Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 13 / Summer 2017

Mary Free Bed
Rehabilitation Hospital Foundation

UPCOMING EVENTS

Through June 27
Fine Arts Exhibition
Sponsored by Mary Free Bed Guild
Mary Free Bed Professional Building

July 7-9
Midwest Wheelchair
Tennis Tournament
MVP Athletic Club, Crahen

July 24-28
Junior Wheelchair Sports Camp
Grand Valley State University

Sept. 9
Rhoades McKee
Reeds Lake Triathlon
Mary Free Bed is the
charitable beneficiary
East Grand Rapids

Nov. 2
Mary Free Bed Foundation Gala
Featuring Ben Vereen
DeVos Place

WHAT'S NEW

MEIJER CONFERENCE CENTER OPENS IN RENOVATED PROFESSIONAL BUILDING

Mary Free Bed Rehabilitation Hospital recently celebrated the opening of its Meijer Conference Center, a significant feature of the hospital's $66.4 million expansion and renovation project.

Named to recognize a generous gift from The Meijer Foundation, the conference center is the largest gathering place on the hospital's downtown campus. Grand Rapids philanthropist Frederik Meijer was a founding member of the first community-based Mary Free Bed Board of Trustees formed in 1965. His son, Hank, attended the April 13 grand opening and helped cut the celebratory ribbon.

The Meijer Conference Center provides new meeting space for Mary Free Bed to host symposiums, clinical grand rounds and other educational events that further its mission to restore hope and freedom through rehabilitation.

Housed inside the Mary Free Bed Professional Building, the conference center can seat up to 175 guests. It features integrated technology for video conferencing, including ceiling microphones, confidence monitors, dimmable LED lights and automatic shades. The venue can be partitioned into three separate meeting rooms.

The conference center is part of the project's third phase to renovate the Professional Building adjacent to the main hospital on Lafayette Avenue, north of Wealthy Street. In addition to the conference center, the building houses a professional catering kitchen, hospital administration, the Mary Free Bed Foundation and other support services.

The final phase of the project targets renovation of the Mary Ives Hunting Center, which houses the Inn at Mary Free Bed. The inn, which provides affordable and comfortable housing for outpatients and families of inpatients, will be enlarged from six rooms to nearly 30. The renovation is in the design phase and targeted for completion in late 2017.

INSIDE MARY FREE BED

AMWAY GRANT BOOSTS NUTRITIONAL SUPPORT FOR LOCAL KIDS

Mary Free Bed's Pediatric Outpatient Feeding Program is able to help more children receive the nutrition they need thanks to the generosity of Ada-based international retailer Amway.

The $20,000 grant, awarded through Amway's One by One Campaign for Children, enables the hospital to expand registered dietitian services for the feeding program, which served 270 children and adolescents in fiscal year 2016.

The grant has facilitated one additional day per week of nutrition support, potentially doubling the number of young patients served each week. Funds also will be used to purchase educational take-home materials such as placemats and plates, and nutritional information to reinforce skills learned in the program. The materials are available in English and Spanish.

The Pediatric Outpatient Feeding Program helps patients, from newborns to 18 year olds, who have eating or swallowing difficulties. The program aims to maximize feeding skills and food acceptance to improve patients' overall nutrition and hydration through treatment, training, and parental and family support. A multidisciplinary team treats children with a wide range of diagnoses, including autism, cleft palate, Down syndrome, reflux and spina bifida.

MAKING A DIFFERENCE

PEDIATRIC PROGRAM BENEFITS FROM PET SUPPLIES PLUS FUNDRAISER

Pet Supplies Plus continued its generous support of the Mary Free Bed Pediatric Rehabilitation Program, raising $10,000 to help our youngest patients.

Pet Supplies Plus matched every dollar donated at its six West Michigan franchises during the holiday season to the Mary Free Bed Foundation for the pediatric program. The franchises are owned and operated by Chad Bush, a former Mary Free Bed patient who serves on the hospital's Board of Trustees.

The Foundation also received generous support from:

- AdvisaCare
- Christopher and Dana Reeve Foundation
- Comerica Bank
- Data Strategy
- Grand Haven Community Foundation
- Grand Rapids Community Foundation Youth Committee
- Ionia Community Foundation Youth Committee
- Meijer
- Perrigo
- Sparta Community Foundation Youth Committee
- Wyoming Community Foundation Youth Committee

Pictured are (back row, left to right) Timothy J. Pietryga, Darrow Goodspeed, Jocelyn Dettloff, Kent Riddle, Chad Bush and Vandy.

WHEELCHAIR & ADAPTIVE SPORTS

JUNIOR PACERS, SLED WINGS WIN NATIONAL CHAMPIONSHIPS

There's some new bling in the Wheelchair & Adaptive Sports (WAS) department's trophy case, thanks to a pair of national championships won by the Mary Free Bed Junior Pacers and the Grand Rapids Sled Wings.

The Junior Pacers (pictured above) captured the National Wheelchair Basketball Association's Junior Division Varsity Championship during a March 30-April 2 tournament at the Kentucky Exposition Center in Louisville, Ky. The Sled Wings clinched its first sled hockey national championship at the 2017 USA Hockey Disabled Festival April 6-9 in San Jose, Calif.

"It was a pleasure to see the Junior Pacers confirm what we had thought throughout the season – that this was a National Champion team," said Mike Burkhart, WAS team coordinator. Team members range in age from 15 to 18.

The Junior Pacers' Tanner Gentry was named Most Valuable Player of the national championship game as well as tournament first team. Gabe DenBraber was named most sportsmanlike for the tournament, and teammate Natalie Wright earned first team academic and first team women honors.

The Sled Wings compiled a 5-0 record in the American C division during the tournament at Solar4America Ice Arena, the official practice facility for the NHL's San Jose Sharks.

"It is extremely gratifying to see everything we have worked so hard for all year long come together," said head coach Jason Bricker. "Our players never gave up."

ATHLETES PROVE THEMSELVES IN RIVER BANK RUN

More than 50 athletes with physical disabilities, including 17 former Mary Free Bed patients, competed in the 40th annual Fifth Third River Bank Run, the country's largest 25K road race. The May 14 event marked the 28th consecutive year that the Mary Free Bed Guild has sponsored the wheelchair racing division and the 12th for the handcycle division.

"This is the only event in the world that offers racers a 25K wheelchair division," said Christy VanHaver, director of the wheelchair and handcycle divisions. "A big thanks goes to the Mary Free Bed Guild for its continued support of this great race."

MARY FREE BED MOMENT

'HOPE AND FREEDOM LEAGUE' COLORING BOOK CREATED FOR KIDS

Pediatric patients have a fun way to get to know their team of doctors, therapists and nurses – otherwise known as the "Hope and Freedom League." A new coloring book introduces Mary Free Bed's youngest patients to the superheroes whose powers will help them "get better at lightning speed."

The coloring book is the brainchild of occupational therapist Penny Adams, leader of the pediatric therapy team. It features descriptions and colorable images of staff members, from The Masterminds ("super-intelligent doctors" who lead the team) to The Painkillers (nurses whose healing powers help take pain away).

"It helps explain to kids who we are and what we do in a cool way," said Penny, who utilized the help of Allison Gutowski, an occupational therapy student from Grand Valley State University, to manage the project. "We used traits we appreciate as co-workers to turn our team into superheroes."

Penny's alter ego is Mighty Penny Steele. She uses her muscles to help patients get stronger and her "super sense of creativity to help disguise hard work." The league also includes the amazing superpowers of The Walking Ninja, The Challenger, Aquawoman and the Panther of Truth, among others.

"The idea is that the 'Hope and Freedom League' helps kids discover the superhero in themselves," Penny said. "They have the power – that's the hallmark of any superhero."

BIKES FOR THE REST OF US DRAWS DOZENS OF PARTICIPANTS, VOLUNTEERS

More than 75 children and adults with physical disabilities were introduced to adaptive cycling during Mary Free Bed Rehabilitation Hospital's annual Bikes for the Rest of Us event. Thanks to a donation from the Mary Free Bed Guild, eligible participants receive funding to help offset the cost of adapted bikes and equipment.

More than 70 volunteers, including Mary Free Bed therapists, nurses and staff members, and community members donated their time and talents to help make the April 22 event a success.

"Young kids were zooming around the area in adapted trikes, young adults were cautiously trying out a bike for the first time, older patients recovering from stroke were hopeful as they adapted to a new bike since their life-altering event, and dads and kids were tentatively exploring what it's like to ride an adapted tandem bike," said volunteer Shelley Mishler. "They were so happy."

STORIES THAT MOVE YOU

ARLEE TACKLES CEREBRAL PALSY WITH DETERMINATION, SPUNK

Arlee Rodgers is a typical almost-8-year-old. She loves to dance and sing songs, and her favorite subjects in school are writing and spelling. Arlee, who has cerebral palsy, has big dreams, and Mary Free Bed is helping her achieve them.

Arlee came to Mary Free Bed for rehabilitation in January, five days after having a Selective Dorsal Rhizotomy, a surgical procedure that severs the nerves that cause muscle tightening.

"On her first day, she worked on standing … within a couple of days, she was taking steps," said her mother, Jynel. "Therapy helped strengthen her legs. She progressed from standing to walking with help to walking with her walker to walking with arm crutches. Her ultimate goal is to walk without assistance. Her progress has been amazing."

During the five weeks she spent at Mary Free Bed, Arlee developed close relationships with Dr. A.J. Rush, the pediatric physiatrist who oversaw her care, and her team of caregivers.

"Mary Free Bed is so much more than therapy," Jynel said. "The child life specialist helped Arlee when she was afraid to have her stitches removed. Her recreational therapist helped her arrange flowers and introduced her to adaptive bicycling. Arlee formed a singing group with some volunteers … All of these things were done with Arlee's happiness and wellbeing in mind.

"Every person went above and beyond their job duties to meet our needs. The crew at Mary Free Bed has become an extended family, and we are grateful for their care."

GUILD HIGHLIGHTS

FINE ARTS EXHIBITION SHOWCASES WORKS BY ARTISTS WITH DISABILITIES

More than 80 works of art, from paintings to photographs and drawings, are featured in the Mary Free Bed Fine Arts Exhibition on display through June 27. The 35th annual event, sponsored by the Mary Free Bed Guild, spotlights pieces by 31 artists with disabilities, many of them former patients. The Guild purchases selected works each year for permanent display on campus.

The exhibition, in the Mary Free Bed Professional Building, 350 Lafayette Ave. SE, is open to visitors from 10 a.m. to 4 p.m. Monday through Friday.

Detail from Bloom #1 by Elaine J. Hoogeboom

GALLERY

Mary Free Bed employees, Guild members and friends gathered to show support at several annual spring fundraisers, A Mary Evening in East at Olive's, the Let Freedom Spring luncheon at Watermark Country Club and the 2017 Golf Outing at Thousand Oaks Golf Club.

Vickie Dodge and Linda Newton

Laura Macka, Maria Besta, Joe Macka and Josephine Lapiccola (front)

Lee Montgomery

Let Freedom Spring at Watermark

Dan Vaughn, Dr. John Butzer, Terry O'Rourke, Mike Lloyd

Pictured are (back row, left to right) Zach Voet, Ray Sierengowski, Frank Russo, Jarod Nenis

Erin Fouty

SAVE THE DATE

Nov. 2 | 6 p.m. | DeVos Place

We have a role for you at the fourth annual Mary Free Bed Foundation Gala.

Please mark your calendar to play a part in something big.

All proceeds will support Mary Free Bed Pediatric Rehabilitation

Special Guest

Ben Vereen

A Tony Award winner for "Best Actor in a Musical" for his Broadway performance in *Pippin,* Ben Vereen will be the star of our musical, magical and "Mary" evening. With his own rehabilitation story to share and a versatile range of stage and screen performances, from *Wicked* and *Hair* on Broadway, to the big screen's *All that Jazz* and TV's *Roots,* the actor, dancer and singer is sure to bring all that pizzazz to the Mary Free Bed Rehabilitation Hospital Gala, too.

Restoring Hope and Freedom
Mary Free Bed
Rehabilitation Hospital Foundation

Sponsorship opportunities are available.
Visit MaryFreeBed.com/gala

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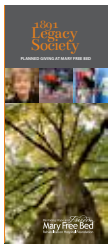

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A MARY TOUR

UPCOMING TOUR DATES

Join us for a tour of Mary Free Bed!
Space is limited and reservations are required.
Contact Sydne Di Cesare at 616.840.8137
or foundation@maryfreebed.com.

Wednesdays, 11 a.m.
Aug. 16
Nov. 15

Tuesdays, 11 a.m.
Sept. 12

Tuesdays, 8:30 a.m.
July 18
Oct. 10
Dec. 12