

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 7 / Winter 2015

Mary Free Bed
Rehabilitation Hospital Foundation



UPCOMING EVENTS

- **April 20 – August 12, 2015**
Fine Arts Exhibition

Sponsored by the Mary Free Bed Guild
(Mary Free Bed Outpatient Therapy Center)

- **April 25, 2015**
Bikes for the Rest of Us

An introduction to adaptive bicycling
(Mary Free Bed Parking Ramp)

- **May 9, 2015**
25K Wheelchair and Handcycle Divisions

Fifth Third River Bank Run
(Downtown Grand Rapids)

- **May 13, 2015**
Evening in East

Shopping or dining in Gaslight Village
(Portion of proceeds benefits Mary Free Bed)



WHAT'S NEW

Mary Free Bed donors, Guild members, employees, friends and former patients participate in the February 9 ribbon cutting. They include, from left, Molly Krauss, David Frey, Darrow Goodspeed, Dr. Mike Jakubowski, Carson Conklin (hidden by scissors), David Muir, Kim Ridings, Chad Bush, Kent Riddle and George Heartwell.

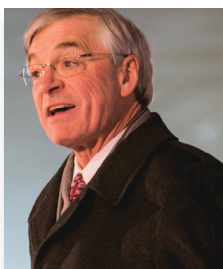
WEST ADDITION OPENING SOON

Mary Free Bed introduced its \$42 million West Addition in grand fashion last month, welcoming hundreds of donors, community members, elected officials, former patients and other invited guests to tour two floors of the six-story building in advance of its spring opening.

As the sun peeked through clouds, the Grand Valley State University Trumpet Ensemble opened the brief ribbon-cutting ceremony, which included words of thanks and inspiration from Mary Free Bed Guild President Kim Ridings, Grand Rapids Mayor George Heartwell and Mary Free Bed CEO Kent Riddle.

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The ribbon cutting ceremony included, from left, former inpatient Edye Evans Hyde, Vice President of Advancement Timothy Pietryga, the Rev. Chandler Stokes, Guild President Kim Ridings, Grand Rapids Mayor George Heartwell, CEO Kent Riddle and members of the GVSU Trumpet Ensemble.



INSIDE MARY FREE BED



Guild members, above from left, Shelley Mishler, Barbara Bunbury and Julie Ridenour smile for a photo in a patient room. Each room has a Michigan-themed mural on one wall.

“This is a very important day for Mary Free Bed and we thank you for being a part of this historic event.”

- Vice President of Advancement
Timothy Pietryga



Vice President of Strategic Initiatives Jeff Garber, above from left, joined Dr. Mike Andary, Physician Relations Manager Darci Luyk and Dr. Jim Swain at the reception. Mike Andary and Jim Swain are Sparrow Hospital physicians.



RIBBON CUTTING CEREMONY

◀ Continued from page 1

The addition takes Mary Free Bed from an 80-bed rehabilitation hospital to one that will have 167 beds, all in private rooms, as well as enhanced technology and more sophisticated patient care. This growth puts Mary Free Bed on a national stage by making it the fifth largest free-standing rehabilitation hospital in the country.

As Kent stood at the podium, his words echoed through the crowd: “This trajectory ends with one simple goal and it’s what we’re all about. It’s to return our fellow humans to the most function, the most hope, the most freedom, the most transformation from disability to ability, the most independence and to do it faster than anybody else can. This is what this facility is designed to do. That is what’s so exciting about this. That’s the human drama that will take place here every day.”

Next up is the \$24.4 million renovation of the existing campus, which is slated for completion in 2017. And when that’s finished, “there will be nothing, no facility in the entire field of rehabilitative medicine, that will be its equal,” Kent concluded.

Donors who attended the ribbon cutting reception included, above right, Marty and Sue Allen and Bill and Kathy Laidlaw. Also in attendance, at right, were Dan Pfeiffer and Chuck Bloom.



WHEELCHAIR & ADAPTIVE SPORTS



A WARM WELCOME FOR ADAPTIVE YOGA

Thanks to the terrific response to an adaptive yoga clinic in mid-February, Wheelchair and Adaptive Sports (WAS) is hoping this spring to launch a series of six-week adaptive yoga session.

“This is so beneficial for people with disabilities because it helps with balance, physical strength, breathing and stretching as well as self-esteem and body image,” says WAS Manager Maria Besta. “As soon as we emailed information, the response was immediate. People have been waiting for something like this.”

Shawn Mervenne, an occupational therapist who is certified to teach adaptive yoga, led the clinic. Shawn has been practicing yoga for 18 years and teaching it for more than a decade. And as a certified OT and a former Mary Free Bed employee, she also understands disability.

“Who knows what kind of fun we can have with this,” Maria says.



“Maybe we can take it on the road and introduce adaptive yoga to others around the state.”

- Wheelchair and Adaptive Sports Manager Maria Besta

Learn more about Mary Free Bed's Wheelchair and Adaptive Sports programs, clinics and teams at maryfreebed.com/sports.

MAKING A DIFFERENCE

Bob and Cyndi Kamps



KAMPS ARE STUCK ON MARY FREE BED

Four years ago, Bob Kamps was patching potholes in Kalamazoo County when he and a coworker were struck by an oncoming vehicle. Bob experienced a traumatic brain injury that eventually landed him at Mary Free Bed for two months in the summer of 2011.

Since his time as a Mary Free Bed inpatient, Bob also has been an outpatient, an adaptive golfer through Wheelchair and Adaptive Sports and a part of the Home & Community Services program.

"From the time we first came here, we made a connection with Mary Free Bed. We've been building relationships ever since," says Bob's wife, Cyndi.

About once a week, Bob and Cyndi are back at Mary Free Bed stuffing envelopes for a fundraiser, escorting new patients to their rooms or helping fold and organize MFB apparel. "It gets me out of the house," says Bob. "And it's something for us to do together," adds Cyndi.

They also share a commitment to supporting Mary Free Bed financially, both annually and in the capital campaign. "We feel pretty fortunate to have Mary Free Bed in our lives," Cyndi says.

MARY FREE BED MOMENTS



FOUNDATION DONATES STUFFED ANIMALS

Thanks to a donation from the Ella Bullis Foundation, all the pediatric patients at Mary Free Bed Rehabilitation Hospital will continue to receive a stuffed dog or bear during their rehabilitation stay.

Ron Bullis, founder of the Grand Rapids-based Ella Bullis Foundation, was on hand to oversee the Dec. 23 delivery of about 100 stuffed animals. This is the first-time gift from his foundation, created in 2009 to honor the memory of his daughter who was born prematurely and lived for only 18 days.

The stuffed animals come from Bedside Healers, a Michigan-based company that has donated stuffed animals to Mary Free Bed in the past. Each one has a strap so the animal can be attached to a wheelchair, bed post or a child's wrist.

And the donation came just in time, says Mary Free Bed's inpatient office assistant Linda Boyatt, "I was down to just one bear."



In addition to a stuffed animal, Mary Free Bed endeavors to supply each pediatric patient with a fleece blanket made by the Mary Free Bed Junior Guild and a Mylar balloon.

"The bears are a fun thing and they build camaraderie among the patients," says Boyatt.

Rob Bullis, center, and representatives from Bedside Healers deliver stuffed animals to Mary Free Bed.

IN SICKNESS AND IN HEALTH...

John and Linda Pincumbe plan to celebrate their 50th wedding anniversary in a big way this summer. The event will be quite a milestone, considering that an October, 2013 car crash nearly killed them both.

After the accident, the Pincumbes spent nine months in hospitals and rehabilitation centers before returning home to Schoolcraft last summer. For nearly three of those months, they were roommates at Mary Free Bed.



John, 70, had a brain injury and broken bones from shoulder to ankle. Linda, 69, also had a brain injury and serious injuries to her left leg. A year after the accident, doctors decided to amputate her lower leg. Linda is now adjusting to a prosthesis.

Through it all, Mary Free Bed helped the Pincumbes stay as positive and motivated as possible, they say. It was difficult — John says he was “ornery” at times — but worthwhile, both in terms of the function and independence the Pincumbes regained and the friendships they created.

“After we left Mary Free Bed, several therapists came to visit us. They brought chicken dinners from KFC and ate with us. Another time it was cinnamon rolls from a local bakery,” John says.

Now, when John and Linda return for a check-up or adjustment, they make sure to visit the nurses and therapists who made such a difference in their lives.

WHERE ARE THEY NOW? John and Linda Pincumbe



STORIES THAT MOVE YOU



AN UNLIKELY FRIENDSHIP

At first glance, Rebekah Karel and Marion Konyndyk didn't appear to have much in common. Yet Rebekah, a 21-year-old working on strength and flexibility following spine surgery, and Marion, a centenarian rehabilitating after a fall, found friendship during their time as inpatients at Mary Free Bed.

They ate meals together, chatted at bedtime and formed a strong bond despite the fact that “Miss Marion” was nearly 80 years older than Rebekah, whom Marion referred to as “Kiddo.”

After they graduated from Mary Free Bed's inpatient program, Rebekah and Marion promised to keep in touch. For the first couple of weeks, they spoke on the telephone nearly every day. But then Marion fell ill and was admitted to a local hospital. She passed away soon thereafter. With a heavy heart, Rebekah sang at Marion's funeral. She also reflected on Marion's sense of humor, generous nature and the strong faith they shared.

“There are those people in life that you just seem to click with, and Miss Marion was one of those people for me. We could chat and laugh for hours, or simply sit in silence — it always felt natural,” Rebekah says. “Miss Marion was a hilarious, warm-hearted and smart woman of God. I hope she'll be remembered for generations to come.”

INAUGURAL GALA



Outpatient IleneThaller, top, pauses to meet Amy Purdy outside of the therapy gym. Dr. Ben Bruinsma, above left, greets Amy with: "Would you like to dance?"

Former Mary Free Bed inpatient and quadruple amputee Pam Buschle, below, meets Amy Purdy during a pre-gala reception.



Keynote speaker Amy Purdy poses for photos with several gala guests, including Kent and Susan Riddle, above left, Mike and Sue Jandernoa and Shelly Corl.

GALA PROVIDES GREAT EXPOSURE FOR MARY FREE BED

The inaugural gala for the Mary Free Bed Foundation was a smashing success, raising more than \$100,000 for hospital programs and services.

Six hundred guests attended the sold-out event at the Steelcase Town Hall, which featured a keynote address from Amy Purdy, a bronze medalist in the 2014 Paralympic games and a finalist on ABC's "Dancing with the Stars." Amy contracted an infection at the age of 19 that resulted in the loss of both of her legs below the knee.

The black-tie-preferred evening featured a "cha-cha chic" theme, complete with live music from the Latin-inspired band, Grupo Ayé, and lively performances from Arthur Murray Dance Studio experts.

During her inspirational keynote address, Amy spoke about her brief stop at Mary Free Bed earlier that day. "It truly is a place filled with love and compassion," she said, adding that she wished such a place had existed when she was rehabilitating.

"I've learned that every challenge, every obstacle, every hardship, every failure, every accomplishment that I have ever had is a stepping stone to the path I walk today. And I believe that for all of us," Amy told those in attendance. "All of our challenges, if we make the choice, can be looked at as opportunities."



SPECIAL THANKS

Honorary Committee

Marty & Sue Allen
 John & Ann Cameron
 John & Marie Canepa
 Gregory & Amy Conway
 Bob & Shelly Corl
 Jim & Marianne Delavan
 Jean Enright
 Happy Fox
 David & Judy Frey
 Ralph Hauenstein
 Bob & Barb Herr
 Win & Kyle Irwin
 Mike & Sue Jandernoa
 Kevin & Molly Krauss
 Arend & Nancy Lubbers
 David & Linda Mehney
 Ron & Shelley Mishler
 David & Leah Muir
 Terry & Maureen O'Rourke
 Peter & Pat Renucci
 Gale & Ellen Satterlee
 Kate Pew Wolters

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 Wendy Mika
 Linda Newton
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 Pamela Pietryga
 Peni Reed
 Susan Riddle
 Carol Springer
 Don Taylor
 Diane Vander Maas
 Deb VanderZyden
 Randi Wilson
 Lynn Yardley



Dancers from the Arthur Murray Dance Studio, above, dazzle the crowd with their energy and talent. Amy Purdy, at right, discusses her appearance on "Dancing with the Stars" during her keynote speech.



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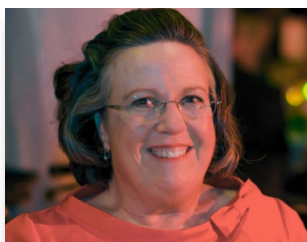
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GUILD HIGHLIGHTS



MARY FREE BED YMCA



“Both Mary Free Bed and the YMCA are big parts of my life and I’m excited to have them be partners in this.”

– Eric Chase, wheelchair athlete

MARY FREE BED YMCA TO OPEN LATE THIS YEAR

The Mary Free Bed Guild and the Greater Grand Rapids YMCA have joined forces to create the Mary Free Bed YMCA, a first-of-its-kind Y slated to open late this year in Cascade Township.

The \$30 million facility will be universally designed, which means it will take accessibility to a new level to accommodate people with all types of abilities and disabilities. “Everybody, no matter their level of ability, will be able to make use of the facility without having to enter through a side door or exercise in one corner,” says Guild President Kim Ridings.



Mary Free Bed's John F. Butzer and Maria Besta join Guild members Shelley Mishler and Kim Ridings at the groundbreaking.

The Mary Free Bed Y will be home base for the growing number of Wheelchair and Adaptive Sports teams, including wheelchair basketball, tennis, softball, rugby and other adaptive sports. Inpatients at Mary Free Bed will visit the Y for recreation therapy outings, too, allowing them to see people with disabilities going about their lives right alongside able-bodied people.

“It will be like no other YMCA in the country and will stand as a model for collaboration and inclusion,” says Ron Nelson, CEO of the YMCA of Greater Grand Rapids. Mary Free Bed CEO Kent Riddle added, “The facility will be a win, win, win for our patients, former patients and the community as a whole.”

GROWTH AND TRANSFORMATION, THANKS TO YOU

You probably feel the same sense of renewal and gratitude that I do in this New Year. Personally, I'm thankful to work with exceptional therapists, nurses, physicians, staff, volunteers and donors who are as dedicated as I am to Mary Free Bed's mission and patients. Those of you who know me, know that I'm "all in" for Mary Free Bed. I can assure you, so are the staff and volunteers!

It has been a bit of a whirlwind here at Mary Free Bed. We're finishing construction of the West Addition and beginning the two-year process of converting the old hospital and campus into a state-of-the-art outpatient rehabilitation facility. There will be nothing like it when it's complete.

Our expansion across the Lower Peninsula continues.

- In Kalamazoo, the inpatient rehabilitation unit at Borgess is now under Mary Free Bed's leadership.
- Our new post-acute joint venture with Bronson is the first of its kind in the nation.
- Last year, we set the stage to become a research institution. This year, we've committed to become a teaching hospital for graduate medical education.
- Low costs, coupled with the highest patient outcomes and satisfaction rates in Michigan, are creating quite a buzz among employers and insurance companies.

We have been able to quickly transform and grow because of your support, encouragement, vision and generosity. This is Mary Free Bed's time! Together, you and I are transforming a statewide leader into a national leader. And we've only just begun!

FROM THE CEO

Kent Riddle



PARTNERING, AGAIN, WITH MSU

Mary Free Bed's focus on education and research took another step forward in November when Michigan State University College of Human Medicine created a division of rehabilitation medicine and named Mary Free Bed's John F. Butzer, M.D., to lead it.

Dr. Butzer is director of the John F. Butzer Center for Research and Innovation at Mary Free Bed and was the hospital's chief medical officer for 29 years. The partnership with MSU means students will have the opportunity to complete a clinical rotation at Mary Free Bed and Mary Free Bed's rehabilitation doctors will become a part of the MSU faculty.

In addition, the Butzer Center for Research and Innovation is working with the Rehabilitation Institute of Chicago on grant-funded research into more intensive stroke rehabilitation and with Grand Valley State University on new treatments for cerebral palsy.



Dr. Marsha Rappley, dean of the MSU College of Human Medicine, selected Dr. John F. Butzer to lead the newly created division of rehabilitation medicine.

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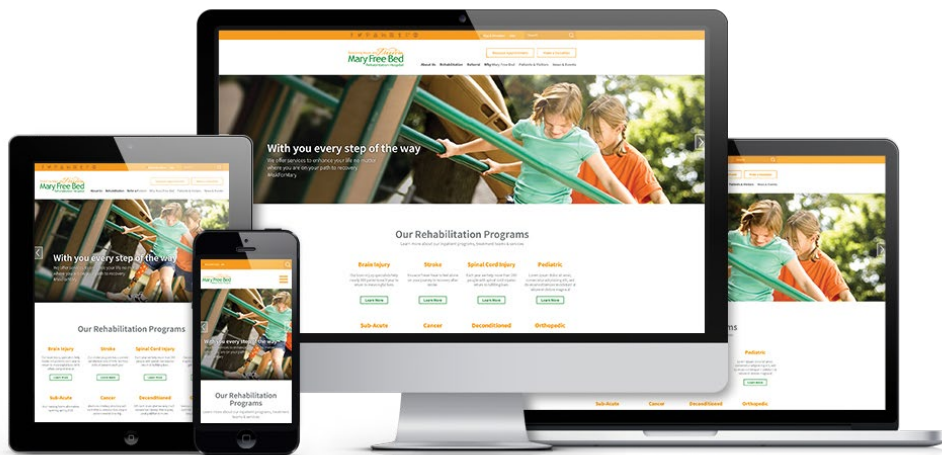
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NEW WEBSITE LAUNCH

This spring, our Department of Communications and External Relations will debut an entirely new maryfreebed.com. Because the website will be mobile friendly, patients and families will be able to quickly find information, whether they're in front of a computer at home or on a mobile device sitting bedside in a hospital.

In addition to incorporating an eye-catching design, the new website will highlight the photos and videos that tell our patients' stories of hope, freedom and success.



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