

COURAGE KENNY REHABILITATION INSTITUTE®

# Onward

WINTER 2017-18

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



Preston Miller is making impressive gains as a ski racer through Courage Kenny Ski & Snowboard.

## You help us thrive!

As 2017 nears its end, it's natural to reflect on all that's happened over the past year. At Courage Kenny Rehabilitation Institute, we've witnessed thousands of clients and patients achieving greater independence and it's all been possible because of friends like you.

In this issue of *Onward*, you'll meet some of the people impacted by our programs and services. Preston Miller, pictured on our cover and on page 3, is making impressive gains in adaptive alpine ski racing through our Ski & Snowboard program. We'll also introduce you to Courage Kenny Kids client, Izzy Mendenhall, page 5, and Dennis Siefert, page 6, a former cancer rehabilitation client, who is dedicated to giving back to help other cancer survivors.

2017 marks the 50th year of service for the Courage Kenny Handiham Program. Learn more about its history and meet the new program coordinator, Lucinda Moody, on page 8.

Courage Kenny Rehabilitation Institute's services help people reach their highest potential. We are grateful for your generosity. This year, you helped us serve more than 95,000 people and that is something to be proud of. Thank you!

Allina Health 

**COURAGE KENNY  
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# Thank you to our generous friends

This past year proved how strong the Courage Kenny Rehabilitation Institute family continues to be. Through 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 all abilities.

In 2017, 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're on track to reach more than 3,500 people through aquatics, fitness and wellness services this year. We'll also help people in our Chronic Pain Program achieve more than an 80 percent reduction in medications taken for pain after completing the three-week program.



These are just two examples of how your financial support impacts the lives of Courage Kenny 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 Courage Kenny 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.

Stephen Bariteau  
President, Courage Kenny Foundation





## Preston Miller: *Finding success on the ski slopes*

Preston Miller, 12, started skiing with his dad when he was just four years old. Miller has cerebral palsy and had extensive surgery to reconstruct his left leg and foot when he was five. After a year spent in recovery, he returned to the ski slopes with his parents, Scott and Kristy Miller, at Hyland Hills Ski Area in Bloomington, Minn.

It was during one of these ski days at Hyland in 2015 that Kristy Miller noticed a group of people sporting bright green jackets. She discovered they were volunteer ski instructors with Courage Kenny Ski & Snowboard. The Millers spoke with a program coordinator and signed up their son for the next season.

Preston has vision and hearing impairments, so it was important that he have the support he needed to ski. Courage Kenny Ski & Snowboard provided that support.

Because he had a head start on his ski skills, Preston was able to join Courage Kenny's racing team. He was paired with a ski guide, Brianna Jordan, who became a volunteer after witnessing first-hand the fun everyone was having at Hyland.

"The Ski & Snowboard program has taught me so much about inclusion and how important it is to feel independence and confidence in your abilities," said Jordan. "With Preston, we had an instant connection. I



Preston, right, poses with his ski guide, Courage Kenny volunteer, Brianna Jordan.

am always so impressed with how much he pushes himself to learn and improve every week."

Jordan works with Miller to continue improving his visual processing and timing cues. This requires a lot of communication and trust. "He has already improved so much in his first year. We are a team together and I'm constantly aware for his safety, but there really are no limits for Preston," said Jordan.

In addition to skiing, Miller also joined Courage Kenny's adaptive rock climbing group that meets at Midwest Climbing Academy. "I like rock climbing because it helps me get stronger for skiing," he said.

The Millers are thrilled with how much their son enjoys being on the race team and are especially glad that he continues to learn activities he can enjoy throughout his life. "Preston is staying so active and strong through fitness that he no longer needs to do physical therapy," said his mom. "We continue to get a new brace for his leg because he wears them out so quickly – and that's a good thing!"

"Courage Kenny doesn't coddle Preston; they push him to be his best and to challenge himself," said Scott Miller. "They meet him where he's at and celebrate when he develops new skills." We look forward to watching Preston excel on the slopes again this winter!

Courage Kenny Ski & Snowboard celebrates 50 years at Welch Village this winter!

Save the date and help us celebrate this anniversary  
**February 25, 2018 at Welch Village**

*Details coming soon.*

Each year, Courage Kenny Ski & Snowboard has:

- 200+ participants at 8 locations
- 1,200 lessons • 380+ volunteers



# Jack Jasper and Anne Hinrichs: *Two generations giving back*



We sat down with Jack Jasper and his daughter, Anne Hinrichs, to discuss their involvement with Courage Kenny Rehabilitation Institute. Jack served on Courage Center's Board of Directors and Courage Center Foundation's Board of Trustees between 1978 and 1999, and was Chair of the Foundation Board from 1995 to 1997. The family continues to stay involved today.

**Q** **What does Courage Kenny Rehabilitation Institute mean to you and why do you continue to give back?**

**A** **Jack Jasper:** My wife Kay and my involvement with Courage Kenny has lasted over 40 years. Giving back to our community has been and continues to be important to us and our children and we have been involved in a number of community projects throughout the years. From the beginning, what stood out to me was the focus on abilities not disabilities.

**A** **Anne Hinrichs:** Our family has been lucky in our health, but I think you can recognize that at any moment, any of us could need Courage Kenny. It reaches so many people in need at different points in their lives.

**Q** **Arthur Andersen Minneapolis Alumni have been incredibly generous and instrumental in raising funds to complete the expansion of our fitness and wellness space on our Golden Valley campus. Can you share more about this journey and its significance?**

**A** **JJ:** Arthur Andersen & Co. (the Firm) has a decades-long history with Courage Kenny Rehabilitation Institute. In 2002, Jerry Schwalbach and I, both former Arthur Andersen partners, started a golf and social event to support Courage Kenny. The event

continues today under the leadership of Steve Polacek, also a former Firm partner. Steve and I were asked if we would consider having the Arthur Andersen Alumni as the leading contributor for the new ABLE expansion. We accepted this challenge to raise \$1 million for the expansion, and an additional \$750,000+ was raised for the newly established Alumni Grant Fund. This fund will support clients entering ABLE who otherwise cannot afford the program. More than 225 alumni have participated in this legacy initiative. Contributions made at future golf and social events will be added to the Alumni Grant Fund.

**Q** **Anne, you've recently been introduced to Courage Kenny through your work and leadership at North Star Community Rowing (NSCR), another community nonprofit. Why is helping your community important to you?**

**A** **AH:** Many of our adaptive rowers are clients of Courage Kenny. NSCR was part of Courage Kenny's No Boundaries Camp last summer, which introduces kids with disabilities to new sports and activities. My daughter volunteered at the event with me — so it's really going on three generations of getting involved with Courage Kenny Rehabilitation Institute. Community collaboration is so important and we look forward to working with Courage Kenny more in the future.



# Izzabella Mendenhall: *Shining bright with the support of Courage Kenny Kids*

When Izzabella “Izzy” Mendenhall, 7, enters Courage Kenny Rehabilitation Institute - Burnsville each week her smile is contagious and her personality brightens everyone’s day. She shines despite the challenges she’s had to face in her young life.

Born with a rare genetic disorder – Oral Facial Digital Syndrome – when she first arrived at Courage Kenny Kids in 2016 the youngster couldn’t walk or talk and had challenges with her balance. Since then, she’s been working hard in physical, occupational and speech therapy and made a lot of progress.

Speech therapist Jana Heidemann recognized early on that her young client understood what was said to her, but she had difficulty talking and responding with words. Heidemann suggested that her young client use a Dynavox, a speech generating tablet that allows Mendenhall to select pictures and photographs which “talk” for her. With this new assistive technology, just slightly bigger than an iPad, Mendenhall has flourished.

She has made similar progress in physical and occupational therapy.

“When Izzy first arrived she was crawling; in fact, she was in her wheelchair at school for the entire school year last year,” said Maria Leider, physical therapist. “Now she mostly uses her walker. And she’s moved past that, walking more than 90 steps without any support.”

“Izzy is a persistent child and will try so hard at any activity,” added Alyssa Winterfeldt, occupational therapist. “Right now she has mastered eating



Izzy, shown here with Physical Therapist Maria Leider, Courage Kenny Kids - Burnsville.

with a spoon and matching her shapes and colors with puzzles.”

With her new abilities, Mendenhall is becoming much more independent and confident. Her grandparents, also her caregivers, are thrilled with the gains she has made.

“Izzy doesn’t even know how hard she is working because she is having so much fun at therapy,” said Kris Novetzke, her grandmother. “She

is so proud to walk on her own and her new Dynavox allows her to communicate with us. She loves picking out her own clothes each day. She’s really progressed so much faster than we could have hoped for. And I credit Courage Kenny for that.”

It seems now the possibilities are endless for Izzy Mendenhall as she continues to break barriers and reach new milestones. Her future is as bright as that contagious smile!

# Courage Kenny Foundation wraps up an event-full year

Courage Kenny Foundation wrapped up the year with two signature fundraising events and one educational community event. Thank you to all who attended! You helped us raise funds and awareness for Courage Kenny Rehabilitation Institute.



## Shoot for Fun

Saturday, Sept. 9, Old Vermilion Trail Hunting Preserve, Duluth

On a picturesque fall day, more than 400 avid sporting clay shooting enthusiasts raised funds for adaptive sports and recreation at Courage Kenny Rehabilitation Institute – Northland. Thanks to the event’s active volunteer committee and the support of its long-standing sponsors, the event raised more than \$210,000! Thanks to our generous sponsors JAMAR, J Koski Company, United Piping Inc., and APi Group.



## Rita Kaplan Lecture Series

Tuesday, Aug. 15, American Swedish Institute, Minneapolis

Courage Kenny Rehabilitation Institute hosted the annual Rita Kaplan Lecture Series for employees and the community. The lecture touched on how much exercise is ideal to stay healthy as you age and the best types of activities to manage chronic pain and stay well. Courage Kenny therapists were on hand to answer questions and do assessments for attendees.

Earlier in the day therapists and employees participated in four educational sessions about the importance of exercise, improving patient outcomes and reducing healthcare costs with exercise.



## A Toast to Courage

Friday, Oct. 13, Hyatt Regency Bloomington

Close to 350 guests attended this annual gala in support of Courage Kenny Rehabilitation Institute. The night included a five-course meal with wine pairings. Rena Sarigianopoulous, KARE 11, emceed, and Glen Fladeboe, Fladeboe Auctions, helped us raise more than \$232,000. We are thankful for the generous support of our sponsors and guests who made this event possible. A special thank you to our silver sponsors: Andersen Corporation and Moss & Barnett.



# Dennis Seifert: *Moving on with life after beating cancer*

Dennis Seifert was diagnosed with cancer in 2008. Initially given just two months to live, 14 surgeries and four years of aggressive chemotherapy helped him overcome kidney cancer that had spread to his lungs. Today, he is cancer-free. But, the four years of cancer treatment took a toll.

In 2014, Seifert was weak and unable to walk. Though only in his 50s, he said he felt like he was 90 years old. He was referred for cancer rehabilitation through Courage Kenny Rehabilitation Institute – Mercy Hospital.

“Dennis was so deconditioned when he first saw me. He was very exhausted and wasn’t sure therapy could help him,” said Beth Millage, physical therapist. “We originally worked on very basic breathing techniques and getting stronger with daily activity.”

During his initial cancer surgery, Seifert had a couple ribs removed. Because of this, when working out with Millage, he felt uncomfortable and unsecure. So, Millage tried using Kinesio Tape® – the kind Olympic athletes use – around his rib. The tape provided support but did not restrict his movement and helped Seifert feel more secure and



Seifert and Millage recount some therapy moves.

confident during his physical therapy sessions. This simple technique was a game-changer. Seifert incorporated taping and stretching into his everyday routine and made progress much faster than anyone expected.

As Seifert got stronger and started walking again, his goal was to complete a one mile walk at the inaugural Minnesota Oncology Hope in Motion Walk. Thanks to Millage and cancer rehabilitation at Courage Kenny, he reached his goal. This race marked the first time Seifert had walked a

full mile without stopping since his cancer diagnosis. Millage was there as well to support her former client, walking beside him as he crossed the finish line.

“It was life-changing,” said Seifert. “Every step felt like so much progress. When I finished I felt like I was floating 10 feet off the ground.”

About his cancer recovery and rehabilitation, Seifert admits, “It wasn’t always easy; I had ups and downs. I really credit Beth with helping work through that with me in therapy. It’s so easy to think negatively. I always chase those thoughts away as fast as I can.”



## Thank you for making Courage Kenny possible!

Your support of Courage Kenny in 2017 will help us move closer toward our vision ‘that one day all people will live, work, learn and play in a community based on abilities not disabilities.’ To make a tax-deductible donation, visit [allinahealth.org/give2couragekenny](http://allinahealth.org/give2couragekenny) before midnight on December 31, 2017.

# Handiham Program celebrates 50 years of service

The Courage Kenny Handiham Program began in the 1960s when Ned Carman, a Mayo Clinic employee and radio officer for Rochester-Olmsted County Civil Defense, helped out a neighbor with disabilities to get ham radio equipment and an amateur radio license. Carman felt he could bring this same opportunity to enter the world of amateur, or “ham” radio, to more people with disabilities.

The program quickly expanded with the help of the Sisters of St. Francis. Many of the nuns became very involved and went on to receive their radio licenses. Among them was Sister Alverna O’Laughlin who later became the program’s educational coordinator.

As the Handiham Program expanded, the need for financial support became critical. In 1975, Carmen turned to the Minnesota Society for Crippled Children and Adults, the predecessor to Courage Kenny Rehabilitation Institute.

In 1972, the Handiham Program moved to Golden Valley and grew to 250 members over the next two years.

**"I'm glad to report that my amateur radio career has been fulfilling and rather eventful. None of what I have done would have been possible without the support of the Handiham staff and all of those ... who have given me so much assistance."**

Diane Scalzi, W18K

Today, Courage Kenny’s Handiham Program continues to provide the tools for people with disabilities to learn amateur radio and technology skills, and earn their amateur radio license. It also opens up a new world for people and has created countless friendships along the way.

**"I have been blind since birth and have found amateur radio to be a cool avocation... Thanks for all you have done and continue to do."**

Gayle Adams, W8KWG

Today, the program has more than 800 members, stretching across the globe to Australia, the Czech Republic, Germany, Iceland, India, Japan, Malaysia, Pakistan, Nigeria, Saudi Arabia, Sweden and the Ukraine!

Learn more about Courage Kenny’s Handiham Program at [www.handiham.org](http://www.handiham.org).



We extend a warm welcome to Lucinda Moody, the new program coordinator for the Handiham Program at Courage Kenny Rehabilitation Institute.

“I’m a success story of the Handiham Program,” says Moody. “It allowed me to learn a skill and then use it; it was confidence-building. My experience with Handiham inspired me to go back to school.”

Moody’s dedication and achievements in ham radio make her a great asset to the Handiham Program.



Rick Jorgenson, KBØQPY, in Rhode Island, uses a Pentium Laptop to generate voice output. Note the Rig’s microphone attached to the computer speaker.





## 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 Community Giving Campaign.

The Campaign provides an opportunity for employees to make a charitable contribution 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 2016, more than \$1.4 million was given by generous employees through the Community Giving Campaign to make a difference in our communities.

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The legacy lives on! The annual duck race had been tradition for Courage Center employees in Golden Valley. The tradition lives on as one of Allina Health's Community Giving Campaign events. The money raised through annual duck sales supports Courage Kenny clients and programs. Here, 2016's winner, Ann Kitzerow, dietary supervisor, Nutrition Services, is congratulated by Linda Krach, MD, vice president, Medical Affairs, with the traveling duck trophy.



*Thank You!*



# Courage Kenny Cards seeks artwork for 2018 season

Courage Kenny Cards is conducting its annual national art search to find designs for their 2018 holiday card collection. Artists, especially those with a disability, are invited to submit artwork suitable for holiday cards. Subjects preferred are traditional Christmas and Thanksgiving images, winter scenes from major U.S. cities, and world peace and ethnic diversity themes.

A \$400 licensing fee is paid to artists for each artwork chosen. Artists also receive national exposure through distribution of more than 600,000 catalogs, as well as radio, TV, web and print advertising.



Visit [CourageKennyCards.org](http://CourageKennyCards.org) for more information or send an email request to [artsearch@allina.com](mailto:artsearch@allina.com). Entries also can be submitted online at [CallforEntry.org](http://CallforEntry.org). Entries are accepted through January 7, 2018.



## We are the champions!

Courage Kenny's Jr. Rolling Twins softball team is the 2017 National Wheelchair Softball Association (NWSA) champion in the Junior Varsity Division. The tournament was held the last weekend in July in Baltimore, Md. The Rolling Twins trailed 0-2 going into the 4th inning of the final game but came back to win 6-3, with pitcher Jayson Gorton named MVP of the tournament.

Front Row: Hayden Audette, Danny Lilya, Andrew Petit, Holden Kowalke, David Petit, Ben Schmitz, Jack Pierre, Jayson Gorton, Joe Lang, KJ Fields. Back Row: Nick Schmitz, Aaron Shoop, AJ Dordel, Tony Lang, Matt Pierre, Beka Bickel





## 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 had 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.

Employees who support the hospital-based resource team across Courage Kenny Rehabilitation Institute were just one of the groups who had fun at this year’s MacDonald Distinguished Employee Recognition event.

This year’s event at the Golden Valley Country Club on October 12, honored 12 employees and two teams:

**Sean Burns**

manager, maintenance  
West Region Facilities

**Liz Friederich, MSW, LICSW**

care coordination, Abbott  
Northwestern Hospital

**Jackie Keller, MSW, LICSW**

social worker, Transitional  
Rehabilitation Program,  
Golden Valley

**Jessica Hamel, MSW, CPHRM**

manager inpatient quality,  
Risk & Admissions

**Kim Krueger, MPT**

physical therapist, St. Croix

**Beth Meyer**

provider coordinator,  
Pool and Fitness Center, St. Croix

**Mary Hoffman, BSN, CRRN**

assistant clinical manager,  
United Hospital

**Sara Rohde, OTR/L**

rehab services manager,  
Courage Kenny Kids

**Modou Sowe, CNA**

nursing assistant, Transitional  
Rehabilitation Program, Golden  
Valley

**Angie Tumberg, PTA**

supervisor, Rehab Operations/Tech  
Support, Abbott Northwestern  
Hospital

*Thank You!*

**Murray McAllister, PSYD, LP**  
psychologist, clinical director,  
Courage Kenny Psychological  
Associates

**Kathleen Hall, MD**

physician, Courage Kenny  
Rehabilitation Associates

**Cancer Rehabilitation Team,  
New Ulm**

**Mary Bauer, PTA**

**Tammy Henle, PT**

**Outpatient Documentation  
Redesign Team**

This team was composed of  
22 team members from a wide  
range of Courage Kenny therapies  
and locations.




# COURAGE KENNY FOUNDATION

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