

Onward

FALL 2017

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

Your support creates a healthier community!

Courage Kenny Rehabilitation Institute is here for people at every stage of their life, serving a broad spectrum of disabilities and chronic health conditions.

In this issue of *Onward*, you'll learn how we are helping people achieve health and wellness through our many innovative fitness and wellness services.

Featured on our cover and on page 3 are Kayella and Leo Aschoff who are excelling in school and at home with the help of their therapists at Courage Kenny Kids.

We're also proud to present on pages 4-5, the new Arthur Andersen Minneapolis Alumni Fitness & Wellness Center in Golden Valley. On page 6, learn about how our Activity-Based Locomotor Exercise (ABLE) Program and fitness services have helped long-time client Terry Meka get back on his feet years after a spinal cord injury.

This *Onward* also shares the story of Cindy Olson, a Vocational Services client, who has overcome challenges to find gainful employment with the help of Extended Employment Services.

Our services would not be possible without the support of our community. Thank you for your contributions which directly support our efforts to maximize the quality of life for people of all ages and abilities.



Kayella and Leo Aschoff with their speech-language pathologists, Gretchen Philpot and Vicki Markhart, at Courage Kenny Kids - Burnsville.

Allina Health 

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Together, we are meeting the needs of people in our community

Dear friends,

I'm Eric Norberg, new Board Chairman for Courage Kenny Foundation. I'd like to introduce myself and explain why I'm excited about the future of Courage Kenny Rehabilitation Institute.

Last summer, I retired from ALLETE/Minnesota Power in Duluth, Minn., where I spent 38 years. Then, I moved up to Lake Vermilion near where I grew up. I've been involved with Courage Center, both the Duluth and the Twin Cities locations, for about 25 years, beginning with my son skiing at Spirit Mountain when he was seven.



Courage Kenny Rehabilitation Institute – Northland, which offers adaptive sports and recreation opportunities, is remarkable. It meets a critical need of the disability community 'up north'. Through my work on the Courage Kenny Board, I became increasingly aware of the broader services and how Courage Kenny serves the needs of both the Twin Cities and outstate communities. I joined the Courage Center Board of Directors in 2012, and then transitioned to the merged Courage Kenny Foundation Board of Directors in 2013.

I have been so impressed with how we've been able to focus on finding future, leading-edge solutions to enhance the lives of people with disabilities. Hats off to Tim DeLapp, past board chairman, for focusing on major advances, such as the ABLE Program and the fitness and wellness expansion. The open house for the Arthur Andersen Minneapolis Alumni Fitness & Wellness Center in June was a milestone, but the real celebration will be improving many more lives than we could have in the past due to the increased capacity of the new Center.

None of our services are possible without the support of you — our donors. I'm increasingly amazed and humbled by the willingness of folks to give back and support Courage Kenny initiatives. I look forward to meeting and hearing from you at events — this is my personal invitation to come up to the Shoot for Fun event in Duluth on September 9!

My goal is to keep focused on the many successful programs and services that effectively meet the needs of so many people in our communities. At the same time, we'll keep the tradition alive of finding and implementing the next emerging solution to help our patients and clients — be it a new service or a bricks and mortar solution.

I'm looking forward to teaming with the Board, staff and donors to continue to make a difference!

Eric Norberg, Chairman of the Board
Courage Kenny Foundation

Kayella and Leo: *Siblings find therapy results — and fun — at Courage Kenny Kids*

For siblings Kayella and Leo Aschoff, born with Down syndrome, Courage Kenny Kids – Burnsville is a place where their personalities can shine. When Kayella was adopted by Jodi and Ted Aschoff, Rosemount, Minn., they knew she would need extensive rehabilitation therapy. So, they turned to Courage Kenny Kids.

Kayella was just a year old when she began a variety of physical, occupational and speech therapies. Her speech therapists, Vicki Markhart and Gretchen Philpot, first began communicating with Kayella through basic sign language. Since then, she has continued to make great progress. In fact, you'd be surprised to learn she ever had any difficulty with speech, because now she loves to talk!

“Kayella has moved leaps and bounds since starting therapy,” said Jodi Aschoff. “Her teachers have shared that her articulation is as good as they’ve seen with a child with Down syndrome, and she is close to level with her peers.” She is in a full inclusion kindergarten and also receives speech therapy at school.

Little brother Leo, who was adopted at age 2½, has also made great progress with physical and speech therapy.

“He may not be speaking in full sentences yet, but Leo is always telling me stories!” said Vicki Markhart, speech



Leo and Kayella Aschoff

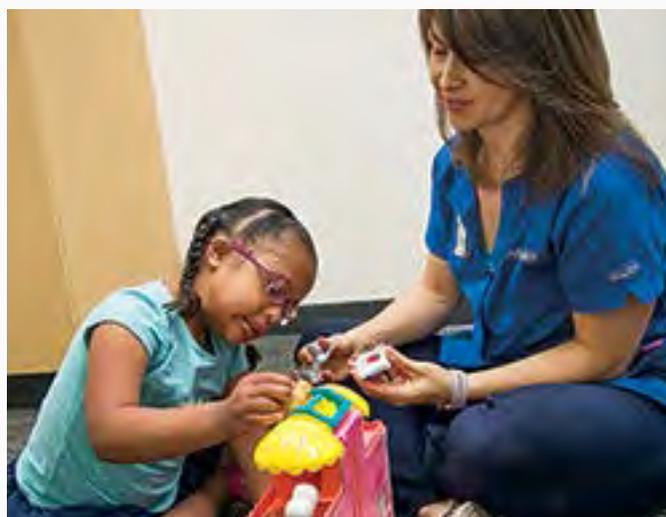
language pathologist, who has worked with the youngster for almost three years.

“We feel so comfortable talking with Vicki and Gretchen,” said Aschoff. “They care about our family and always ask about activities and progress at home.”

Kayella and Leo are superstars in the therapy gym, and they’ve also become stars in their own right, modeling for Target and Fischer Price. Thanks to Courage Kenny Kids, their future couldn’t be brighter!



Speech therapy becomes play for Leo Aschoff, shown here working with Vicki Markhart, speech-language pathologist.



Kayella Aschoff learns through play with Gretchen Philpot, speech-language pathologist.

A dream becomes reality: Arthur Andersen Minneapolis Alumni Fitness & Wellness Center

On June 13, more than 150 friends, employees and guests attended an open house and dedication to celebrate the new Arthur Andersen Minneapolis Alumni Fitness & Wellness Center at Courage Kenny Rehabilitation Institute - Golden Valley. This \$4.75 million, state-of-the-art facility will provide people of all abilities in our community with health and fitness facilities and services.



Pictured, left to right: Courage Kenny Foundation Board Chair Eric Norberg; Rick Ahmann, principle, Ahmann-Martin; Jan Malcolm, former Courage Center CEO, and Courage Kenny Foundation board member; Penny Wheeler, MD, CEO, Allina Health; and Stephen Bariteau, president, Courage Kenny Foundation.



Current and former Courage Kenny Foundation presidents, Stephen Bariteau and Jan Malcolm, pose with Jim Zicarelli of Zicarelli Foundation, a significant contributor to the expansion project.



Arthur Andersen Minneapolis Alumni members Duane Kullberg, Jack Jasper, and Steve Polacek were part of the group that was raised more than \$1.5 million to complete the expansion. The new space was named in honor of their extraordinary dedication and generosity.



Kim Herzog and Karen McElrath (left), stand near the recognition plaque that honors their mother, Donna Herzog, whose legacy made a lasting impact on Courage Kenny Rehabilitation Institute. Also pictured: Mary Randolph, patient care supervisor, and Allina Health CEO, Penny Wheeler, MD.



The remodel has space for a second locomotor treadmill room for clients with spinal cord injuries or other neurological conditions. The second treadmill allows us to double the capacity to serve clients on our waiting list. Pictured: ABLE client Cooper Tenney with fitness specialists Dain Clausen, Robbie Korkluka and Joe Lopez.



Crystal Robinson works out on a functional electrical stimulation (FES) bike with the assistance of physical therapist Laura Hampson. Courage Kenny Rehabilitation Institute was able to purchase two FES bikes along with other cutting-edge adaptive equipment as part of the remodel project.

A bird's eye view of the Fitness & Wellness Center which houses cardiovascular exercise equipment and is connected to ABLE's locomotor treadmill rooms and a strength-training gym.

Terry Meka: *Reaching new heights decades after spinal cord injury*

Terry Meka has long been a familiar face at Courage Kenny Rehabilitation Institute – Golden Valley. Born with cerebral palsy, Meka attended preschool at Courage Center in the 1960s. Then, in the 1980s, Meka had access to a host of adaptive sports, including football, baseball and hockey. He landed a job at Time Warner Cable, where he worked for 11 years, with the help of Courage Center's Vocational Services.

Then, in 1995, Meka was in a car accident that left him with an incomplete spinal cord injury. He used a wheelchair to get around, and had therapy services in the warm water pool to help regain independence.

Despite his new physical challenges, Meka was determined to stay active. One of his lifelong passions is classic cars. Volunteering for the Cars for Courage Kenny vehicle donation program was a perfect way for him to stay connected to Courage Kenny Rehabilitation Institute. Through the years, Meka has volunteered in many parades and events for the Cars program, including attending the annual Rod and Custom Spectacular Car Show hosted by Gopher State Timing Association (GSTA), a long-time partner of Cars for Courage Kenny.

Flash forward to 2014: Courage Kenny Rehabilitation Institute is there for Meka in a new way through the Activity-Based Locomotor Exercise (ABLE) Program. This innovative fitness approach for people living with paralysis or neurological conditions incorporates locomotor training,



Volunteer Dan Fradin, left, and Dain Clausen, activity based exercise specialist, right, walk with Terry Meka at Courage Kenny Rehabilitation Institute – Golden Valley.

state-of-the-art therapy devices and guided fitness activities to challenge muscles and movement below the level of injury. In Meka's case, ABLE proved to be a major success. After two years in ABLE, and 22 years after his spinal cord injury, Meka is now able to walk with a walker, and can even walk unaided for short periods of time each day.

To make this accomplishment even more special, Meka decided he would reveal his new ability to walk at the 60th GSTA Rod and Custom Spectacular Car Show. He was due to present an award to his cousin, Jim, GSTA member. There were very few dry eyes in the room as Meka walked for the very first time in public to make the presentation. It was a moment he, and his cousin, will never forget.

Events support critical services and celebrate those who've made a lasting impact



Art of Possibilities

On **April 17**, the opening reception for the 53rd Art of Possibilities Art Show & Sale was held at Courage Kenny Rehabilitation Institute – Golden Valley. This year's Show & Sale featured more than 260 pieces of artwork from 158 artists with disabilities. A special thanks to long-time supporter and 2017 Presenting Sponsor, Smead Manufacturing.



Kitty Andersen Garden Rededication

On **June 6**, friends and community members gathered to rededicate the Kitty Andersen Garden at Courage Kenny Rehabilitation Institute – St. Croix. The event honored and celebrated Andersen's legacy of support for rehabilitation services in the St. Croix Valley. Thank you to Andersen Corporation and the volunteers who helped beautify the garden.



Encourage Breakfast

On **May 16**, Courage Kenny Foundation hosted the 10th annual Encourage Breakfast at the Envision Event Center in Oakdale, Minn. The event raised more than \$150,000 for Courage Kenny Rehabilitation Institute – St. Croix. Thank you to Presenting Sponsor RBC Wealth Management and everyone who joined us.



Celebration Of Courage

Courage Kenny Foundation hosted Celebration of Courage at Target Field on **June 27**, to raise funds for adaptive sports and recreation. This year's event was the largest to date and raised nearly \$105,000! Thank you to our inspirational client speakers, emcee Tom Hauser, KSTP, and to our hosts, the Minnesota Twins.

Cindy Olson: *Breaking barriers to achieve job confidence*

Cindy Olson used to work in a school system, but lost her job during an economic downturn. After being out of work for a few years, Olson felt intimidated entering the workplace again and struggled with chronic depression and anxiety. That's when Olson came to Courage Kenny Rehabilitation Institute's Vocational Services Department. With help from job placement specialists, Olson was hired as an accounts payable specialist for a medical products supplier.

"You lose your job confidence when you've been out of work for a while," said Olson. "It's definitely taken some getting used to; you just have to take it one day at a time."

Olson has been in her position for more than two years and is taking on more responsibility at work. To help her manage her anxiety and new challenges, she has continued working with an Extended Employment specialist with Vocational Services.

Extended Employment provides one-on-one monthly support from Courage Kenny staff members who help clients like Olson learn strategies to keep their job. Services are available for as long as people are employed and as long as they wish to continue – a relationship that often spans years.

"Cindy has come so far since we first met," said Mary Carter, employment specialist. "Her self-esteem has truly improved and she is able to use her skills effectively. And it shows with her added responsibility."

"I am very thankful for Courage Kenny and Extended Employment services," says Olson. "The support from Mary has been invaluable to me. When I first arrived my self-esteem was very low. She helped me get where I needed to be."



Olson's professional and personal progress proves that, with strength and confidence, she can break down any barriers that get in her way.

Vocational Services wouldn't be available if it weren't for generous donors and longstanding partners: Ameriprise Financial, Otto Bremer Trust and RBC Foundation – USA. We are also grateful for our volunteer Business Advisory Committee, which provides valuable insight on business industry trends, advocacy and mentoring support for the department. Your support is making a positive impact on our local economy and our shared community – thank you!

Vocational Services at a glance

Since 1985, Courage Kenny's Vocational Services has been helping people living with disabilities increase levels of sufficiency and economic independence through gainful employment. We have provided thousands of people with holistic, individualized services that meet their vocational goals. In 2016:

- Nearly 200 people were served through seven different services
- 87 percent of clients placed in jobs remained employed six months after their hire date
- The average wage for clients was \$13.23 — well above Minnesota's minimum wage
- 82 percent of clients reported that Vocational Services helped them move toward their vocational goals

To find out more about Courage Kenny's Vocational Services, check out our website at allinahealth.org/couragekenny.

Courage Kenny therapists help kids thrive in Nicaragua

In March, four Courage Kenny Kids' therapists, three speech-language pathologists and one occupational therapist partnered with Familias Especialis and the Wisconsin Wheelchair Project on a week-long service trip to Matagalpa, Nicaragua. The group received a grant from the Courage Kenny Foundation International Committee to fund a portion of the trip. While there, group members worked with children with special needs, educated families and caregivers, and mentored teachers, therapists and social workers. Nicaragua currently has no practicing occupational therapists or speech-language pathologists. Courage Kenny therapists also:

- Identified speech/language needs including cognition, feeding, attention, behavior and pre-vocational skills.
- Identified occupational therapy needs including fine motor, mobility, seating and feeding concerns.
- Fit and dispensed donated wheelchairs, walkers, adapted strollers and feeding seats.



Courage Kenny Kids' therapists in Matagalpa, Nicaragua, left to right: Speech-language pathologists (SLP) Katie Nett and Katie Moland, Courage Kenny Rehabilitation Institute - Mercy Hospital; Patty Radoc, SLP, Courage Kenny Rehabilitation Institute - St. Croix; and Sara Rohde, OT, Courage Kenny Kids.



Courage Kenny staff pictured with school children, teachers and staff at an event honoring the global call for the right to inclusive education. The event's goal was to increase awareness of special needs schooling in Nicaragua.

Stepping up to prevent falls

Falls are not a normal part of aging, yet one out of every three adults age 65 and older falls every year, and most have significant health and lifestyle consequences as a result.

That's one reason Courage Kenny Rehabilitation Institute has increased its focus on fall prevention, with a number of services and classes which can help improve balance and strength. While many of our offerings are geared for older adults, falls can impact anyone at any age and we can help people of all ages learn ways to prevent falls from happening.

"It's amazing how much change I see in participants' strength and balance at the end of the seven weeks of Stepping On."

Joyce Alt

A former physical therapist, Joyce Alt, is an ambassador for the Stepping On workshop. Available at eight Courage Kenny locations, Stepping On helps participants identify why they fall and demonstrates ways to prevent falls. The seven-week workshop includes strength and balance exercises,

home safety check suggestions, and a medication review. Participants are introduced to a variety of low-cost fall prevention products.



Joyce Alt, former Stepping On participant, was so impressed with her outcome of better strength and balance that she attended leader training and is now a peer leader. Here, she is shown helping participant Mary Ann Bevans during a recent class at Mercy Hospital - Unity Campus.

Fall prevention resources at Courage Kenny Rehabilitation Institute

For more information and dates, times and locations visit allinahealth.org, then click on **FIND > Classes & Events** and search for the services below.

Beyond Balance

A one-to-one exercise program. Participants work on balance, general health and wellness with a fitness specialist or therapist to increase strength, flexibility, endurance, confidence and muscle balance.

SHARE (sports, health, activity, recreation, exercise)

Listings include community resources available in Minnesota and western Wisconsin.

Stepping On

A seven-week workshop led by healthcare professionals is for independent, older adults who have a history of, who are at risk for or who have a fear of falls.

Tai Chi and Tai Ji Quan

Based on the ancient Chinese discipline designed to improve physical and mental well-being. Tai Ji Quan, in particular, was developed through research for people with balance disorders.

QUICK TIPS TO GUARD AGAINST FALLING



Get regular exercise to improve your strength and balance.



Some medicines can make you sleepy or dizzy. Have your doctor or pharmacist review your medicines and make any recommended updates.



Have your eyes checked at least once a year by an eye doctor.



Use night lights in your home.



Install hand rails on both sides of your stairways.



Make sure any furniture you lean on for support doesn't move.



Wear shoes inside your home. Avoid going barefoot or wearing slippers.



Use non-slip treads in your tub or shower.

Making lives work video series now available

Learn how Courage Kenny Rehabilitation Institute is helping people thrive, not just survive, after a stroke, spinal cord injury or other disabling condition. Our new Making Lives Work video series covers topics including:

- Adaptive sports and recreation
- Brain injury
- Inpatient rehabilitation
- Spinal cord injury
- Stroke

Visit allinahealth.org/makingliveswork to be inspired by our clients and their stories.



SAVE THE DATE
10.13.17



A TOAST TO COURAGE

OUR FACES, OUR VOICES:
CELEBRATING THE STORIES OF
COURAGE KENNY REHABILITATION INSTITUTE®

Friday,
Oct. 13, 2017

6-11 p.m.

With emcee *Rena Sarigianopoulos* of *KARE 11*

Hyatt Regency Bloomington-Minneapolis
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Join us for a special night filled with friends, fun, reasons to celebrate and opportunities to make a difference.

Bid on fabulous silent and live auction items, enjoy a gourmet dinner designed by Executive Chef Paul Lynch with wine pairings, be inspired by stories of courage, and keep the party going at the after-dinner party.

Individual tickets: \$175 | Sponsored table: \$2,500
Visit allinahealth.org/toasttocourage to register.
For information on sponsorship opportunities, please contact Kari Delaney, 612-775-2583, kari.delaney@allina.com.

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



COURAGE KENNY FOUNDATION

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