cancer Society, Purani used her fluency in Spanish and her growing understanding of other cultures to help medically underserved communities.

Pictured at the EMPOWER scholarship reception are, in front: Meredith Low, committee member; Elizabeth Ramos Young and Himal Purani, scholarship recipients; and Donna Bennett, committee member. Back: Pamela Mills, manager, Volunteer Services, and Kaci Talbot, administrative assistant, Volunteer Services. Not pictured: Committee members Joan Southworth and Steve Coleman.

As a future physician, Purani said she looks “forward to providing holistic care for my patients and working with a dynamic, diverse team of healthcare professionals as we help patients recover and rehabilitate.”

The scholarship will help Purani pay some of her tuition and educational expenses.

Elizabeth Ramos Young

Ramos Young has started her Doctorate of Physical Therapy Program at the University of Minnesota, Twin Cities. Her goal is to work with people with disabilities in a hospital or outpatient setting.

In 2013, Ramos Young was hit by a speeding car during her daily jog. She was hospitalized for several

months with years of physical therapy to follow. A personal reference noted that Ramos Young “...first fought for her life, then fought to learn how to walk again, then fought to get into physical therapy school so she could help others overcome life's challenges.”

Since 2013, Ramos Young has completed more than 500 volunteer hours preparing for her DPT studies. She also volunteered at the Minneapolis VA Medical Center and at Step Therapies, Inc.

The scholarship will help Ramos Young realize her goals, and show her young daughter that, “...anything is possible, even if one has a disability....”

Thank you!

to our third-party event hosts

Third-party events are a fun way for Courage Kenny Rehabilitation Institute supporters to share their passion for our organization while raising money for life-changing rehabilitation and community services. Each year, third-party events, like runs and golf tournaments, raise thousands of dollars to support

our patients, clients and programs. We thank the hosts, volunteers, and donors who have dedicated their fundraising efforts to benefit Courage Kenny Rehabilitation Institute.

To host a third party event or for more information, email CKFoundation@allina.com.



On June 9, 2018 the local non-profit Run Out CP, hosted the Super Hero awareness Run. This event raised \$12,000 to purchase adaptive equipment for Courage Kenny Rehabilitation Institute Ski and Snowboard program.



More than \$11,000 was raised at the Nord Stern Porsche Loonacy Race on July 28, 2018. For the past 17 years the Nord Stern Porsche Club has raised funds for our Sports and Recreation department. Over the years, Nord Stern's support has grown from one member participating in an endurance race to the entire club donating proceeds from their annual show, race and silent auction.



Funds raised from the 4th annual Afton Golf Tournament helped us purchase adaptive ski and snowboard equipment for use at Afton Alps. Afton was added as a location to the Courage Kenny Ski & Snowboard program in 2015.

To date, these nine third-party events have been hosted in 2018 with proceeds benefitting programs and services of Courage Kenny Rehabilitation Institute:

- WalkTalkConnect
- Nordstern Porsche Show
- Nordstern Porsche Race
- Afton Alps Golf Event
- Arthur Andersen/Courage Kenny Golf and Social Event
- Lube-Tech Iron Dog Snowmobile Race
- Kara Boyko-Frandson's Ironman Chattanooga Fundraising
- Run Out CP Super Hero Awareness Run
- and more!

Courage Kenny Foundation ends 2018 with a great year of events

Courage Kenny Foundation hosted a variety of community events to support innovative services and programs that benefit the lives of thousands of Courage Kenny Rehabilitation Institute patients and clients. Here are some highlights from our most recent events.

Healthy Living for a Lifetime, part of the Rita Kaplan Lecture Series

Tuesday, July 31, 2018

American Swedish Institute, Minneapolis

Courage Kenny Foundation hosted the annual Rita Kaplan Lecture Series at the American Swedish Institute with national pain science expert, Adriaan Louw, PT, PhD. The topic was "Understanding the Science of Pain," including what

causes pain and tools to manage and understand pain beyond medication. Over 100 people attended the event, wellness fair and reception.

The event was made possible through generous support from

the Thomas A. Maren – Leon and Barbara Goldstein Fund of the Rhode Island Foundation. Ongoing support for the annual lecture series is provided by Rita Kaplan's sister, Barbara, and Rita's husband, Manuel Kaplan, MD.

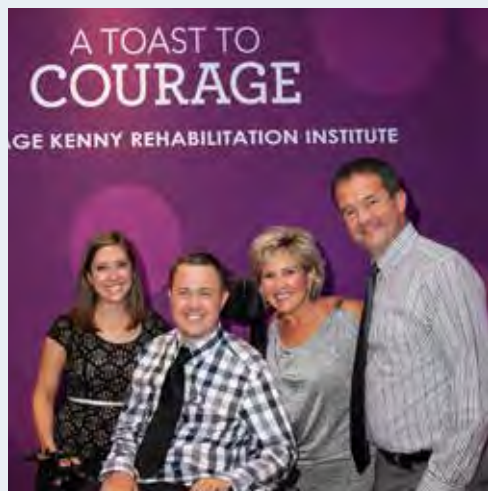
Shoot for Fun

Saturday, Sept. 8, 2018

Old Vermillion Trail Hunting Preserve, Duluth

Presented by APi Group Inc., Northland, UPI, Jamar

On a beautiful day in Duluth, 470 avid clay pigeon shooting enthusiasts enjoyed a full day of fun at the Old Vermillion Trail Hunting Preserve. This vast preserve, spread over many acres of wooded terrain, is among the most scenic and unique in the country. Thanks to the event's active volunteer committee and long-standing support from sponsors and participants, the event raised more than \$174,500 for adaptive sports and recreation activities at Courage Kenny Rehabilitation Institute – Northland.



A Toast to Courage

Friday, Oct. 12, 2018

Radisson Blu Mall of America, Bloomington

This signature event hosted by Courage Kenny Foundation supported the purchase of a Lokomat walking device for Courage Kenny Rehabilitation Institute – Golden Valley. This innovative piece of therapy equipment is described on page 5. About 350 guests enjoyed a five-course meal with wine pairings from Haskell's, an inspiring program with keynote speaker and Courage Kenny client, Kirk Ingram, remarks from Jan Malcolm, Minnesota Commissioner of Health and former Courage Kenny CEO, and emcee Rena Sarigianopoulous, KARE TV. The event raised \$474,000. Thank you to our sponsors and all who attended the event.

Hunter Enkhaus: *Volunteering gives PT student valuable insights into future career*

Students who are preparing for future careers as physical therapists need a minimum of 100 volunteer hours in a physical therapy setting to apply for admission to a doctorate of physical therapy program. This year, Hunter Enkhaus is one of 45 revolving pre-physical therapy undergraduate students who are gaining experience through volunteering at one of many Courage Kenny Rehabilitation Institute locations.

Student volunteers are located in Golden Valley in positions within the Transitional Rehabilitation Program (TRP) and Activity-Based Locomotor Exercise (ABLE) Program, as well as nine metro area Courage Kenny Sports and & Physical Therapy locations. Through volunteering, students like Enkhaus gain experience working with clients with orthopedic and neurological injuries, as well as exposure to cutting edge research and treatment for clients with spinal cord injury and paralysis. Therapy volunteers commit to one three-hour shift per week for a minimum of three months or one semester. A few, like Enkhaus, commit to longer periods of volunteering.

Enkhaus is in his senior year at the University of Minnesota as a kinesiology major who is preparing to attend a doctorate of physical therapy program. He has been volunteering with Courage Kenny Rehabilitation Institute since June 2017, accumulating more than 200 volunteer hours.

As a physical therapy volunteer, he assists physical therapists, observes physical therapy interventions, escorts clients to and from therapies, and helps keep the PT gym clean and organized.



"The volunteer opportunity I've had with Courage Kenny has helped me prepare for a career in physical therapy by giving me experience in a multitude of settings, to many types of patients, as well as other therapists," said Enkhaus. "I have been fortunate to volunteer and observe outpatient, inpatient and fitness settings and then apply the volunteering hours I accumulated to my physical therapy applications."



Pictured here are a few fitness staff at Courage Kenny Rehabilitation Institute - Golden Valley who started out as student volunteers: Mallory Wieland, Joe Lopez, Matt Guhl, Tracy Tyler and Katie Ratajczyk (seated).

MacDonald Family:

A legacy of generosity to Courage Kenny employees

For decades, the late Bob MacDonald and his wife, Yvonne, gave generously to two nonprofit organizations – Courage Center and Sister Kenny Rehabilitation Institute – both of which helped restore Bob's health and independence in his recovery from a spinal cord injury. Employees in both nonprofits held annual employee recognition events thanks to the family's generosity. When the two organizations merged in 2013, the Robert A. and Yvonne E. MacDonald Endowment Fund continued to benefit and honor employees of Courage Kenny Rehabilitation Institute.

This year's dinner event, on Thursday, Nov. 1, 2018 at Radisson Blu Mall of America, included a scavenger hunt and honored employees who had reached length of service milestones, including those who have advanced their careers through education, licenses and certifications; and 10 employees received MacDonald Distinguished Employee Awards:

- **Brett Baune**, Activity-based exercise specialist, Golden Valley
- **Kerrie Brown**, provider coordinator, Courage Kenny Sports & PT – Plymouth
- **Holly Gigure**, lead, Aquatics & Fitness at Courage Kenny Rehabilitation Institute – St. Croix,
- **Connor Graves**, PT, manager, Rehab Services, Cambridge and Isanti
- **Fain Keo**, RN, inpatient rehabilitation, Station 23, Abbott Northwestern Hospital
- **Katie Moland**, SLP, speech-language pathologist, Courage Kenny Kids - Coon Rapids, Mercy Hospital
- **Ashley Roiger**, PT, clinical specialist, Transitional Rehabilitation Program, Golden Valley
- **Mari Salvesson**, coordinator, Volunteer Services, Golden Valley
- **Kristine Spiewak**, MD, physician, Courage Kenny Rehabilitation Associates – St. Paul
- **Anna Tucker**, OT, occupational therapist, Courage Kenny Kids - Coon Rapids.



Brett Baune



Kerrie Brown



Holly Gigure



Connor Graves



Fain Keo



Katie Moland



Ashley Roiger



Mari Salvesson



Kristine Spiewak



Anna Tucker

Congratulations to all of this year's honorees!



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