

COURAGE KENNY REHABILITATION INSTITUTE™

# Onward

WINTER 2014

*A newsletter from*

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

## **What comes to mind when you think of new beginnings? Growth? Change? Opportunity?**

At Courage Kenny Rehabilitation Institute we are excited about our new beginning, which started with the merging of Courage Center and Sister Kenny Rehabilitation Institute last summer. Since June, we have been focused on transforming disability care by taking a more streamlined approach, making it easier for clients to get the coordinated rehabilitation care they need, while improving outcomes and reducing cost.

At Courage Kenny Foundation, we too are excited about new beginnings and the opportunity to take a look at things from a fresh perspective, including our newsletter. We plan to make gradual changes over the coming year to provide relevant and interesting content to our readers. We hope you enjoy the new look. We'd love your feedback as we work to create an engaging, information-filled resource four times a year.

Please send comments to  
[advancement@couragecenter.org](mailto:advancement@couragecenter.org).  
We look forward to hearing from you!

Allina Health 

**COURAGE KENNY**  
**REHABILITATION**  
**INSTITUTE™**



**Updated by  
us, inspired  
by you!**

# What's new? A conversation with Dave Slowinske and Jan Malcolm

Jan Malcolm, president of Courage Kenny Foundation, and vice president, Public Affairs for Allina Health recently spoke with David



Slowinske, vice president, Operations for Courage Kenny Rehabilitation Institute about what's been happening since the merger on June 1, 2013 and what the future looks like for Courage Kenny Rehabilitation Institute.

**Jan:**

Thanks for talking with me today, Dave. Can you give a brief introduction of your role?

**Dave:**

Sure. In my role with Allina Health I'm responsible for the strategic, financial and operational success of two clinical service lines – Courage Kenny Rehabilitation Institute and the Penny George Institute for Health and Healing.

**Jan:**

Can you share with me how things are going with the merger of Courage Center and Sister Kenny Rehabilitation Institute and what the Institute's focus is for 2014 and 2015?

**Dave:**

The merger itself is going well. All of the operational details typical with a merger are moving ahead as planned.

Since the merger, we've provided patient and client services to about 13,000 people.

Moving into 2014 and beyond, a priority is to encourage creative and strategic thinking throughout the organization. We want to bring world-class health and wellness services to the people we serve. We also want to simplify the health care system for people with complex medical issues. For example, we serve clients who may see up to 10 different doctors due to the complexity of their conditions. By coordinating care and simplifying the system, we hope to improve outcomes and client experiences while reducing costs.

**Jan:**

How will you measure the success of the merger?

**Dave:**

By the positive impact we make on people's lives. The most successful organizations focus on customer satisfaction and innovative products and services. We plan to provide the most innovative care and support to clients and patients with episodic or permanent disabilities, and provide community based-programs that contribute to their overall health and well-being.

**Jan:**

Thanks for the information. It's an exciting time at Courage Kenny Rehabilitation Institute.

**Dave:**

Yes. I couldn't agree more.

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## Ashley Juntilla is moving forward

"I wake up in the morning and can't wait to get here!" says Ashley Juntilla about Courage Kenny Rehabilitation Institute. "Everyone here is like family!"

In 2012, at age 23, Ashley was thrown from a motorcycle causing a traumatic brain injury. Following 10 days in a coma and weeks in intensive care, she awoke with double vision, right-side paralysis,

and deficits in speech, memory and cognition.

Ashley Juntilla continues to get stronger and healthier thanks to programs and expert therapists at Courage Kenny Rehabilitation Institute.

"This place has an aura of respect and understanding. No one judges you; they just help you move forward to be the best person you can be."





Joel and Mary Boonstra

## Clara City farmer and student receives entrepreneurship award

Joel Boonstra, of Clara City, Minn., is this year's winner of the Judd Jacobson Memorial Award honoring an exceptional entrepreneur with a disability. Boonstra received his \$5,000 cash award at a reception on October 9, hosted by Courage Kenny Foundation and the Jacobson Selection Committee.

Boonstra experienced severe hearing loss after a childhood bout of meningitis. He is completely deaf in his right ear, with reduced hearing in his left ear.

"I have never let my disability limit me, so with some financial help,

I'd like to continue to grow my business and see how much I can accomplish," he said.

Boonstra ventured into farming three years ago and rents 145 acres. He also works full-time at Prinsburg Farmer's Co-op as a turkey farmer, and is an online student at Bemidji State University, studying Business Administration. He expects to graduate in about a year.

"Agriculture has always been a passion of mine. I enjoy researching and learning about how to be a better farmer."

He plans to use the award money to expand into raising bison, reinvesting profits and gradually increasing the size of the herd.

The award is named for the late Owatonna, Minn., business leader and entrepreneur who became a quadriplegic as a result of a diving accident.

Congratulations Joel!

## Institute names Linda Krach, MD its new physician leader

It is with great pleasure that Courage Kenny Rehabilitation Institute announces that Linda Krach, MD, has been named the service line's president and physician leader. In her new role, Dr. Krach will split her time between her leadership responsibilities and her clinical practice.

Dr. Krach is well known in the rehabilitation community and has held many leadership roles during her career. Most recently she led the University of Minnesota's Residency Program in Physical Medicine and Rehabilitation and served as director of Research

Administration with Gillette Children's Specialty Healthcare. Throughout her career she has demonstrated a strong commitment to person-centered care, a commitment to collaboration and a focus on quality improvement.

Please join us in welcoming Dr. Krach to Courage Kenny Rehabilitation Institute!



## Philanthropic support in 2013 ends on a high note!

Courage Kenny Foundation is pleased to report that, in 2013, community support was as strong as ever. We are happy to share that \$7.1 million was raised from June 1 to December 31, 2013 — well above projections! We attribute this to a few things: Our outstanding donor community; the great reputation of Courage Kenny Rehabilitation Institute; and our skilled and experienced team.

Look for an update on fundraising at Courage Kenny Rehabilitation Institute in our annual report later this spring.

Thank you for all you do to help us support our patients and clients with innovative therapies and high quality staff.

# Toast to Courage

On Saturday, Sept. 14, 2013, Courage Kenny Foundation hosted *A Toast to Courage* at the Graves 601 Hotel in Minneapolis. With more than 330 people in attendance and more than \$192,000 raised, the event was a big success!

We are grateful for those who participated to make it a great night including Moon, of Moon and Stacie on KS95, and client Ashley Juntilla (featured on page 2), who shared her story for the first time. A special thank you to event sponsors: Audi Minneapolis, RBC Wealth Management, Moss and Barnett, Andersen Corporation, Cummins Power Generation, In Home Personal Care, Jim and Mary Frey and a host of event volunteers.



Pictured, left to right: Jim Frey (front), Teresa Pfister, Dr. Edward Bergmark, Alice Johnson, Mary Frey, Amy Crawford.

Save the date – November 8, 2014 – for the next *A Toast to Courage*!



Greg Lips, John Carroll, Lynne Carroll, Chris Lips, Lindsay Polyak, Jennifer Thomas.



Carole Wiederhorn (center) makes a winning bid during the live auction.

## Shoot for Fun

Courage Kenny Rehabilitation Institute – Northland’s annual fundraiser *Shoot for Fun* was held Saturday, Sept. 7, 2013, on the beautiful Old Vermilion Trail in Duluth, Minn. More than 450 avid hunting and sporting clay enthusiasts from across northeastern Minnesota and northwestern Wisconsin took part in a round of sporting clays and other shooting games.

Members of the 88 teams raised more than \$157,000 to benefit children and adults with physical disabilities, vision loss and autism spectrum disorder.

Thank you to the event’s presenting sponsor, National Bank of Commerce, and 40 other sponsors who made this event possible.

Save the Date – September 6, 2014 – for the 2014 *Shoot for Fun*



## Winter Fun with our Ski and Snowboard Program

Courage Kenny Rehabilitation Institute's adaptive Ski and Snowboard Program is an eight-week program with more than 200 participants and 400 volunteers. Lessons and adaptive equipment are available at Hyland Hills, Trollhaugen, Welch Village and Spirit Mountain. This year's hearty winter didn't stop our participants and volunteers from hitting the slopes. If you'd like to participate or learn more for next winter, visit [couragecenter.org/ski](http://couragecenter.org/ski).

### Annual learn-to-ski camp hones mono-ski skills

Courage Kenny Rehabilitation Institute – Northland hosted the 11th annual Great Lakes Mono-Ski Madness and Race Camp, February 11-13, at Spirit Mountain Ski Resort. The event is the largest adapted learn-to-ski event in the Midwest.

The goal is for participants to become independent, high-functioning mono skiers who test their skills during race competition on the final day. Over the three days, participants learned from and skied with Olympic- and Paralympic-caliber skiers. Skiing skills were critiqued by ski instructors and peers. For many, the experiences at this event

will lead to lifelong participation in sports and a healthier lifestyle.

### Courage Cup event a success

Courage Kenny Rehabilitation Institute hosted a unique alpine team race on Saturday, Feb. 15 at Trollhaugen in Dresser, Wis. Teams of three were paired with a racer with a disability from the Institute's Development Race Team. Family and friends came out to cheer on the teams as they engaged in friendly competition. The day ended with a silent auction and awards program. Thank you to Trollhaugen and Joe's Sporting Goods for their continued sponsorship of the event and long-standing support.

# Come swim with us!

Did you know that Courage Kenny Rehabilitation Institute offers a host of community and recreational pool classes, groups and open swim for people of all ages

and all abilities? Visit [couragecenter.org/aquatics](http://couragecenter.org/aquatics) for more information on community pool classes.

## MINNESOTA

### BUFFALO

*initial assessment and pool*  
Buffalo Hospital Fitness Center  
101 - 14th Street NE  
763-684-3880

### BURNSVILLE

*initial pool assessment*  
Minnesota Valley YMCA  
13850 Portland Avenue S  
952-898-5700

### COON RAPIDS

*initial assessment*  
Courage Kenny Sports & Physical Therapy  
9055 Springbrook Drive  
612-262-7900

#### *pool*

YMCA  
8953 Springbrook Drive

### EDEN PRAIRIE

*initial assessment and pool*  
Summit Place  
8501 Flying Cloud Drive  
763-520-0312

### FRIDLEY

*initial assessment*  
7225 University Avenue NE  
612-262-7900

#### *pool*

YMCA  
8953 Springbrook Drive

### GOLDEN VALLEY

*initial assessment and pool*  
3915 Golden Valley Road  
763-520-0312

## HASTINGS

*initial assessment*  
Courage Kenny Sports & Physical Therapy  
85 Pleasant Drive  
651-404-1002

#### *pool*

YMCA Hastings  
85 Pleasant Drive

## MINNEAPOLIS

*initial assessment*  
Courage Kenny Sports & Physical Therapy  
2800 Chicago Avenue, Suite 102  
612-262-7900

#### *pool*

Wasie Therapeutic Pool  
Abbott Northwestern Hospital  
Wasie Building  
800 E 28th Street

## HERITAGE PARK

*initial assessment and pool*  
1015 - 4th Avenue N, Suite 102  
763-520-0312

## NEW ULM

*initial assessment and pool*  
New Ulm Medical Center  
1324 Fifth North Street  
507-217-5173

## OWATONNA

*initial assessment and pool*  
Owatonna Hospital  
2250 - 26th Street NW  
507-977-2150

## STILLWATER

*initial assessment and pool*  
Courage Kenny Rehabilitation Institute – St. Croix  
1460 Curve Crest Boulevard  
763-520-0312

## WISCONSIN

### ELLSWORTH

*initial assessment*  
Courage Kenny Sports & Physical Therapy  
144 S Plum Street  
715-307-6050

#### *pool*

Klaas-Jonas Pool  
312 W Panther Drive

### RIVER FALLS

*initial assessment*  
River Falls Area Hospital  
1629 E Division Street  
Schedule initial assessment:  
715-307-6050

#### *pool*

Crossings Inn  
1525 Commerce Court

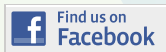


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[couragecenter.org](http://couragecenter.org)

If you would like to be added or removed from our mailing list or to receive an email version, please contact Lindsay Kedzuf, senior development specialist, at **763-520-0662** or e-mail [lindsay.kedzuf@couragecenter.org](mailto:lindsay.kedzuf@couragecenter.org).



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## Courage Center and Sister Kenny Rehabilitation Institute have a new name! Courage Kenny Rehabilitation Institute

Courage Kenny Rehabilitation Institute, part of Allina Health, was created in 2013 by the merger of Courage Center and Sister Kenny Rehabilitation Institute. The Institute provides a continuum of rehabilitation services for people with short- and long-term conditions, injuries and disabilities in communities throughout Minnesota and western Wisconsin. The Institute's

goal is to improve health outcomes, make it easier for clients and families to get the right services for their needs, and reduce costs by preventing complications. Courage Kenny Rehabilitation Institute has multiple locations, and numerous programs and services.