

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 28 / Fall 2022

Mary Free Bed[®]
Rehabilitation Hospital Foundation



UPCOMING EVENTS

Oct. 8 & 9
Wheelchair Rugby Thunderfest
MSA Fieldhouse

Nov. 5 | 6 p.m.
Thrive
DeVos Place, benefitting the
Orthotics & Prosthetics +
Bionics program

Nov. 19 & 20
Keep up the Pace
Junior Wheelchair Basketball
Tournament, Mary Free Bed
YMCA

Dec. 3 & 4
**Mary Free Bed Invitational
Adult Wheelchair Basketball
Tournament**
Mary Free Bed YMCA

WHAT'S NEW

CHANGING LIVES AND LIVELIHOODS: ANNOUNCING A NEW JOINT VENTURE

Looking to the future for Michigan's kids, Mary Free Bed and BSHS Spectrum Health announced they will be building and operating a free-standing hospital dedicated exclusively to children's rehabilitation. The hospital will be part of a joint operating agreement with Helen DeVos Children's Hospital.

Since 2016, the number of children Mary Free Bed has treated across Michigan has increased more than 73%. Last year, Mary Free Bed cared for 57% of Michigan's children who needed inpatient rehabilitation. Some days there are more patients than pediatric beds in Grand Rapids. Our outpatient gyms are bursting at the seams. While Mary Free Bed is safely addressing these issues

during times of high patient volume, these formerly unusual times are now far too common.

In a news conference held at Mary Free Bed on July 12, Governor Gretchen Whitmer announced a \$10 million allocation from the Michigan state budget for the project. It will be the state's first children's rehabilitation hospital.

"We believe there are kids who would greatly benefit from rehabilitation who aren't receiving it," said Mary Free Bed CEO, Kent Riddle. "This new hospital is expected to serve 20% more patients by the third year of operation."

The facility will be built on Wealthy Street across from

Mary Free Bed; the buildings will be connected via a skywalk. The kids hospital will serve with both outpatient and inpatient care and offer distinctive spaces for recreation, analysis, Orthotics & Prosthetics + Bionics and education.

Fundraising for the \$60 million project is underway and will continue for the next two to three years. The hospital is projected to be fully operational in 2024.

For more information about the new Mary Free Bed Children's Rehabilitation Hospital, contact Darrow Goodspeed at darrow.goodspeed@maryfreebed.com.

THRIVE

2022 REHABILITATION CELEBRATION

THE MARY FREE BED FOUNDATION

JOIN US!

Saturday, November 5
DeVos Place

Tickets are on sale.
Sponsorships available.

For more information:
maryfreebed.com/thrive

Inside Mary Free Bed

NEW ART THERAPY PROGRAM

Thanks to generous donors with a passion for music, Mary Free Bed launched its music therapy pilot program in 2017. The program has been wildly successful, and it's now an established program supported by philanthropy.

Because of the significant impact music therapy has had on our patients, we are thrilled to announce an art therapy pilot program. The program has been made possible by an anonymous donor, the Beusse & Porter Foundation and the Mary Free Bed Guild.

Like music therapy, art therapy is an intervention that uses the creative process. Through art, patients explore their emotions, develop self-awareness, improve reality orientation, reduce anxiety and increase self-esteem.



In June, certified art therapist Libby Smith, MA, ATR-P, began working with Mary Free Bed patients to help them heal and recover. Art therapy, combined with physical therapy, has been

shown to not only considerably decrease depression, improve physical functioning, and increase quality of life, but also improve concentration, self-confidence, and one's motivation for meeting their recovery goals.

From a rehabilitation perspective, art therapy can help with cognition, fine motor skills, memory, concentration/focus, social skills and communication/language abilities. Art therapy can also offer deep emotional healing which is critical for overall recovery and wellness.

Philanthropically supported programs have a direct impact on our patients and their outstanding recoveries. If you are interested in making a contribution to support art therapy at Mary Free Bed, please contact Laura Dulay at laura.dulay@maryfreebed.com.



RESTORING HOPE AND FREEDOM WITH A LITTLE FAITH!

Our totally-pawsome recreational therapy team is growing by leaps and hounds.

The newest member of our rec therapy team, Faith, is a 3-year-old golden retriever. Faith is an Animal Assisted Intervention (AAI) Therapy Dog and a highly trained specialist in her field.

Faith comes to us from the big heart and generosity of an anonymous donor. Being an AAI therapy specialist takes a lot of time and training. Faith has been training with the experts at Paws with a Cause for two years (that's 14 dog years!). She's currently onboarding with our lead AAI therapy dog, Vandy, and learning her way around the hospital.

We are grateful to this anonymous donor, as well as Pet Supplies Plus, which supports Vandy and Faith by providing items that keep them healthy and happy both at work and at home.



DONATION FROM GUITAR CENTER FOR MUSIC THERAPY

Thanks to a generous gift from the Guitar Center, music therapy obtained new instruments.

STORIES THAT MOVE YOU



LET FREEDOM SPRING

For the first time in three years, Let Freedom Spring took place in person. On May 11, Friends came together at Frederik Meijer Gardens and Sculpture Park to celebrate Mary Free Bed. The event raised over \$80,000 to support our mission of restoring hope and freedom.



Jordan Carson, WOOD TV8, eightWest co-host and Live Local-Give Local director, eloquently emceed the event. Ryan Podvin, Mary Free Bed Rehabilitation's chief financial officer, and a

Mary Free Bed graduate himself, provided guests with an insightful update.

"The last two years may have been both the most exciting and the most challenging to date," Podvin said. "We launched new programs and partnerships and served a record number of patients – almost 80,000 last year. We opened a new hospital in Saginaw Mary Free Bed at Covenant; and we crossed state lines, expanding our network

into Georgia, Illinois and North Carolina. We've diversified our staff, our leaders, our boards and our donors. We know that if the diversity of our staff reflects that of the community, our care will be better."

The highlight of the day was Olivia Arent's story of recovery. In May 2020, she and her fiancé Alex were walking near Holland Hospital where Olivia worked as a registered nurse. A speeding car crossed onto the sidewalk, hitting both of them. They recovered at Mary Free Bed, but Olivia had more extensive injuries – including a traumatic brain injury.

Olivia was driven and determined – challenging her therapists to think of creative methods to aid her recovery. Music therapy, a program supported 100% by philanthropy, played a pivotal role in her cognitive recovery.

She and Alex attended the lunch and Olivia shared heartfelt remarks.

"If I had not been a patient at Mary Free Bed, I truly believe that I would be nowhere close to where I am today in my recovery,"

said Olivia. "My whole team at Mary Free Bed was so attentive to personalize my care plan. I was not a patient that fit into a "cookie cutter" mold, and my team was so creative and intentional to discover what would push me to the next level in my personal road to recovery."

Olivia graduated from Mary Free Bed after a 76-day recovery. In September, Alex got down on one knee (something he worked on in therapy) and asked Olivia to marry him. They were married in December 2020.

You can watch more of Olivia's story [here](#).

COMMUNITY PARTNER HIGHLIGHT



Pictured from left to right: Marissa Roden, Content Coordinator, Eastbrook Homes; Sarah Titus, Marketing Manager & Graphic Designer, Eastbrook Homes; Jeni Rummelt, Junior Wheelchair Sports Camp - Group C Leader; Raigan Novotny, Marketing Intern, Eastbrook Homes

CONTRIBUTING TO A BETTER COMMUNITY

Eastbrook Homes believes in supporting organizations that strive to improve the community. It proudly supports Mary Free Bed and our rehabilitative care for kids and families, with a focus on recreational therapy and the Wheelchair & Adaptive Sports program.

“There is no greater joy than creating opportunities for kids who want to play sports, join clubs, pursue hobbies, and just have fun” says Mick McGraw, Eastbrook Homes president and CEO.

Eastbrook Homes has been part of the West Michigan community for over

50 years. In 1967, John Bouma started the company, building fewer than 100 starter homes a year. They established a reputation for always building more home for the money. When Mick McGraw became the President and CEO, the company began to expand into new markets, offer new home types and give back to our local communities.

It was important to Eastbrook to invest in a larger part of the community that may not be included in their customer base. They specifically work with organizations that provide women and children

resources related to housing and physical needs.

“We do more than just create a good product; we contribute to a better community,” said Mick. “Thank you, Mary Free Bed, for your efforts, we are honored to support such a great cause.”

If you are interested in learning how you can become a Community Partner Sponsor, please contact Laura Dulay, development director, at 616.840.8729 or laura.dulay@maryfreebed.com.



NEW BOARD LEADERSHIP - LEE PEREZ, LINDSAY BENEDICT

The Foundation is proud to announce our new board leadership. At the annual meeting in May, Lee Perez was elected chair of the board of directors, and Lindsay Benedict was elected vice chair. Lee currently works as president of Carter Products and has served on the Foundation’s board since 2015. Lindsay Benedict has expertise in business development with Mars-Wrigley, Inc. and Greenleaf Foods. She has served on the board since 2018. During their service, both have made significant contributions to the work of the Foundation and Mary Free Bed. We are thrilled to welcome Lee and Lindsay to their new leadership roles.

We would also like to extend a very special thank you to Tim Arter, who has served as chair since 2013, starting in that role only six months after the Foundation was officially established. Tim has led the board through many successful efforts over the past nine years, including the Foundation’s unprecedented growth. Thank you, Tim!

WELCOME, ASHLEY!



Ashley Koop joined the Mary Free Bed Foundation team in April as an event planner. Ashley is passionate about and committed

to helping people. In and out of her professional life, she is always finding herself in the middle of planning fun and memorable events for the people around her.

Ashley may be new to the Foundation, but she’s worked at Mary Free Bed since 2019 serving as an education program coordinator. Within the education department, Ashley assisted in the development of a variety of educational programs including the Mary Free Bed Education Academy.

Ashley looks forward to seeing the joy and lasting memories created at Mary Free Bed Foundation events and serving the extensive network of trusted donors connected to the mission of restoring hope and freedom.

WELCOME NEW FOUNDATION BOARD MEMBERS

We are pleased to welcome Marcus Jackson, vice president and community & economic development manager with Fifth Third Bank, to the Mary Free Bed Foundation Board of Directors. Marcus joined Fifth Third in 2021 and oversees the bank’s regional compliance with the Community Reinvestment Act, cultivates and leads community partnerships, and executes community development and social responsibility strategies. Marcus has been involved with several professional organizations including the University of Michigan Health – West impACT Board, treasurer of the Wayne County CRA Association, the Heart Challenge Executive Leadership Team, and the National Entrepreneurs Association. Marcus is also a current board member of the Grand Rapids Community College Foundation.



Amy Stuursma is a current Mary Free Bed Guild member and executive director of the East Grand Rapids Schools Foundation. Prior to her work with the Foundation, she was an educator who worked as a teacher consultant, kindergarten teacher and special education teacher in the East Grand Rapids Public Schools. She was also a volunteer board member of the East Grand Rapids Schools Foundation for six years.

Amy has been a community leader for many years and currently serves as president of the Michigan Education Foundation and the State Representative for the National Education Foundation Association. She lives in Grand Rapids with her husband Peter and three children. Amy also loves to spend free time with family and friends enjoying Lake Michigan.

MARY FREE BED GUILD

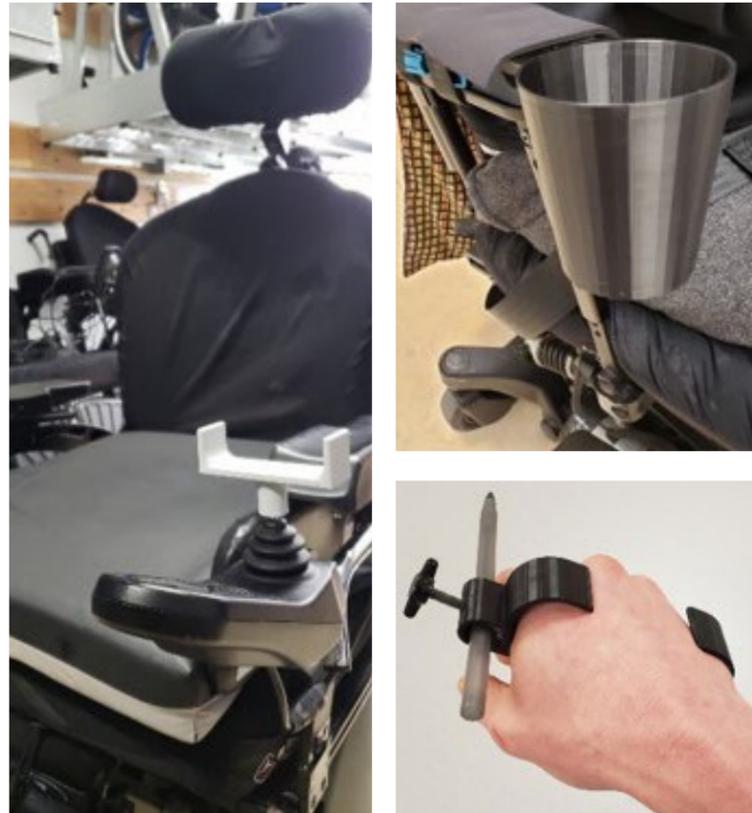
3D-PRINTED THERAPY TOOLS

Thanks to the generosity of the Mary Free Bed Guild, therapists now have a 3D printer available to them to create customized tools and items for patients. Jamie Schumaker, occupational therapist and team leader for spinal cord injury rehabilitation, underwent in-depth training, which included AutoCAD, to learn how to use the printer and create customized templates.

With this latest technology, patients with limited hand, finger and wrist function can have customized items made for them – items like a powerchair joystick/control, a wrist splint to provide stability, or a variety of hand splints that help to hold eating utensils, a stylus or a pen. Other 3D-printed items include cup holders, hand/finger splints for typing and a compression device for an amputee’s residual limb.

“Before having the printer, we would create these items using an expensive, bulky splinting material,” says Schumaker. “Now, the tools are much more durable and can be produced at a fraction of the cost.”

Custom printed items can be used as part of therapy and then taken home when the patient graduates. With this new technology on hand, Mary Free Bed therapists can meet the unique needs of patients and help them achieve a level of independence.



MARY MOMENTS



MARY FREE BED STAFF AND DIGNITARIES HONOR PRESIDENT FORD'S BIRTHDAY

On July 14, in honor of former President Gerald R. Ford's 109th birthday, members of the Mary Free Bed clinical staff joined local and national dignitaries in the honor of placing a wreath at the gravesite of President and Mrs. Ford. Dr. Ralph Wang and Michelle Limo, RN, represented local health care workers at the request of the Ford family. The Ford family has a long connection with Mary Free Bed, as Betty Bloomer Ford's mother, Hortense, was president of the Guild, and her daughter, Susan Ford Bales, is an honorary Guild member. Our Betty Bloomer Ford Cancer Rehabilitation Program is also named for the former first lady.

WHEELCHAIR & ADAPTIVE SPORTS



LOCAL PARALYMPIAN HONORED AT MARY FREE BED GOLF OUTING

During a break in play at the annual Mary Free Bed Open, long-time coach and athlete Lee Montgomery was surprised and honored with the announcement of a sponsorship fund in his name.

The Lee Montgomery Athlete Assistance Fund was established thanks to the generosity of The Meijer Foundation. Montgomery is a former employee of Meijer,

having retired after a 37-year-long career with the Grand Rapids-based business.

The fund will support and empower athletes with physical disabilities who train competitively in adaptive sports. Awards from this fund will help athletes reach their next level – both on and off the field of play.

“Coach Lee,” as he is most commonly known in and around Grand Rapids, has been supporting wheelchair sports athletes since 1980. Lee medaled in the Paralympics, traveled the world playing sit volleyball, wheelchair basketball and wheelchair tennis. In 2006, he was inducted into the Grand Rapids Sports Hall of Fame.

GIFTS & GRANTS

- Beusse & Porter Foundation
- Blue Cross Blue Shield Michigan
- CareLinc Medical
- Centennial Securities
- Comstock Park Rotary
- Dooge Family Foundation
- Doornink Foundation
- Fifth Third Bank
- Guitar Center Music Foundation
- Jack & Aletha Goodale Family Foundation
- Kent County Medical Society Alliance
- Kiwanis of Michigan Foundation
- Lake Michigan Credit Union
- Michigan Paralyzed Veterans of America, Inc.
- Saladin Shriners
- SpartanNash, Inc.
- The James and Kimberly Currie Foundation
- West Michigan Works

Mary Free Bed

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WISH LIST

The Mary Free Bed Foundation often receives requests for specialized equipment and technology to help patients during their rehabilitation journey. If you'd like to fulfill a wish, please contact Darrow Goodspeed at 616.840.8196 or darrow.goodspeed@maryfreebed.com.

MobileMat Platform with FootMat Software The Mary Free Bed Gait Lab is equipped with 12 high speed, motion-capture cameras and other highly specialized equipment which generate 3D models of movement patterns to help assess and analyze children's gait patterns and issues. A new foot pressure mapping system is needed. This is used to assess where pressure is occurring through the foot during ambulation. The system helps clinicians make treatment decisions regarding bracing and surgery for foot reconstructions, etc., for those with conditions like cerebral palsy (CP), brain injury, stroke, multi-trauma and spina bifida. (\$8,700)

Quickie Side Guards for Sports Chairs The side guards are positioned between the wheel and seat of the chair at the hip level to prevent rubbing of the athlete's legs/hips from the wheel which can cause bruises, cuts and sores. Adding these guards will allow us to properly and safely fit athletes with a chair, so they can participate in the program. (\$1,300; 20 requested - 10 pairs)

Traveling Zoo Visits from John Ball Zoo These special excursions provide adult and pediatric patients the enjoyment of up-close encounters with live zoo animals during their stay at MFB. Ideally, these would occur once a month (April-Nov.). This program will bring joy to our patients at a time when they need it the most. (\$500 - 850; allows 4 - 8 visits/year)

Cerebral Palsy Square Float This supportive floatation device is secure, stable and has an adjustable seat which attaches to the float. It forms the basis for many aquatic techniques and allows smaller CP swimmers to kick and splash freely while sitting upright in supported comfort. (\$240)

