

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 10 / Summer 2016

Mary Free Bed
Rehabilitation Hospital Foundation



WHAT'S NEW

'JOIN THE MOVEMENT' CAMPAIGN A HUGE SUCCESS

Mary Free Bed's "Join the Movement" capital campaign, the largest in the hospital's 125-year history, has exceeded its \$16 million community goal by nearly \$1 million.

The campaign supports the \$66.4 million expansion and renovation project that includes the new West Building addition, making Mary Free Bed the fifth-largest freestanding rehabilitation hospital in the United States.

Thanks to the generosity of nearly 500 donors, the hospital will continue to be a leader in rehabilitative technologies and advancements that will help more children and adults in Michigan and beyond achieve even better outcomes.

"While I'm not surprised at the outpouring of support for Mary Free Bed, I continue to be amazed at the number of lives this incredible organization has touched," said Kate Pew Wolters, co-chair of the

campaign along with Arend (Don) Lubbers. "For me, it's a matter of paying it forward to an organization that has given me – and continues to give me – my independence."

Campaign contributors have been able to see the impact of their gifts on patients from West Michigan and across the country through the transformative project, which was kicked off by a \$16 million lead gift from the Mary Free Bed Guild.

Mary Free Bed Rehabilitation Hospital marked the first anniversary in March of the opening of the new West Building addition, and renovation of the existing main building also is on target.

Plans call for an early October grand re-opening celebration of the first floor, which will serve as the main entrance and registration area for the entire Mary Free Bed campus, featuring optional valet

parking and a greeter to assist patients with mobile check-in. The bright and inspirational lobby area will feature large suspended glass art sculptures, fountains and a Community Donor Wall recognizing the generosity of donors to the "Join the Movement" capital campaign.

When renovations to the main building are complete, work will begin on the adjacent Professional Building, which will house a new conference center and hospital administration offices.

The community's investment in this project positions the hospital on the forefront of innovation and excellence in rehabilitative healthcare. Mary Free Bed is now far and away the regional leader in rehabilitation – serving more patients with more services, higher satisfaction ratings and better outcomes. We are so grateful to our donors for being part of this success.

UPCOMING EVENTS

Through Aug. 31

Fine Arts Exhibition

Sponsored by Mary Free Bed Guild

Mary Free Bed Rehabilitation Hospital Professional Building

July 7–10

Midwest Wheelchair Tennis Tournament

MVP Athletic Club, Crahen

July 25–29

Junior Wheelchair Sports Camp

Grand Valley State University

Sept. 21–Oct. 9

ArtPrize

Mary Free Bed Rehabilitation Hospital

Main entrance lobby

Early October (Date TBD)

Grand Re-Opening

Mary Free Bed Rehabilitation Hospital

Main entrance lobby

Nov. 5

Mary Free Bed Foundation Gala

featuring comedian Craig Ferguson

DeVos Place

INSIDE MARY FREE BED

SUSAN FORD BALES VISITS MARY FREE BED FOR BETTY BLOOMER FORD CANCER PROGRAM DEDICATION

Mary Free Bed officially dedicated the Betty Bloomer Ford Cancer Rehabilitation Program in a brief ceremony April 12 attended by the daughter of its namesake as well as administrators, staff and patients.

“It continues the legacy of the family and our involvement at Mary Free Bed,” said Susan Ford Bales, daughter of President Gerald R. Ford and First Lady Betty Ford.

A wall display on the hospital’s third floor commemorates the cutting-edge initiative to provide high-quality, cost-effective rehabilitative care for cancer patients. It features both Betty Ford and her mother, Hortense Neahr Bloomer, who were strong supporters of Mary Free Bed. Hortense Bloomer served as president of the Mary Free Bed Guild, which governs the hospital, from 1931 to 1932; Betty Ford was a founding member of the Junior Guild in 1935. Susan Ford Bales is an honorary member of the guild.

The First Lady revolutionized how people view cancer after being diagnosed with breast cancer in 1974, using it as an opportunity to raise awareness and encourage early detection and treatment. Bales noted rehabilitation therapy following treatment played a significant factor in her mother’s recovery.

“Betty Ford was such a remarkable person. Her

willingness to be open and advocate for women with breast cancer has made such a difference,” said Dr. Christian Vandenberg, Mary Free Bed’s Chief of Staff, who heads the program. “It was one of the most important events of that time as it relates to breast cancer awareness and patient care. That movement toward early identification and the treatment options we have now has made such a difference in so many people’s lives.”

The Betty Bloomer Ford Cancer Rehabilitation Program, the first of its kind in West Michigan, is a pioneering step for the nationally emerging sub-specialty. The program, which includes customized inpatient, outpatient and home or community programs, helps cancer patients achieve maximum cognitive, emotional and physical functioning while improving quality of life.

Since the 2013 inception of the Betty Bloomer Ford Cancer Rehabilitation Program, more than 430 cancer survivors have been admitted for inpatient rehabilitation. The outpatient program also has seen a significant increase in services provided to cancer survivors being treated for symptoms related to side effects of their cancer treatments and/or the cancer itself.

The inaugural Betty Bloomer Ford Cancer Rehabilitation Conference held May 6 in Grand Rapids drew healthcare professionals from across the country.



(L-R) Chief Medical Officer Dr. Michael Jakubowski, Nurse Practitioner Stacy Dunning, Program Coordinator Lorraine J. Pearl-Kraus, Susan Ford Bales, Chief of Staff Dr. Christian Vandenberg, Chief Executive Officer Kent Riddle



WHEELCHAIR & ADAPTIVE SPORTS

It's been a busy spring once again for the Wheelchair & Adaptive Sports Program.

RIVER BANK RUN PARTICIPATION GROWS

More than 50 athletes with disabilities competed in the May 14 Fifth Third River Bank Run, the 27th consecutive year that the Mary Free Bed Guild sponsored the 25K Wheelchair Division and the 11th for the 25K Handcycle Division. Both divisions saw an increase this year with 38 handcyclists and 14 in the Wheeler division.

"Our registration numbers were higher than last year, which is fantastic," said Christy VanHaver, race director for the Wheelchair and Handcycle divisions. "The fact that it is an Olympic year has been helpful."

U.S. Paralympics Track and Field Team member Aaron Pike of Savoy, Ill., who will compete in the 2016 Olympic Games in Rio de Janeiro, Brazil, won the Open Para division of the Wheeler division. Kendall Gretsche, of Madison, Wis., a Team USA Paratriathlete, took first in the Open Women division of the Wheeler division. Brad Baumann, winner of the 2015 Michigan Handcycle Racing Series, returned to the River Bank Run for the fifth year in a row. Baumann, a former Mary Free Bed patient from Zeeland, Mich., coaches the Mary Free Bed Handcycling Team. He won the Male Other Handcycle Division for the second consecutive year.

BIKES FOR THE REST OF US REMAINS POPULAR EVENT

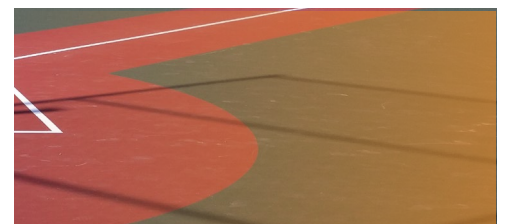
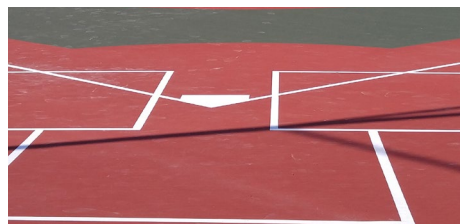
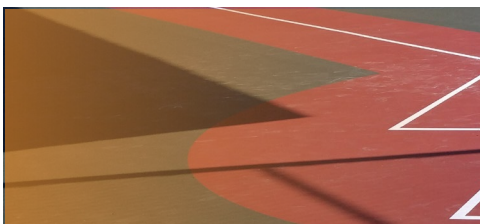
In April, 70 former patients from 3 to 80 years old participated in Bikes for the Rest of Us, Mary Free Bed's annual adaptive bike event. More than 60 volunteers, including recreational, physical and occupational therapists, helped evaluate and fit children and adults for bicycles, tricycles and handcycles customized to accommodate their specific needs.

"A bike allows people with disabilities the chance to get outdoors into places they can't go with their wheelchair," said Maria Besta, manager of the Wheelchair & Adaptive Sports program. "These bikes enable people to ride like everybody else."

The Mary Free Bed Guild generously helps offset the cost of adapted bikes and equipment for participants.

WHEELCHAIR SOFTBALL TOURNAMENT DEBUTS AT MARY FREE BED YMCA

This spring also marked the inaugural Mary Free Bed Wheelchair Softball Tournament at the Mary Free Bed YMCA, which serves as home base for Wheelchair & Adaptive Sports' basketball, rugby and softball teams. The Mary Free Bed YMCA is the first health and wellness facility in the world specifically designed to serve all individuals regardless of ability.



MAKING A DIFFERENCE

MARY FREE BED GAVE ME A CHANCE,

DAVID LULENSKI

In 1997, David Lulenski was 18 years old and ready to start his sophomore year at the University of Arizona when he was involved in a car accident that nearly cost him his life. He was thrown more than 40 feet from a Jeep and hit the side of a house, head-first. After spending nearly three weeks in an Arizona hospital, he was transferred to Mary Free Bed for rehabilitation.

"The hospital in Arizona saved my life," David said. "It was the choice to rehab at Mary Free Bed that gave me the chance to live a successful and independent life."

He graduated from Mary Free Bed following two-and-a-half months of intense rehabilitation for his traumatic brain injury. A few years later, David graduated with distinction from the University of Michigan - Dearborn with a bachelor's degree in Economics.

His father, Gary, a retired physician, celebrated his son's graduation and recovery by working with Mary Free Bed to create the Lulenski Residency in Neurological Physical Therapy. This marks the program's 14th year, thanks to the



generous annual donation from the Lulenski family. The 15th resident will begin in October. The 12-month residency is a collaboration between Mary Free Bed and Grand Valley State University.

For the past six years, David has worked as an account clerk in the Berrien County Friend of the Court office and lives independently. He serves on the committee that selects residents for the program.

"I go through ups and downs like any other person in life and every day strive to be a better person, knowing I was indeed given a second chance," he said. "Mary Free Bed offers hope ... survivors, family and friends will be indebted to this hospital forever."

STORIES THAT MOVE YOU

JODI SCOTT TACKLES ADVERSITY WITH HOPE, DETERMINATION

Loss is a word Jodi Scott knows all too well. In the span of three years, she lost three people she loved dearly: her mother, boyfriend and best friend. During that time, Jodi also lost all of her fingers and thumbs in a 2013 fire that destroyed her childhood home in Harrison, Mich.

"It's been hard, but I believe God has a plan, a reason for everything," said Jodi, who suffered burns on her face, arms and hands while trying to extinguish the fire caused when a candle fell over. The burns were so deep on her hands that her fingers and thumbs had to be amputated. She's had more than 30 surgeries, including 10 as an outpatient.

After nearly three months in the hospital, she was referred to Mary Free Bed for rehabilitation. She can accomplish many everyday tasks and even learned to write again, one of the former teacher's favorite things to do. A year later, she began working with prosthetist



Katie Johnson, who designed and engineered bionic hands for her with the help of prosthetic technology company Touch Bionics.

She travels 216 miles twice a week to Mary Free Bed for occupational therapy with her new hands, testimony to her determination.

Jodi, who recently married, views her new normal as an opportunity to help others. She shared her story during the Mary Free Bed Foundation's "Let Freedom Spring" luncheon in May and will serve as an ambassador for Touch Bionics.

"I feel like I have a chance for a normal life," Jodi said. "I'm happier than I've ever been. I want to help other people see it's possible to weather the worst of storms. I want to give them hope."

WHERE ARE THEY NOW?

JOSIE HULL

FORMERLY CONJOINED TWIN WORKS HARD FOR INDEPENDENCE

Josie Hull and her sister, Teresa, made national headlines 13 years ago when doctors separated the conjoined twins. Born in Guatemala, the girls were just one year old when they were brought to the United States for the 23-hour life-saving surgery at UCLA Medical Center in Los Angeles. Since then, both girls have made great strides.

Josie, an active 14-year-old, has tackled her mobility challenges with the help of Mary Free Bed. CEO Kent Riddle and Chief Medical Officer Michael Jakubowski met Josie and her mom, Jenny, at a 2014 conference in San Diego and invited them to see what our team of experts could do to help increase her mobility.

During their most recent visit in March, Josie worked with certified orthotist Lance Weersma to develop an orthosis that helps her stand independently and eventually walk on her own.

“Josie refers to them as her ‘new legs,’” Lance said.

The goal is for Josie to develop better upper body and core strength so she eventually will be strong enough to begin eliminating portions of the orthosis, he explained.

The Hulls, who live in California, will return to Mary Free Bed about every three months.

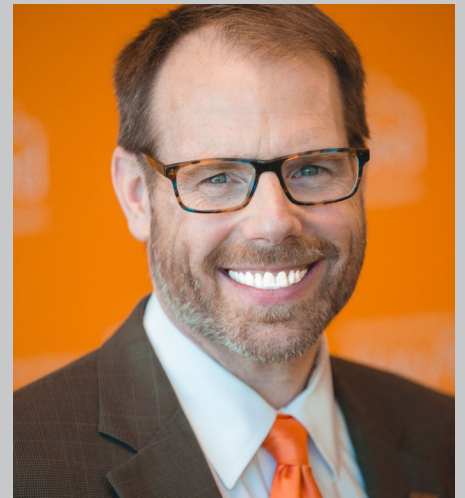
“They don’t shy away from hard work and welcome challenges if it means a brighter future,” Lance said. “We can modify her device to help her advance her legs when therapeutically walking. While it’s fairly large, it does allow us to start making steps to a more active, independent and joyful life for Josie.”

Mary Free Bed already has helped Josie reach one of her goals: During eighth-grade graduation ceremonies in May, she walked across the stage to receive her diploma to a standing ovation.



FROM THE CEO

The Gift of Family



With all of our technological capabilities and comprehensive services, there’s one overarching factor at Mary Free Bed – family. As old fashioned as it sounds, a culture of family permeates all we do.

Because of the nature of the injuries and illnesses we treat, our patients typically remain with us for a couple of weeks. That’s more than long enough to adopt them into the Mary Free Bed family, supporting them and their families as we work together to meet new life goals.

There also are bonds between staff members. We celebrate our joint accomplishments and support each other through personal tough times, such as illnesses, house fires and many other adversities. The Mary Free Bed Guild governs with its heart, hosting multiple thank-you programs for staff throughout the year.

If you haven’t experienced our family, it may seem too good to be true. A new therapist recently said: “I had always heard about the ‘Mary Free Bed culture’ and did not really know what it meant. Now that I’m here, I get it and it’s real.”

Yes, there is a palpable family culture at Mary Free Bed. With gratitude, I thank you for wanting to join our family. It’s our fuel and our compass. And it’s our gift to you.

LET FREEDOM SPRING/MARY EVENING IN EAST

Mary Free Bed employees, former patients, Guild members and supporters joined us for two special annual fundraisers this spring: the foundation's Let Freedom Spring luncheon and A Mary Evening in East.

The Let Freedom Spring luncheon at Watermark Country Club featured messages of hope from Mary Free Bed patients Jodi Scott and Eric Westover.



A Mary Evening in East drew Mary Free Bed friends to Gaslight Village in East Grand Rapids for shopping at Brush Studio, Snapdragon Boutique, Lole, Mason Jones, Papers Plus, Coiffeteria Salon and Coastal Cruising Threads and treats at Olive's Restaurant. Businesses offered discounts and contributed a portion of sales to support the foundation and Mary Free Bed's Betty Bloomer Ford Cancer Rehabilitation program.



GUILD HIGHLIGHTS

GUILD CELEBRATES CENTER FOR LIMB DIFFERENCES' 70TH ANNIVERSARY

In addition to celebrating Mary Free Bed's 125th anniversary this year, the Guild is marking the 70th anniversary of the Center for Limb Differences caring for young patients with congenital and acquired limb differences. When it was established in 1946, the center – then known as the Juvenile Amputee Training Program – was the first in the nation to focus exclusively on helping infants, children and teenagers become as independent as possible.

By the early 1950s, the program became known as the Area Child Amputee Center and provided treatment and consultation to children from across the country. In 2000, the name was changed to the Center for Limb Differences to encompass the spectrum of diagnoses seen.

"We are extremely proud of the work our Center for Limb Differences has done over the past 70 years," said Guild President Carol Springer. "Our incredible team continues to provide our patients with limb deficiencies the opportunity to gain or regain their independence through innovation, rehabilitation and an unbridled passion to restore hope and freedom to everyone who walks through our doors."

Teenager Ella Gillies has been a patient since she was a baby. Born without tibias, Ella became a double amputee when she was just six months old and has prosthetic legs.

"I really am normal and anybody else like me is normal," Ella said. "There's not an actual good definition for what normal is, because everybody is different in their own way."

Mary Free Bed's Center for Limb Differences was founded by physicians Charles Frantz and George Aiken, world-recognized experts in the field of pediatric limb differences. They pioneered the concept of multidisciplinary treatment, combining orthopedic and prosthetic care. They subsequently included therapeutic and psychosocial disciplines. The Grand Rapids program permanently changed the perception of children with amputations and the medical treatment they received.

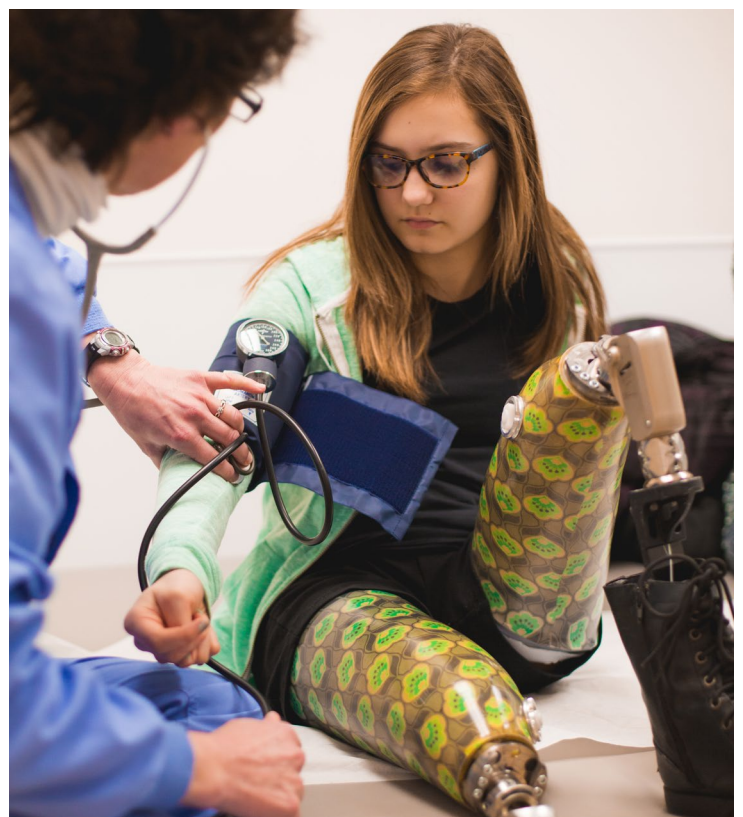
Today, the team is led by pediatric orthopedic surgeons Dr. Michael Forness and Dr. Lisa Maskill, who specialize in these problems. Pediatric specialists also include a physical therapist, an occupational therapist, prosthetists, orthotists, nurses, social workers, recreational therapists, psychologists and physiatrists.

"I consider it an honor to work here," said Dr. Forness. "We're addressing all components of the patient – the psychological, social and physical aspects. We're trying to help them succeed in life. We're working together with the family – the family is part of the team, as far as I'm concerned – and it's just a very rewarding experience."

Treatment plans are crafted to meet the unique needs of each patient, including young people with a broad range of congenital amputations and syndromes, brachial plexus problems, acquired amputations and those undergoing frame treatment for limb lengthening or angular correction and limb salvage. The center also manages prosthetic fitting and orthotic recommendations and integration into school, recreation and transitions into adulthood.

The center, a founding member of the national Association of Children's Prosthetic-Orthotic Clinics, is housed in a family friendly environment at Mary Free Bed.

"I think it's fabulous," said Brande Gillies, Ella's mother. "I hope it's around forever, because there are definitely a lot of kids and parents who need that kind of support. They're doing a really good thing here."



NEWSWORTHY

THREE MEMBERS JOIN BOARD

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The Mary Free Bed Foundation would like to welcome three new members to the Board of Trustees: **Greg Conway, Janet Haynes and Dr. Michael Jakubowski.**



Greg is an active community member with a long career in the banking industry. In addition to serving on the hospital's Board of Trustees, he is involved with numerous nonprofit organizations, including Heartside Ministries and The Salvation Army. Greg, who became familiar with Mary Free Bed after his brother became an inpatient, is passionate about baseball, fishing and Michigan State University, his alma mater.



Janet, a Grand Rapids resident, is a retired judge. She started her career as a registered nurse, then taught clinical nursing when she started law school. She practiced law in Grand Rapids before serving as a Kent County Probate Judge for 19 years. Janet has had her own Mary Free Bed experience as an inpatient. "I'm a great fan of Mary Free Bed," she said. "I'm proud to wear my 'I graduated from Mary Free Bed t-shirt.'"



Dr. Jakubowski is Mary Free Bed's Chief Medical Officer. He was educated at Cornell University and at the University of Michigan's medical school. He is board-certified in internal medicine and Physical Medicine and Rehabilitation. Mary Free Bed's reputation and the opportunity to practice with a group of equally superb physiatrists brought him to Grand Rapids. His clinical interest over the years has been inpatient rehabilitation and an outpatient focus on pain and spine problems.



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