

# Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 8 / Summer 2015



## UPCOMING EVENTS

- **July 9–12, 2015**  
**Midwest Wheelchair Tennis Championship**  
(MVP Athletic Club, Crahen)
- **July 27–31, 2015**  
**Jr. Wheelchair Sports Camp**  
(Grand Valley State University)
- **Now–August 12, 2015**  
**Fine Arts Exhibition**  
Sponsored by the Mary Free Bed Guild  
(Mary Free Bed Outpatient Therapy Center)
- **November 5, 2015**  
**Mary Free Bed Foundation Gala**  
(Steelcase Town Hall)



Left to right:  
Bob Miller and Jim & Harriet Engbers



## WHAT'S NEW

### FOUNDATION LUNCH HIGHLIGHTS PATIENT SUCCESSES

The second annual Let Freedom Spring Luncheon drew more than 250 people to Watermark Country Club on May 6 for a table-hosted event to spread the word about Mary Free Bed's success stories and raise money for its programs and services.

"We've developed a reputation for enabling miracles to happen," said CEO Kent Riddle, who invited attendees to become "Mary Free Bed enablers" by supporting the hospital's mission of restoring hope and freedom to its patients.

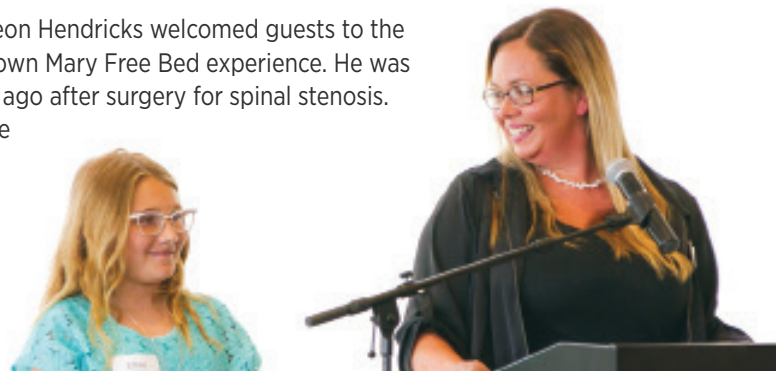
The event, sponsored by Data Strategy and AdvizaCare, raised more than \$50,000 for the Mary Free Bed Foundation.

One success story came from Starr Sutton, a Mary Free Bed physical therapist assistant whose daughter, Ellise, became a patient after she injured her right hand and contracted toxic shock syndrome.

"The nurses and therapists poured their hearts and souls into her, just like they do for all of their patients," Starr said. "I got my daughter back," she said, adding that Ellise is playing softball, has begun writing with her right hand again and even turned a cartwheel on the one-year anniversary of her accident.

WOOD-TV personality Leon Hendricks welcomed guests to the event and discussed his own Mary Free Bed experience. He was a patient here four years ago after surgery for spinal stenosis.

"The place seemed a little shabby back then," he quipped. "But have you seen it lately? That's not a problem anymore."





# INSIDE MARY FREE BED



## PATIENTS PRAISE NEW WEST ADDITION

Nurses huddled for last-minute instructions. Families packed up necessities. Support staffers decorated patient rooms with orange ribbons and balloons. And on Sunday, March 29, at 9 a.m. sharp, the move into the \$42 million West Addition began.

The first patient wheeled into the new space was Pablo Rigueiro, recovering from a crushed pelvis and other broken bones after falling from a distance of about six feet.

"This will lift our spirits," said Pablo's wife, Karen, as her husband cut the ribbon across his doorway and stuffed the large orange bow into his breast pocket.

Patients lauded the private rooms, spacious bathrooms and the murals on the walls. In the following days and weeks, they also grew to understand and appreciate the specialized therapy gyms and new equipment, including the ZeroG, a sophisticated ceiling-mounted ambulation system that allows users to walk, stand, jump and even run down the hospital hallway without fear of falling.

"This machine is going to help me get strong," Ashley Cutler, who was rehabilitating after a head injury and brain surgery, said of the ZeroG. "Using it was awesome. I felt like I could do anything."







## WHEELCHAIR & ADAPTIVE SPORTS

“These young athletes have a lot to be proud of...”

— Head Coach Steve Kozlowski

### JR. SLED WINGS ARE NATIONAL CHAMPS

The Junior Sled Wings have something to celebrate. The team, comprised of young athletes with physical disabilities, captured its first-ever Division A National Championship with a 4-2 win over the defending champions. The victory came during the 11th annual USA Disabled Hockey Festival, which took place in April in Buffalo, New York.

“These young athletes have a lot to be proud of,” said Head Coach Steve Kozlowski who, along with Assistant Coach Tyler Anderson, led the team to victory.

The Jr. Sled Wings, ranging in age from 11 to 17, won the crown in 2012 as a Division B team. Since then, they moved up to Division A and lost the title to the Bennett Blazers in 2013 and 2014. This year, they defeated the Blazers 4-2 in the championship game.

“We got revenge,” 17-year-old defenseman Caleb Janssen said with a smile.

The team, co-sponsored by Mary Free Bed and the Grand Rapids Griffins Youth Foundation, was the first youth sled hockey team formed in Michigan. Several players have advanced to play for U.S. National teams.



### PACERS COACH INDUCTED INTO HALL OF FAME

Lee Montgomery, long-time wheelchair basketball coach and player, has been inducted into the National Wheelchair Basketball Hall of Fame in Colorado.

Born with limb differences, “Coach Lee” has been affiliated with Mary Free Bed since he received his first prostheses at the age of 5. At 14, he attended his first wheelchair basketball game and has been playing or coaching ever since.

“He is the face of wheelchair basketball,” says Maria Besta, manager of Wheelchair and Adaptive Sports. Lee won a gold medal in the sport during the 1980 Pan American games, was a Paralympic athlete in sit volleyball and was internationally ranked in wheelchair tennis.

When Lee, 57, isn’t coaching or playing wheelchair sports, he works as a network analyst for Meijer, Inc.



Learn more about Mary Free Bed’s Wheelchair and Adaptive Sports programs, clinics and teams at [maryfreebed.com/sports](http://maryfreebed.com/sports).



## MAKING A DIFFERENCE

Tom and Andrea Yared



## HONORING THEIR SON'S MEMORY

Research conducted by Mary Free Bed physical therapists Kirk Randall and Jennifer McWain has led to a groundbreaking discovery—and helped solidify a substantial donation from Tom and Andrea Yared in memory of their son, John.



John Yared, a patient with brain cancer, worked with Kirk and Jenn on balance issues caused by chemotherapy-induced numbness in his lower limbs. John was tested on the Neurocom SMART Equitest, which showed he had a dysfunction of his vestibular system, the inner ear area that controls balance. So instead of treating John's numbness, Kirk and Jenn focused treatment on his vestibular system, which improved John's balance. John was one of the original participants in the research study.

Brain cancer took John's life last year, but his parents were so impressed with the care he received at Mary Free Bed that they decided to donate to the capital campaign. An individual outpatient therapy room will bear John's name. "I hope he sees it from up there," his mom said, pointing skyward.

Kirk and Jenn presented their findings at the American Congress of Rehabilitation Medicine in Toronto last year and have received a grant to continue their work.

## MARY FREE BED MOMENTS

### PRE-WEDDING TEAMWORK GETS MOM ON HER FEET

Even though she's been paralyzed from the waist down for more than three decades, Pat Shipley was able to "walk" her daughter, Lindsey Eickhoff, down the aisle thanks to the generosity of Mary Free Bed staff, patients and vendors.

"It was the first time I really got to hug my mom standing up,"



"It was the first time I really got to hug my mom standing up," Lindsey says.

For years after her mom's injury in 1982, Lindsey remembers accompanying her to therapy sessions. The experience sparked a career interest for Lindsey. Mary Free Bed hired her as a physical therapist assistant in 2007.

As Lindsey prepared for her outdoor wedding a few years later, she wondered if maneuvering through the grass would be too great of a challenge for her mom, who uses a manual wheelchair. Soon thereafter, a patient volunteered to loan her a standing power wheelchair, a colleague modified the foot plate, doctors and therapists worked with Pat and gave her the thumbs-up to use the chair and CareLinc Medical offered to transport it to the wedding.

Pat recently sent a letter and a check to the Mary Free Bed Foundation to say thanks "for helping me move forward with my life ... and for allowing Lindsey to follow her dream of helping others."

## 'POLIO DIDN'T DEFINE ME'

Sixty-eight years ago, Mary Jane Haas was a two-year-old with polio. She spent a year as an inpatient at Mary Free Bed then returned on occasion for additional rehabilitation therapy and for new braces or adjustments.

Memories of her time here flooded back when the Grand Rapids Press published a series of vintage photos in conjunction with the opening of the West Addition. One of the photos featured Mary Jane, who is now Mary Jane Millard. She and her husband, John Millard, have been married 41 years. They live in Mendon, Michigan and have two grown children.

The couple stopped by Mary Free Bed in May for a tour of the new hospital. To dispel any notion that the corseted 2-year-old in the black-and-white photo merited sympathy, Mary Jane told several stories about her happy childhood and raising her own close-knit family.

"Polio didn't define me.," she said. "I had polio, but I also had a life. I have had a really good life."

## WHERE ARE THEY NOW?

Mary Jane (Haas) Millard



## STORIES THAT MOVE YOU



## TEENS RAISE MONEY FOR LIMB DIFFERENCE PROGRAM

Recent Hudsonville High School graduate Bailey Gulch was all smiles when she handed a white envelope to Mary Free Bed Annual Fund Director Jocelyn Dettloff. It contained checks totaling \$1,000, all made payable to Mary Free Bed.

During her last semester of high school, 17-year-old Bailey spearheaded a fundraiser to help with the cost of prosthetic devices for children who might not otherwise receive them. Born with a limb difference, Bailey has opted not to use a prosthetic hand, "but I want to help kids who make a different choice", she said.



She and several classmates organized games during lunch, sponsored contests, sold t-shirts and solicited for donations. The efforts were part of a life skills class taught by Lindsey O'Gorman, who hopes to make the fundraiser an annual event. This gift to Mary Free Bed will make a difference in the lives of some of our youngest patients.



This fall, Bailey will be attending Aquinas College, where she received academic and bowling scholarships. She plans to study counseling or education—and join the bowling team.



# GUILD HIGHLIGHTS



## RIVER BANK RUN IS SOGGY BUT SUCCESSFUL

Thirty-seven handcyclists and eight wheelers, including Ms. Wheelchair America Samantha Schroth, donned their rain gear to participate in a soggy Fifth Third River Bank Run on May 9.

The 25K was Samantha's first-ever race in a wheelchair, following her spinal cord injury two years ago. "It only makes sense to start my first race with someone that understands the wheelchair life," said Samantha, who lives in Wisconsin. She and the other racers were sponsored by Mary Free Bed Wheelchair and Adaptive Sports with financial help from the Mary Free Bed Guild.

Heavy rains flooded parts of the course and provided additional challenges for the racers, but they took the conditions in stride.

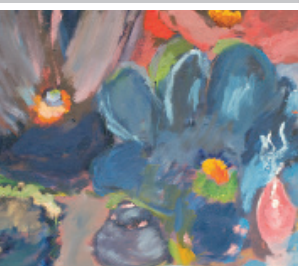
"Rain was a factor, but I was really happy with my time," Aaron Pike of Illinois, who finished first in the wheelchair division, told the Grand Rapids Press. "It was nice to come here and jump in a race."



## GUILD'S ART EXHIBIT IN FULL SWING

The 33rd annual Mary Free Bed Fine Arts Exhibition opened in April and runs through August 12 on the third floor of the Outpatient Therapy Center. This year, 30 artists are participating in the exhibition, sponsored by the Mary Free Bed Guild.

The exhibit promotes community awareness and provides a place for physically challenged artists to showcase their work. It includes acrylic and watercolor paintings, sculptures made of recycled metal, photography and embroidery. Some of the art is available for purchase.





## ENABLING MARY FREE BED TO THRIVE

To say Mary Free Bed is thriving is an understatement! It's not possible to sufficiently express our thanks to you for enabling that to happen.

Mary Free Bed has the will (and, with your help, the means) to expand upon our mission of providing *hope and freedom through rehabilitation* and turn itself into a national and world leader. We are well on our way. Our commitment to fill the gaps and voids in Michigan-based rehabilitative care to people, whether they are 1 day or 110 years old, requires that we include programs *under sponsored* (and often *wholly unsponsored*) by insurance carriers or government grants.

A national expert in Physical Medicine and Rehabilitation residencies recently said he believes Mary Free Bed is the only hospital system in the U.S. that has all the services a resident needs for training. In other words, our 65 current programs are the most comprehensive and diverse anywhere. The handful of organizations similar in scope to Mary Free Bed exist only in cities of 6 million or more people.

So why is it that such skill, experience, subspecialty, innovation, research, education and technology exist in a community of only 1 million people? It's because of statewide demand—and beyond. We've developed a reputation for enabling miracles to happen with unbelievable and breathtaking patient results.

With your ongoing support, we'll continue helping our patients thrive. Webster's Dictionary can't supply enough words to convey our thanks to you for supporting the remarkable work taking place at Mary Free Bed.

## FROM THE CEO

Kent Riddle



## PLANNED GIVING TO MARY FREE BED

### Chuck and Pat Bloom

Supporting Mary Free Bed is truly a family affair for Pat and Chuck Bloom.

As a registered nurse and teacher for many years in the nursing program at Grand Rapids Community College, Pat has a solid understanding of the benefits of inpatient and outpatient rehabilitation and of the specialized training required to do it effectively.

Pat and Chuck's son, Steve Bloom, is quite familiar with the ins and outs of physical rehabilitation, too. Steve is medical director of the Brain Injury Program at Mary Free Bed. He has worked here for more than two decades.

This passion and love for Mary Free Bed led the Blooms to include Mary Free Bed in their estate plan. "We want to do what we can to ensure the hospital continues into the future as a first class institution in West Michigan," Chuck said.

If you're interested in learning more about planned giving or would like to inform us that Mary Free Bed is already part of your estate plan, please contact Tim Pietryga at the Mary Free Bed Foundation by phone 616.840.8130 or email [tim.pietryga@maryfreebed.com](mailto:tim.pietryga@maryfreebed.com).



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### CONTACT

Phone: 616.840.8137  
Web: maryfreebed.com/foundation  
Email: foundation@maryfreebed.com

### STAFF

Timothy J. Pietryga  
Vice President, Advancement

Darrow Goodspeed  
Capital Campaign Director

Jocelyn Dettloff  
Annual Fund Director

Sydne Harris  
Administrative Assistant

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## A MARY EVENING IN EAST

Mary Free Bed employees, Guild members, former patients and community supporters gathered at Olive's Restaurant and Bar in East Grand Rapids on May 13 for a fundraiser to benefit the Mary Free Bed Foundation and the Betty Bloomer Ford Cancer + Wellness Program.

Olive's donated 20 percent of its sales that evening—and let CEO Kent Riddle and the Foundation's Tim Pietryga and Darrow Goodspeed serve as guest bartenders. Other participating merchants were Brush Studio, Snapdragon Boutique, Coiffeteria Salon, Lole, Micro Kickboard, Papers Plus, Mason Jones and Baby Mine.



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