

COURAGE KENNY REHABILITATION INSTITUTE®

Onward

SPRING 2018

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

Because of you
our community is
stronger than ever!

At Courage Kenny Rehabilitation Institute, we focus on maximizing independence and quality of life for our clients. More than 100,000 people across the Upper Midwest enter our doors, access our programs and benefit from our services every year. We couldn't do it without you!

We're excited to share our achievements with you and hope you will continue to join us on our journey to provide comprehensive, whole person rehabilitation, innovative programs, ground-breaking research and barrier-shattering advocacy for our communities.

On page 3, read more about Will Hamilton, client and athlete of Courage Kenny Rehabilitation Institute - St. Croix.

Allina Health 
**COURAGE KENNY
FOUNDATION**

Reflections on a successful 2017: *Paving the way toward a bright future*

Dear friends:

It's a very cold winter day as I write this, but I hope it's a beautiful spring day as you read it!

While Courage Kenny Rehabilitation Institute is well into 2018, a quick reflection on what was a very successful 2017 might be useful.

Last year, Courage Kenny Rehabilitation Institute served a record 103,000 people across dozens of programs and services, including:

- 651 participants in adaptive sports and recreation
- 100,000+ fitness and aquatics visits
- 525 people served through Independent Living Skills
- 198 patients cared for through the Advanced Primary Care Clinic.

None of this is possible without the continued support of philanthropic gifts. I'm continually humbled by the response of supporters who recognize and value the services that Courage Kenny provides. In 2017, Courage Kenny Foundation donors gave more than \$11.8 million to support patients, clients and the communities we serve. Thank you!

In this issue of *Onward*, you will hear from Will Hamilton, featured on our cover. Hamilton, a client at Courage Kenny Rehabilitation Institute — St. Croix, has benefited from the warm-water therapy pool since he was young. You will also read about how Leeza Temple, page 6, has thrived with the help of the Chronic Pain Rehabilitation Program. You'll also learn about the enduring, dedicated volunteers from Cummins, Inc., page 10, who have helped customize thousands of toys and devices for Courage Kenny clients.

I hope you enjoy reading about the stories of our clients as well as exciting news and upcoming events in this issue of *Onward*.

Warm regards,

Eric Norberg, chairman, Board of Directors, Courage Kenny Foundation



Will Hamilton: *Finding his confidence*

Will Hamilton, 22, was only five years old when he first tried the warm-water therapy pool at Courage Kenny Rehabilitation Institute — St. Croix. Born with Osteogenesis Imperfecta Type III, or “Brittle Bone Disease,” Hamilton is at risk of breaking bones and injuring himself even with simple, everyday tasks and must be cautious with many physical activities. Once, he broke his arm from throwing a baseball too hard, and has had several broken bones and many surgeries in his childhood.

Hamilton and his family came to Courage Kenny Rehabilitation Institute — St. Croix originally because his mom thought the pool would be a safe option for him to stay active and build strength. He’s come back ever since, working out in the pool once a week.

“Having my workouts in the pool removes the pressure and strain on my body, which makes it much safer and allows more flexibility that I can’t get on land,” shared Hamilton. “Without the proper strength of my upper body, I wouldn’t be able to be as independent as I am.”

It wasn’t just the water that kept him coming back though.

Through the years of workouts, Hamilton’s confidence and perspective on his life has changed.

“I used to feel so stuck in what I couldn’t do, but the people at Courage Kenny really taught me to understand myself and become more independent,” he said. “As the exercise made me stronger, it boosted my confidence and I started looking forward to my

future. I really appreciate Courage Kenny for that.”

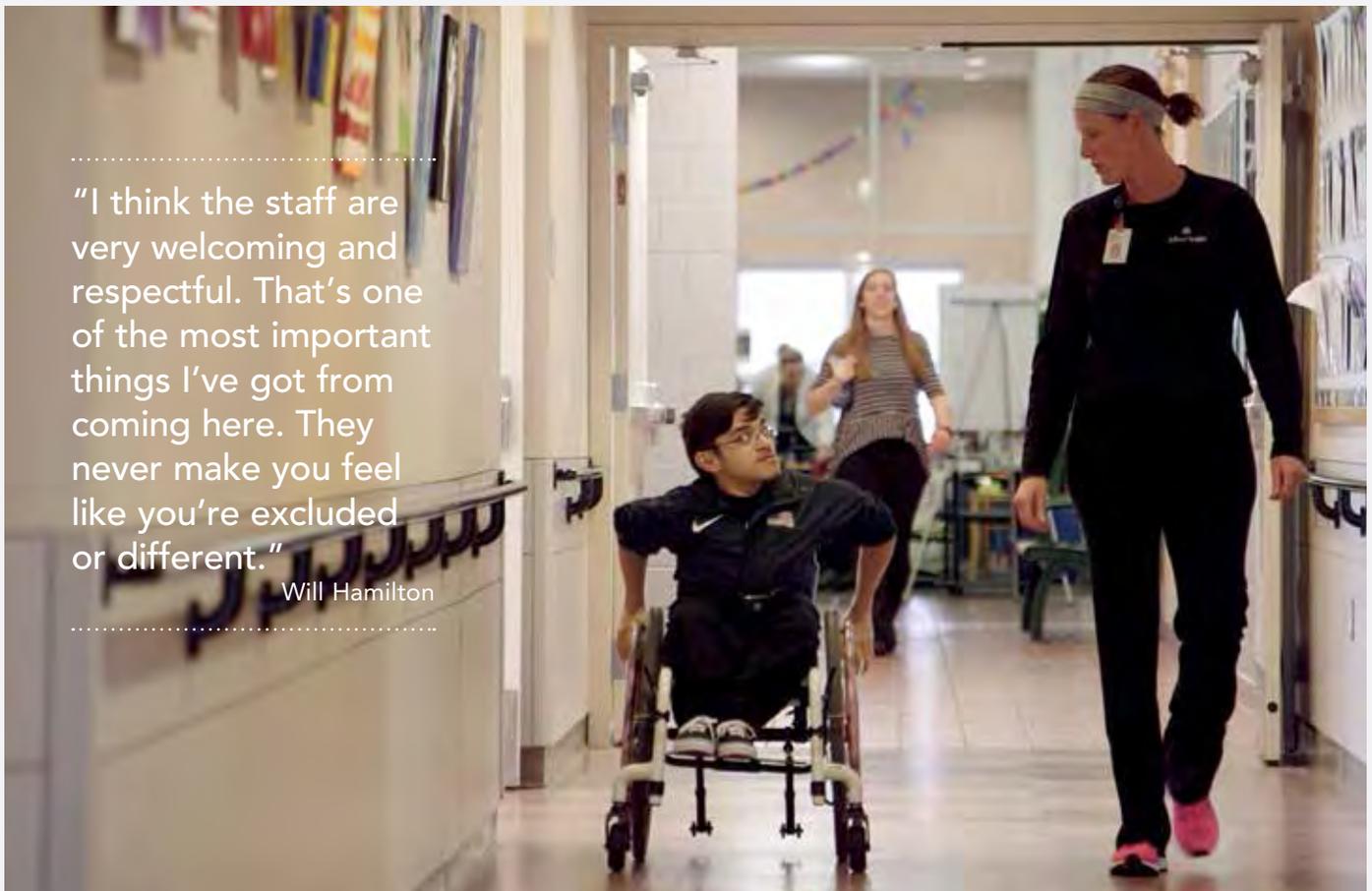
While Courage Kenny Rehabilitation Institute — St. Croix has helped Hamilton stay healthy and active, he was also introduced to adaptive sports, especially wheelchair track and field, through Courage Kenny’s Sports & Recreation Department. He was hooked instantly. One of his life goals is to become a member of Team USA and compete in the 2020 Paralympic Games.

When he isn’t working out and training for the Paralympics, Hamilton attends St. Paul College in the Sport & Exercise Science program.

Will Hamilton chats with Holly Gigure, lead aquatics/fitness specialist at Courage Kenny Rehabilitation Institute — St. Croix.

“I think the staff are very welcoming and respectful. That’s one of the most important things I’ve got from coming here. They never make you feel like you’re excluded or different.”

Will Hamilton



Three entrepreneurs with disabilities honored with 2017 Judd & Barbara Jacobson Awards

On October 26, 2017, Cheryl Bemel, Bob Wilsie and Gaelynn Lea Tressler were recognized for their entrepreneurship by winning the 2017 Judd & Barbara Jacobson Awards. The annual award, hosted by Courage Kenny Foundation, honors the pursuit or achievement of a business entrepreneurial endeavor by a person with a disability.

Gaelynn Lea Tressler,
Duluth, Minn.

Since 2013, Tressler, of Gaelynn Lea Music, has been a private fiddle instructor. Tressler, who has Osteogenesis Imperfecta or “brittle bones,” is also a motivational speaker on disability awareness issues, speaking to schools, advocacy organizations and nonprofits. An accomplished fiddler, she won NPR’s 2016 Tiny Desk Concert contest. She and her husband Paul began touring full-time in 2017. Her \$10,000 award will enable her to hire a publicist for the busiest five months of her upcoming tour schedule, with the goal of propelling her career forward.

Cheryl Bemel,
Mendota Heights, Minn.

To build up her body to combat symptoms of Lupus, Sjogren’s Syndrome and Reynaud’s Disease, Bemel, a psychologist with Allina Health West St. Paul Clinic, created her own exercise program which includes bicycling. And, because she often likes to bike after work, Bemel developed PsychoLights, an LED device that provides safety for people who like to bike, skateboard and snowboard after dark. Easy to attach and remove from almost



Left to right: Bemel, Wilsie and Tressler were joined by Barbara Jacobson, center, at the Jacobson Award last fall. Each honoree received a cash award to help advance his or her business endeavor.

any helmet, PsychoLights also does not compromise the helmet’s safety features. Bemel plans to use the \$5,000 award to complete production design work and place an initial order of 1,000 lights for a planned spring 2018 launch. PsychoLights plans to give a portion of all proceeds to help people with mental health issues.

Robert (Bob) Wilsie,
Blaine, Minn.

Diagnosed with Parkinson’s disease a decade ago, Wilsie struggles with dexterity, walking and tremors. Unable to continue his career as a real estate appraiser, Wilsie revived his creative side. Today, he produces practical, artistic, handcrafted, hardwood guitars and ukuleles in his garage workshop. He enjoys making instruments as much as playing them. He will use the \$5,000 award to purchase equipment needed to speed up his production time and cover expenses until sufficient income is generated through sales.

Just before *Onward* went to print, Barbara Jacobson passed away. She will be dearly missed by everyone at Courage Kenny Foundation. Barbara was passionate about equal opportunities for people with disabilities and requested that memorial donations be directed to Courage Kenny Foundation — Judd and Barbara Jacobson Award, 3915 Golden Valley Road, Minneapolis MN 55422. All memorial donations will go directly to the award to support entrepreneurs with disabilities. It was a privilege to work with her.

About the Award

The award is named for the late Judd and Barbara Jacobson. Judd Jacobson became a quadriplegic as a result of a diving accident. Funds for the Award are made possible by a gift from the late, Daniel Gainey, a lifelong friend of Judd Jacobson.

“For all the you that’s possible”: *Allina Health’s brand campaign features Courage Kenny clients*

In October 2017, Allina Health launched its first-ever brand awareness campaign built around the theme “For all the you that’s possible.” The campaign features a TV ad, supported by radio, digital and print.

In December 2017, the campaign transitioned from high-level Allina Health brand messaging to telling more specific stories of the people who have achieved more than they thought possible with the help of the exceptional, integrated care they received through Allina Health. These shorter videos, which are being used on social media channels and local Twin Cities’ television feature Courage Kenny Rehabilitation Institute clients. Two of them, James Rogers and Carol Suchy, have been featured in past issues of *Onward*.

The brand campaign also includes a robust employee communications effort focusing on how all Allina Health employees support Whole Person Care, a patient care model embraced and well understood by Courage Kenny employees and volunteers.

You can join us in using the power of social media to amplify Allina Health’s messages by sharing the videos on your favorite social media platforms—Facebook, Instagram, LinkedIn, YouTube or Twitter. The full-length version of Allina’s brand video and the shorter videos, like those with Carol Suchy and James Rogers, right, are available on Allina Health’s YouTube channel (scroll to the bottom of any webpage and click on the YouTube icon).

YOU’RE CAPABLE
OF MORE THAN YOU THINK.
WE’LL HELP YOU GET THERE.

Something profound happens when our physicians, specialists and employees get to know you—not just as a patient but as a fellow human being. We see a better life for you, just waiting to be lived. At Allina Health, we believe that understanding you and the whole context of your life is the key to helping you do more, feel stronger and live better than you ever thought possible. Together, we can make that life a reality. Because where there’s a human, just about anything is possible.

Allina Health 

FOR ALL THE YOU THAT’S POSSIBLE

allinahealth.org



Leeza Temple:

Moving forward while living with chronic pain

An accident at work, followed by major surgery, left Leeza Temple with significant pain. When she started the three-week Chronic Pain Rehabilitation Program in March 2017 at Courage Kenny Rehabilitation Institute — Golden Valley, she was hopeful that it would help her get her life back on track.

Temple explained that she was pretty scared at first and didn't know if she could trust anyone. This quickly subsided after her first class with Patricia Pribyl-Brown, program lead for Courage Kenny's Pain Program. Pribyl-Brown, along with other staff, became a strong component in her recovery.

"The staff members were so knowledgeable and so helpful every step of the way," said Temple.

The three-week Chronic Pain Rehabilitation Program is designed to mimic that of a full-time work schedule so that people learn how to return to work. It provides people the tools to learn to self-manage their pain and to live more independently. Self-management classes and therapies, aquatic and land exercises and medical management—including tapering off of opioids—are part of the program's long-standing success.



Leeza Temple (right) with Patricia Pribyl-Brown, program lead, Chronic Pain Rehabilitation Program

In 2017, there was a 99% reduction in use of opioids taken for pain by clients four months after completing the Chronic Pain Rehabilitation Program.

Temple was able to reduce her pain medications significantly, a goal that was very important to her.

Another success was getting back to a pre-injury activity she loved. A former rescue diver, Temple began diving again in the pool at Courage Kenny Rehabilitation Institute — Golden Valley. This spurred her on to get her diving certification which brought a lot of joy back into her life. She even

took a trip to the Bahamas with her husband where she went on three tank dives a day.

"I'm so glad this place is here," said Temple of Courage Kenny's Chronic Pain Rehabilitation Program. "To teach us that we can go on. The tools they gave me helped me move forward and continue to give me the strength to say, 'I got this!'"

Courage Kenny Foundation's 2017 *A Toast to Courage* gala helped raise more than \$150,000 to help build a Chronic Pain Rehabilitation Program destination center at Courage Kenny Rehabilitation Institute — Golden Valley.

Congratulations, Jan Malcolm!

Courage Kenny Foundation extends a warm congratulations to Jan Malcolm on a return to her role as Commissioner of Health for the State of Minnesota. Malcolm previously served in this role from 1999 to 2003. Malcolm served as CEO of Courage Center from 2005 to 2013, and vice president of Public Affairs and Philanthropy at Allina Health from 2013 to 2016. Malcolm has had a significant impact on Courage Kenny Rehabilitation Institute including serving on our board of directors. Her experience in public and nonprofit health management will be a great asset to the Health Department and to the State of Minnesota.



Doug Dixon: *Longtime Junior Rolling Timberwolves coach*



For the past nine years, Doug Dixon has been a volunteer wheelchair basketball coach for Courage Kenny Rehabilitation Institute's Junior Rolling Timberwolves. His dedication and leadership, along with fellow coach George Kiefner, has led the team to three of their seven national championships—in 2010, 2014 and 2016.

Dixon first got involved in wheelchair basketball 20 years ago when his son, Joe, was interested in playing. Because there weren't any teams nearby, Dixon and several other parents created the Minnesota Royals. Dixon coached the team for 11 years. When his son was in his junior year of high school, he was recruited to play for the Junior Rolling Timberwolves by former coach Mike Bauer, who also convinced Dixon to be the team's assistant coach. Right away it was a success, with the team winning the 2010 National Wheelchair Basketball Association (NWBA) championship.

Dixon explained that Courage Kenny's varsity team is highly competitive. Athletes learn quickly they must take the team seriously which includes being present, on time, and with the right attitude at every practice. "For many of our players, it's the first time they've had this kind of discipline," said Dixon. "It's important to have that opportunity to be challenged and pushed to your full potential."

2017-2018 Junior Rolling Timberwolves Team, with coaches George Kiefner (far left, back row) and Doug Dixon (middle, back row), in Virginia at the National Wheelchair Invitation Tournament.

Reaching one's potential is something Dixon has seen time and again with his players. His son went on to receive a full scholarship to the University of Missouri to play collegiate wheelchair basketball. Dixon has proudly watched many of his players go on to receive competitive scholarships at universities across the country, as well as compete for the United States teams at the Paralympics and, eventually, move on to lead successful careers. "The winning and the success is great, of course," said Dixon. "But the confidence that develops in these young people, the realized potential that comes from playing the sport—that is the greatest part of coaching."

Courage Kenny Rehabilitation Institute's Junior Rolling Timberwolves is the varsity team for high school students, ages 14-18. Courage Kenny also offers developmental, prep, junior varsity and adult wheelchair basketball teams.

For more information about Courage Kenny Rehabilitation Institute wheelchair basketball, contact Beka Bickel at 612-775-2278 or Rebekah.Bickel@allina.com

Join us! Art of Possibilities Art Show & Sale

Enjoy an evening of creativity showcasing artists with disabilities from around the world—including 40 new artists in 2018! Mingle with the artists and be among the first to purchase art from this amazing collection.

OPENING RECEPTION

April 26, 2018, 5:30 – 7 p.m.

SHOW DATES

April 27 - May 18, 2018

Weekdays 9 a.m. – 4 p.m.

Saturdays 11 a.m. – 1 p.m.

Courage Kenny Rehabilitation Institute — Golden Valley
3915 Golden Valley Road
Minneapolis, MN 55422

Valet parking available.



Original artwork, *Shades of Summer*, by Linda Frankenstein.

Adaptive Sports Discovery Expo Saturday, May 19, 2018

10 a.m. – 3 p.m.

University of Minnesota's Minneapolis Recreation & Wellness Center,
123 Harvard St. SE, Minneapolis, MN 55455

Courage Kenny Rehabilitation Institute's Sports & Recreation Department is partnering with dozens of other local nonprofit and community organizations on this first-of-its-kind showcase of adaptive sports and recreational activities in Minnesota.

Hosted by the University of Minnesota's Minneapolis Recreation & Wellness Center, you'll have the chance to:

- Learn, observe and try various sports and recreational activities adapted for people with disabilities.
- Meet with representatives from local adaptive sports organizations.
- Discover resources to help you access fun adaptive equipment.
- Hear a panel discussion featuring athletes and directors from local organizations.

To register, go to allinahealth.org/DiscoverYourSport. Tag us at [#DiscoverYourSport](https://twitter.com/DiscoverYourSport).



Join us for inspiring and fun events in 2018!

Courage Kenny Foundation has many fun, meaningful events planned in 2018. 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 presented by RBC Wealth Management

Tuesday, May 15, 8 - 9 a.m.

Envision Event Center
(formally Prom Center), Oakdale

Join us to celebrate Courage Kenny Rehabilitation Institute — St. Croix's 30th anniversary at the annual Encourage Breakfast! Help us celebrate and raise funds for children and adults with disabilities in the St. Croix Valley.

allinahealth.org/encouragebreakfast



Celebration of Courage

Tuesday, June 12, noon - 1 p.m. Target Field, Minneapolis

The ability 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 our community!

allinahealth.org/celebrationofcourage



Shoot for Fun

Saturday, Sept. 8, Old Vermilion Trail, Duluth

A day of outdoor fun benefiting local adaptive sports and recreation services, at one of the largest sporting clay events in the Midwest!

allinahealth.org/shootforfun



A Toast to Courage

Friday, Oct. 12, 6 - 11 p.m.

Radisson Blu Mall of America, Bloomington

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

allinahealth.org/toasttocourage

Cummins, Inc.:

Taking corporate volunteerism to the next level

The partnership between Courage Kenny Rehabilitation Institute and Cummins, Inc. goes back more than a decade. In 2006, Cummins employees began volunteering with our Assistive Technology Department, to repair and customize devices for clients to help them live more independently.

For example, Zackery Sledge, project manager, Cummins CARE division, helped with projects such as creating an iPad table mount and a strap-in, tricycle pedal.

As time went on, the need for more adaptations and modifications grew. Today, a core group of employees volunteer quarterly and Cummins hosts four major work sessions each year.

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Approximately 300 Cummins employees volunteered their time in 2017 adapting or modifying a total of 1,052 items and toys last year for Courage Kenny Rehabilitation Institute clients.
.....

“It’s been a great working relationship,” said Mark Weber, Cummins Power Systems Global Reliability Engineering. “It’s a positive experience for our engineers to work with Courage Kenny because they have a great time, they know it’s for a good cause and it is challenging and rewarding work.”

One child who has benefited from Cummins employees’ toy adaptations is Dempsey Becker, 3, who has cerebral palsy. A Courage Kenny Kids client, last year during the holidays, he and his family received 11 adaptive toys from Cummins. One of Dempsey’s favorite toys now sports a red button that he pushes with his lower body. “He is able to use his legs and his body



Cummins volunteers, Mark Weber, and Brian Haupt, work on adapting toys and equipment at Courage Kenny Rehabilitation Institute — Golden Valley.

to hit the button to light up the toy,” said Kelly Becker, Dempsey’s mom. “And it’s working because he’s so consistent with it.”

And as if thousands of adaptive devices and toys weren’t enough, Cummins employees have also volunteered over the last year to create weighted blankets. The special blankets can have a calming effect on people who are on the autism spectrum or who have other conditions. The Cummins campus has a designated room with two sewing machines and plenty of fabric and polypropylene beads (for the

weight) for employees to work on the blankets. Britney Severson, who coordinates the volunteers, says she and her colleagues really enjoy making the blankets and giving back. Last year 19 Cummins volunteers made 45 blankets for Courage Kenny Rehabilitation Institute clients.

If you or your company would like to learn more about volunteer opportunities at Courage Kenny Rehabilitation Institute, please contact Volunteer Services at CKRivolunteerservice@allina.com or at 612-775-2728.



Dempsey Becker works with his therapists, LeeAnn Mateeffy, OT, (left) and Kimberly Noha, PT, using one of his favorite toys that Cummins, Inc. volunteers helped adapt.



Cummins, Inc. employees Emily Scheuerell and Britney Severson display finished weighted blankets for Courage Kenny Rehabilitation Institute clients.

Service Spotlight: *Independent Living Skills*

Courage Kenny Rehabilitation Institute's Independent Living Skills (ILS) provides training, coaching and support for people in our community so they can remain in their homes and live self-sufficient, fulfilling lives. With one-on-one services, ILS specialists help people to strengthen their skills for:

- managing their daily lives
- participating in the community
- making their own decisions and choices.

When the ILS program began in 1998, it was one of the first of its kind in Minnesota. Since then it has served as a resource for hundreds of people each year.

For Isabelle Jessich, ILS helped her live independently years ago after a stroke. This past year, she was in need of help again as she faced financial struggles and was at risk of losing her home. Jessich asked her case manager to reach out to Courage Kenny Rehabilitation Institute's ILS program and was reconnected with her former ILS specialist, Pam Wood.

Wood met with Jessich over several months to get her affairs in order and complete a reverse mortgage, ensuring that she will remain in her home.

For Shalanda Martin, ILS has been a stable force in her life for nearly a decade. Struggling with many barriers to her health, including an autoimmune disorder and homelessness, ILS has helped Martin manage her affairs, including ensuring that she make her doctor appointments and stay current on paying her bills. Despite her challenges, Martin is determined to stay focused on her health and be the best mom possible for her two children.

For hundreds of people each year like Martin and Jessich, Courage Kenny Rehabilitation Institute's Independent Living Skills services are a life saver, helping break down barriers to health, and enabling them lead their best lives.

In 2017,
525 people
were served
through ILS.



Pam Wood, ILS specialist, left, visits with Isabelle Jessich in her home during one of their weekly meetings.



ILS client, Shalanda Martin, left, with her ILS specialist, Paige Hanson.

Did you know?
80%
of a person's health is determined by factors beyond traditional medical care.



98%
of clients served for at least one year in ILS had stable housing



COURAGE KENNY FOUNDATION

3915 Golden Valley Road
Minneapolis, MN 55422

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Between 1980 and 2011, The National Courage Award was presented annually by Courage Center to people who made outstanding contributions on behalf of people with disabilities. The Award was made possible through the generosity of the Jay and Rose Phillips Family Foundation. In 1989, the late author and physicist,



Stephen Hawking, received this award. Courage Kenny Foundation on behalf of Courage Kenny Rehabilitation Institute sends our thoughts and prayers to the Hawking family for the loss of this brilliant man who truly made a difference in the lives of millions of people of all abilities.