

COURAGE KENNY REHABILITATION INSTITUTE®

Onward

SPRING 2017

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



Dan Bell uses Courage Kenny services to help manage his pain.

Because of you we're bringing our vision to life

At Courage Kenny Rehabilitation Institute, we are guided by a powerful vision statement: “that one day all people will live, work, learn and play in a community based on abilities, not disabilities.” To move toward that vision, we partner with clients and patients to help them get back to their lives. We do this by offering a wide range of innovative rehabilitation therapy, medical care, psychological and mental health services, pain management, community-based services, research and advocacy.

In this issue of *Onward*, you'll read about one of our clients – Dan Bell.

You'll learn how participation in pain management services helped him finally find relief for his pain and move on with his life. Today, Bell, featured on our cover and page 3, is a regular client of the warm-water pool and acupuncture services in Golden Valley.

On page 8, we show you how biking in the Northland helped spark a friendship by reacquainting and reconnecting John Becker and Michael Mayou.

You'll also learn more about how Courage Kenny Foundation donors are helping increase access to fitness for people of all abilities. When our

Golden Valley renovation is complete later this spring, we will have greatly reduced the waitlist for the Activity-Based Locomotor Exercise (ABLE) Program, and greatly increased the number of people who can participate in accessible fitness and wellness activities. Your generous gifts continue to help us offer innovative technology, resources and activities.

Allina Health 

**COURAGE KENNY
REHABILITATION
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Thanks to you we're investing in a bright future

Courage Kenny Rehabilitation Institute is starting off 2017 with much activity and anticipation. Because of strong donor and community support, we are making strategic investments in technology, and expanded, adapted fitness space to better meet the needs of clients and patients! Here are just some of those investments:

- A second Ekso GT™ robotic exoskeleton, for clients and patients at Courage Kenny Rehabilitation Institute – United Hospital, was made possible through a recent donor gift. This gait therapy tool enables people with any amount of lower extremity weakness to walk. Thanks to donor support, Courage Kenny is one of the first locations in the Midwest to offer this robotic therapy technology.
- New technology is also coming to Courage Kenny Rehabilitation Institute – Abbott Northwestern Hospital. Recent donations have helped us add a Bioness Vector Unit which should be ready for client use by May 1. This ceiling-mounted system supports a person's body weight at a constant level allowing a person to walk, step up, kneel or even lunge. It is a great tool to help people relearn how to balance safely while moving.
- The completion and opening of our expanded adapted Fitness and Wellness Center and Activity-Based Locomotor Exercise (ABLE) Program in Golden Valley is fast approaching. Donors have invested \$4.75 million to double the capacity of ABLE. Donor funds have supported 100 percent of our remodeling and construction costs, have allowed us to hire more staff, and will provide start-up funds while service capacity is ramping up. Our goal is to be using the new space in June. See page 6 for information about our Open House, planned for June 13.



All three of these projects represent the best of community members, like you, who seek to impact the lives of others through charitable gifts. This is an amazing story of the Courage Kenny Rehabilitation Institute model. It starts with Courage Kenny's forward-thinking leadership team who continually seeks out the latest and best tools and technology. It also relies on clients and patients to tell us what they need to be able to live life to its fullest. And then we rely on community and donor support to help people with disabilities achieve their highest level of independence. Not one component of this model – Courage Kenny, clients or community – can be successful without the others.

If you are you inspired by what you read in this issue of *Onward*, I invite you to volunteer, attend one of our events, or become involved in another way. The lives changed through the services of Courage Kenny are powered by people and organizations like you.

Best wishes!

Stephen Bariteau, president, Courage Kenny Foundation

Dan Bell: *One man's answer for managing chronic pain*

Dan Bell was playing in a volleyball league in March 2013 when he took a dive and fell on the court; his neck whipped. Though in pain, Bell didn't realize how bad his injury was until the next day at work when a case of vertigo made him fall to his knees.

It turned out that Bell had sustained a spinal cord impingement. During a surgical procedure a few months later, doctors fused his C5-C7 vertebrae. After surgery, Bell completed six weeks of aquatic therapy at Courage Kenny Rehabilitation Institute – Golden Valley. His therapist helped him focus on improving his dizziness and balance issues. While those symptoms did improve, unfortunately, the constant pain in his arms and legs didn't. "It feels like your arms and legs fall asleep, but it never goes away," said Bell.

It was during a pool therapy session that Bell learned about Courage Kenny's Chronic Pain Rehabilitation Program. After months of pain, he decided he'd give it a try.



The three-week inpatient program helps people, like Bell, learn to self-manage pain while maintaining a daily schedule. Bell took part in classes and therapies such as biofeedback and mindfulness techniques, as well as pool and Fitness Center workouts.

Courage Kenny's Chronic Pain Rehabilitation Program helps people learn how to deal with their physical pain, but also helps them handle the emotional toll it takes. Bell said he learned many pain management

tools, such as meditation and acupuncture, to help him cope and move forward with his life. So, while his pain never completely goes away, Bell uses meditation and acupuncture to help him manage through it. Staying healthy and active is Bell's top priority since his accident. Today, he exercises in the warm-water pool in Golden Valley for two hours, four days a week.

"If I don't stay in shape physically, my condition could get a whole lot worse, so my work in the pool is how I prevent that from happening."

Despite his injury and chronic pain, Bell looks forward to completing his home renovation and spending more time with his kids and grandchildren. Courage Kenny has been a constant resource and bright spot in his recovery.

"From the front desk to the lifeguards, everyone at Courage Kenny is so friendly and helpful – they're so sweet that I joke that I might have a cavity by the time I leave here," he said with a grin.

Courage Kenny's Chronic Pain Rehabilitation Program helps people learn how to deal with their physical pain, but also helps them handle the emotional toll it takes.

While we can't always eliminate pain, Courage Kenny's suite of services and team of experts can coach you on how to live well despite having chronic pain. A provider's referral is usually required. To learn more call: 612-775-2606.

Common conditions we treat are:

- chronic low back pain
- chronic neck pain
- fibromyalgia
- complex regional pain syndromes
- rheumatoid arthritis
- chronic hip or knee pain
- chronic pelvic pain
- chronic daily headache or migraine headache
- neuropathy
- post-surgical pain
- post-herpetic neuralgia
- chronic abdominal pain
- chronic shoulder pain
- conversion disorders

Judd & Barbara Jacobson Award: *Celebrating 25 years of entrepreneurial support for people with disabilities*

Courage Kenny Foundation and the Judd & Barbara Jacobson Award selection committee are seeking applications for the 2017 Award. Established in 1992, the Jacobson Award recognizes the pursuit or achievement of a business entrepreneurial endeavor by a person with a physical disability or sensory impairment. The recipient will be honored at an event this fall and will receive a \$10,000 cash award to advance his or her business endeavors.

To be considered for the award, applicants must have a physical disability or sensory impairment; be at least 18 years old; reside in Minnesota, Wisconsin, Iowa, or North or South Dakota; and demonstrate pursuit or achievement of an entrepreneurial business endeavor. Applications are available online at allinahealth.org/jacobson. The 2017 application deadline is Friday, July 28. The Award is named for Judd and Barbara Jacobson. Judd was a

committed, innovative and creative Minnesota business leader who became a quadriplegic as a result of a diving accident in 1943. The award exemplifies his business entrepreneurial spirit. Funds for the Award are made possible by a gift from the late Daniel J. Gainey, a lifelong friend of the Jacobson family. For questions about the Judd and Barbara Jacobson Award, contact Lindsay Kedzuf, 612-775-2584, lindsay.kedzuf@allina.com.

Dawn Andersen, left, 2016 Jacobson Award recipient, and Barbara Jacobson, the wife of the late Judd Jacobson.



Entrepreneur receives 2016 Judd & Barbara Jacobson Award

At an event in October, Dawn Andersen, Star Prairie, Wis., was honored with the 2016 Judd & Barbara Jacobson Award. Andersen's business, Nifty Noggins, began from her personal need to find head coverage and comfort under wigs as she underwent cancer treatment. She plans to use the \$10,000 award to try out new materials for in-design pilots, find alternate production resources, market to other businesses, and increase inventory so that samples can be sent to targeted businesses. For more information, visit www.niftynoggins.com.

Smead Manufacturing: A legacy of support for artists with disabilities

In 1963, the idea of an international art show by artists with disabilities became a reality for Minneapolis's Sister Kenny Rehabilitation Institute thanks to former patient Margaret Anderson and the Sister Kenny Auxiliary. Anderson, a young woman with polio, who required a respirator to breathe, had spent 14 months as a patient at Sister Kenny. In addition to rehabilitating her body, Anderson learned to paint by holding a brush in her mouth.

That same year, Smead Manufacturing's President & CEO, Ebba Hoffman, wanted to create a holiday greeting card for her employees, customers and vendors. Smead's advertising agency had heard about Sister Kenny's art show and suggested that they purchase a piece of art for their holiday card. A tradition was born.

Hoffman's daughter Sharon Avent, Smead's current owner and CEO, carries on the tradition. Smead continues to purchase a piece of artwork each year, creating a striking greeting card that shares the story of the artist. Smead's holiday card is



Sharon Avent, owner and CEO, Smead Manufacturing.

delivered to thousands of employees and clients across the United States and Europe. The card represents the long-standing commitment Avent and her family has made to help others and support great causes in their community.

"Everyone looks forward to the card every year," said Avent. "If we're late sending them out, we'll hear about it. These are not cards that people throw away. The beauty of the artwork along with the great message really resonates with people."

The purchased artwork is displayed across the walls at Smead headquarters in Hastings, Minn. As soon as you walk in the door you are met with a beautiful display of art that spans 54 years.

"What Courage Kenny provides for these artists through the art show is amazing," said Avent. "For us, it's a gift."

A history of opportunity for artists with disabilities

In 1963 there were very few art shows available for artists with disabilities. But, Margaret Anderson was determined to provide artists with disabilities the space to share and sell their creative work. The first show attracted 42 artists from eight countries and four continents. Today, the Art of Possibility Art Show & Sale is sponsored by Courage Kenny Rehabilitation Institute, following the 2013 merger of Courage Center and Sister Kenny Rehabilitation Institute.



Join us for a showcase of artwork created solely by artists with disabilities. This is the general public's first chance to purchase art. Also enjoy light fare and refreshments with music by Sophia Shorai.

Opening Reception

Thursday, April 27, 2017

6:00 p.m. Brief program

6:15 p.m. Refreshments

Courage Kenny Rehabilitation Institute
3915 Golden Valley Road

PRESENTED BY



KEEPING YOU ORGANIZED

Show continues weekdays through May 19, Monday-Friday, 9 a.m. - 4 p.m., Saturday 10 a.m. - 1 p.m. at Courage Kenny Rehabilitation Institute – Golden Valley Campus.

Moving forward with robotic walking technology

In addition to the number of technology options already available to patients and clients with stroke and spinal cord injuries, Courage Kenny Rehabilitation Institute is continuing to expand its robotic technology options, funded by donations to Courage Kenny Foundation. The Institute's goal is to be the regional resource for people with spinal cord injury, stroke or other neurological conditions who want to stand and walk again.

In March, Courage Kenny Rehabilitation Institute – Abbott Northwestern will add a Vector Gait & Safety System®. This ceiling-mounted dynamic body weight support system offsets and maintains a constant percentage of a person's body weight during

movement. This helps them walk, step up, kneel or lunge more naturally while being fully supported throughout the entire motion. This creates an environment for the client to safely work on improving their balance. In April, Courage Kenny's United Hospital location will be the first in the East region to offer robotic exoskeleton therapy, with the addition of the Institute's second Ekso device. These devices allow more treatment options for standing and walking therapy. For more information on advanced technologies, call 612-863-7642.

Carol Suchey exercises using robotic exoskeleton technology at Courage Kenny's Abbott Northwestern Hospital location.



Opening Spring 2017! Expanded ABLE, fitness and wellness services in Golden Valley



Thanks to our generous donors, a dream expansion will soon be complete in Golden Valley. The project will convert the former atrium into a comprehensive fitness center as well as the addition of a second locomotor treadmill for clients on the waitlist for the Activity-Based Locomotor Exercise (ABLE) Program.

The entire project was funded through philanthropic donations and will more than double fitness and wellness space on the Golden Valley campus. In addition to people with spinal cord injury, ABLE works with people who have had a stroke, brain injury and other neurological conditions.

Save the Date! | Community Open House | June 13, 2017

Courage Kenny Rehabilitation Institute – Golden Valley Campus (watch for more details)



New Isanti clinic integrates primary and specialty care to focus on whole person

On March 1, a new Allina Health clinic opened in Isanti, Minnesota. This primary care clinic is unique because it integrates specialty care from Courage Kenny Rehabilitation Institute, with other Allina Health specialty services to focus on the whole person – mind, body and spirit. The clinic was built based on input from people in the community and offers:

- acupuncture
- family medicine
- holistic nutrition consultations
- integrative medicine consultations with a doctor

- pediatrics
- Courage Kenny Sports & Physical Therapy, including:
 - joint replacement, orthopedic, back and spine care
 - managing the after-effects of a concussion
 - improving pelvic health and incontinence
 - RunSmart, a goal-directed physical therapy program designed for runners.
- psychology and psychiatry
- sports medicine
- women's health.

SAVE THE DATE

May 6, 2017

Community Open House

9 a.m. to 1 p.m.

Allina Health Isanti Clinic
300 Fifth Avenue NE, Isanti
(corner of Highway 65 and
County Road 5)

Take a tour and enjoy refreshments.
No registration required.

Courage Kenny therapy and providers join forces in Coon Rapids

Mercy Specialty Center
11850 Blackfoot St NW
Coon Rapids, MN 55433
Suite 400 | Suite 405
763-262-7900 | 763-236-0888

In November 2016, Courage Kenny Sports & Physical Therapy outpatient therapy moved from its former Coon Rapids Riverdale location into the Mercy Specialty

Center, Suite 400. Rehabilitation therapy services are now co-located with a brand new Courage Kenny Rehabilitation Associates provider clinic (Suite 405). When all physicians and providers come on board later this year, it will be the first time Courage Kenny will offer Physical Medicine & Rehabilitation, Psychological Services, Spine Center and Cancer Rehabilitation in the northern Twin Cities area.

Reconnecting and making a friend through cycling

Whether you're a volunteer or a participant, one of the best things about being involved with Courage Kenny Rehabilitation Institute – Northland is the new and renewed connections you can make.

Duluth native John Becker is a participant in Northland's adaptive yoga, sailing and adaptive cycling. When Becker, who has been diagnosed with ALS, showed up the first night of adaptive cycling, he was paired with volunteer Michael Mayou.

Also from Duluth, Mayou was a recent graduate of Duluth East High school, entering his freshman year at the University of Minnesota – Duluth. In addition to adaptive cycling, Mayou also volunteers in sailing and curling.

Both men quickly realized they had met before. It turns out that Becker had been a substitute teacher when Mayou was in 6th or 7th grade.

“It's the best adaptation that I've done since I've had this disease.” JOHN BECKER

“The best part about riding with Michael is the conversations that we have. It's part of the sport,” Becker said.

Mayou said Becker shares adventures about traveling when he served in the army, and from when he lived in California.

“I do it as much for the social aspect as I do for the physical” Becker added about his participation in cycling.

Mayou said it has been really awesome getting to work with Becker.

“He's a cool guy who has great stories to tell about the places he's been and the things he's done in his life. I remember that he was a pretty fun sub in middle school and all of the students loved having him.”

Before Becker was diagnosed with ALS, he was always active. Courage Kenny Rehabilitation Institute – Northland has provided a safe and encouraging environment for him to remain active despite the challenges of ALS.



John Becker and Michael Mayou.

Facebook icon
Twitter icon

#beCKActive

Courage Kenny Rehabilitation Institute – Northland offers a variety of seasonal, adaptive sports for people of all ages and all abilities. Follow us on Facebook and Twitter.

Share your love of sports: Volunteer!

Do you love tennis or golf? Are you a talented kayaker or weekend softball geek? Love to bike or waterski? Are you interested in passing along your skill and passion while making a real difference in someone's life?

If you said yes to any of these, volunteer with the Sports & Recreation Department. Volunteers are always in demand to fuel our many seasonal adaptive activities. We're gearing up for a busy spring and summer now.

To learn more about volunteer opportunities in our year-round activities in the Twin Cities and Greater Duluth area, contact:

Metro volunteer coordinator
Lara.Youngquist@allina.com
612-775-2724

Northland coordinator
Lisa.Lauzon@allina.com
218-726-476



An ABLE exercise specialist by day, Barry Weintraub, shown here with Imsail Diriye, also volunteers with adaptive rock climbing and softball.

Wheelchair lacrosse joins spring adaptive sports line up

Wheelchair lacrosse is the hottest new sport in wheelchair athletics. Courage Kenny Rehabilitation Institute's Sports & Recreation Department will be adding a lacrosse team this spring! This adaptive sport involves speed, finesse and teamwork.

Played on a roller hockey rink or box lacrosse arena, wheelchair lacrosse sides are composed of eight players, two of which must remain in the offensive half and three in the defensive half. It is played with a no-bounce ball and sports or rugby chairs. Lacrosse is physical, lightning fast and fun.

Interested in learning more about wheelchair lacrosse? Call 612-775-2277 or email CKRISportsRecreation@allina.com.



Join us for fun-filled, inspiring 2017 events!

Courage Kenny Foundation has many fun, meaningful events planned in 2017. We hope you can join us as an individual attendee or as an event sponsor. Visit us at allinahealth.org/CKFoundation for more information.



Encourage Breakfast

Tuesday, May 16, 8 - 9 a.m.

Envision Event Center (formally Prom Center), Oakdale

Join us at the 10th annual Encourage Breakfast to celebrate and raise funds for children and adults with disabilities in the St. Croix Valley.



Shoot for Fun

Saturday, Sept. 9, Old Vermilion Trail, Duluth

A day of outdoor fun benefiting local services, at one of the largest sporting clay events in the Midwest.



Celebration Of Courage

Tuesday, June 27, noon - 1 p.m.

Target Field, Minneapolis

The ability for us to give hundreds of children and adults with disabilities the chance to play and be active would not exist without your philanthropic support. Come enjoy Target Field while supporting the community.



A Toast to Courage

Friday, Oct. 13, 6 - 11 p.m.

Hyatt Regency, Bloomington

Our gala features gourmet food and wine pairings, silent and live auctions, and live music. Join us for a fun evening out!

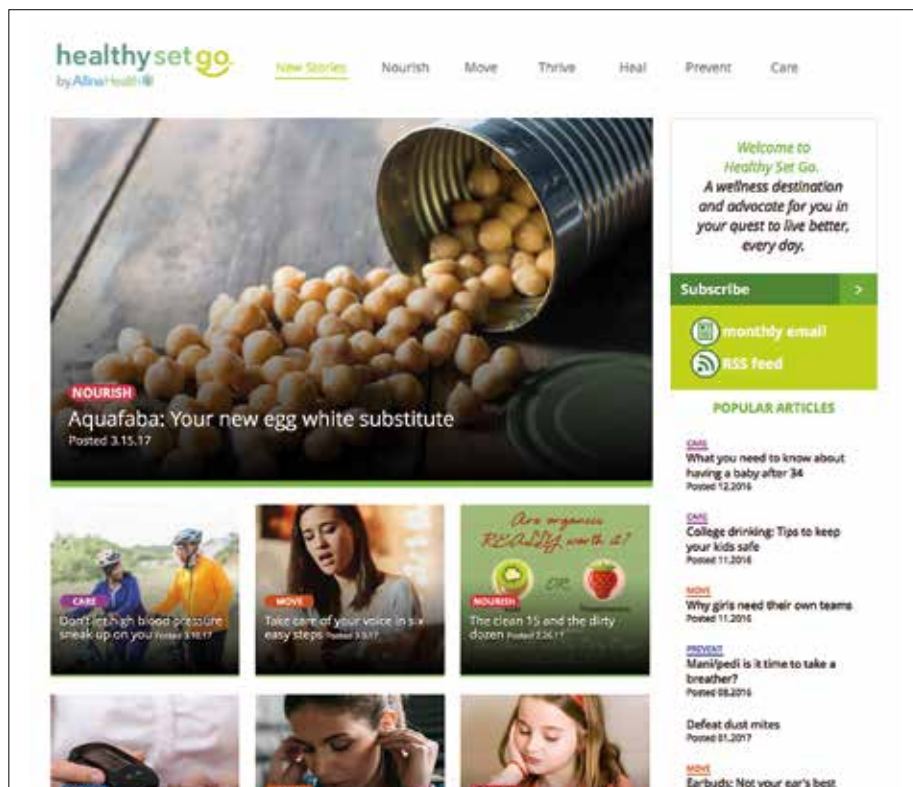
Healthy Set Go! *Courage Kenny staff share their expertise through online health resources*

Check out the many ways Courage Kenny Rehabilitation Institute's reputation for excellence continues to grow thanks to online tools and resources.

Allina Health's *Healthy Set Go* is your online wellness destination to help you live better every day. HealthySetGo.org has been so successful, the two-year-old site recently passed the one million viewer mark. Courage Kenny Rehabilitation Institute experts have shared their knowledge and tips with readers.

Some examples of *Healthy Set Go* topics by Courage Kenny experts include:

- [Are kids ever too young to run?](#) | Christine Leisz, DO, Courage Kenny Rehabilitation Associates
- [Does my child need speech therapy?](#) | Jacquelyn Shaver, MS, CCC-SLP, and Sarah Cook, MA, CCC-SLP
- [Don't go numb on your next bike ride](#) | Christine Leisz, DO, Courage Kenny Rehabilitation Associates
- [Eat like an Olympian or Paralympian](#) | Christine Leisz, DO, Courage Kenny Rehabilitation Associates
- [Eye contact helps babies learn to talk](#) | Brynn Rhodes, MS, CCC-SLP
- [Five family-friendly Minnesota bike trails](#) | Miriah Dahlquist, DPT, and Christine Leisz, DO, Courage Kenny Rehabilitation Associates
- [Heavy backpack blues](#) | Leslie Hillman, MD, Courage Kenny Rehabilitation Associates
- [Let the Olympics inspire your fitness goals](#) | Cara Gulbranson, Sports & Recreation
- [Prevent winter sports concussions](#) | Kristin Stoner, MD, Courage Kenny Rehabilitation Associates



- [Should kids be taught handwriting](#) | Sarah Rohde, OTR/L, manager, Courage Kenny Kids
- [Sweatworking: The rise of rock climbing](#) | Kim Noha, PT, and Megan Welty, Sports & Recreation
- [Why your baby needs tummy time](#) | Sarah Leathers, PT, and Shannon Johnson, PT
- [Why girls need their own teams](#) | Christine Leisz, DO, Courage Kenny Rehabilitation Associates
- [Opioid abuse: What you need to know about prescription drugs](#) | Matthew Monsein, MD, Courage Kenny Rehabilitation Associates
- [Significant advances for the treatment of fibromyalgia](#) | Murray MacAllister, PsyD, LP
- [Helping teens with disabilities transition to adulthood](#) | Leeann Mateffy, OT, Courage Kenny Kids
- [Avoiding painful performing arts injuries](#) | Paul Shaeffer, MD, Courage Kenny Rehabilitation Associates
- [Benefits of adaptive sports](#) | Eric Larson, Sports & Recreation Department
- [How to support a child who has autism](#) | LeeAnn Mateffy, OT, Courage Kenny Kids
- [Why fitness is important to cancer patients](#) | Liat Goldman, MD, physical medicine and rehabilitation

The WELLcast, a library of audio podcasts are available for download via iTunes and iHeart radio. You can also find them by visiting wellness.allinahealth.org.

The WELLcast topics by Courage Kenny experts:

- [Reducing chronic pain without medication](#) | Matthew Monsein, MD, Courage Kenny Rehabilitation Associates



COURAGE KENNY FOUNDATION


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