

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 16 / Summer 2018

Mary Free Bed[®]
Rehabilitation Hospital Foundation

WHAT'S NEW



Doug Carney, director of Facilities Management; Kent Riddle, president and CEO; Carol Springer, outgoing Guild president and Melissa Todd, Mary Free Bed Inn manager

EXPANSION OF INN AT MARY FREE BED PROVIDES HOME AWAY FROM HOME FOR MORE PATIENTS, FAMILIES

Nicholas Burrell comes to Mary Free Bed Rehabilitation Hospital each week for outpatient therapy, traveling about 90 minutes from his home north of Shelby, Michigan. It's a fairly long trek, but staying overnight at the Inn at Mary Free Bed makes it possible.

Nicholas, 32, arrives in the afternoon for a therapy session, then stops for a bite to eat in the cafeteria before heading to the inn to rest and sleep before a second therapy session the next morning.

"It's very helpful to have the inn available as a place to stay," Nicholas said. "Otherwise, it wouldn't have been feasible for me."

In January 2017, Nicholas was scouting for a place to fish in an unfamiliar area when he fell through the ice. He developed such severe frostbite that doctors were forced to amputate both of his legs. After spending several weeks at Mary Free Bed in the inpatient Amputee Program, he graduated to outpatient therapy and has been working with the Orthotics & Prosthetics + Bionics team on customized prosthetic legs. The distance from his home makes staying at the inn a convenient option for Nicholas and others who live far from Grand Rapids.

Continued on page 2

THE INN AT MARY FREE BED FEATURES AND AMENITIES

- Spacious, fully accessible suites and rooms with flat-screen televisions, wireless Internet access, phone, climate control and room-darkening blinds.
- Universal access includes comfortable seating and tables that raise and lower. Kitchenette with under-counter refrigerator. Open bathroom without threshold to shower containing mounted seat, grab bars and adjustable showerhead.
- Easily accessible by hallways connecting the Mary Free Bed Professional Building and a skywalk across Lafayette Avenue to the main hospital and Outpatient Therapy Center.
- Complementary continental breakfast served daily, sponsored in part by SpartanNash
- Dining area with microwaves
- Community area with a computer workstation
- Reserved parking

UPCOMING EVENTS

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

July 13-15
Midwest Wheelchair Tennis Tournament
MVP Athletic Club, Crahen

July 23-27
Junior Wheelchair Sports Camp
Grand Valley State University

Sept. 8
Rhoades McKee Reeds Lake Triathlon
(Mary Free Bed is charitable beneficiary)
East Grand Rapids

Nov. 3
Mary Free Bed Foundation Gala
DeVos Place

Mary Free Bed Tours
June 19, July 11, Aug. 14, Sept. 18,
Oct. 10, Nov. 13 and Dec. 12
Space is limited, and reservations
are required.
Email kelly.koerner@maryfreebed.com.
Tours begin at 11 a.m.

MARY FREE BED RAISES NEARLY \$30,000 IN ART VAN CHARITY CHALLENGE TO PLACE 5TH, EARN \$10,000

Thanks to the generosity of our donors, the "Give to Mary" Art Van Charity Challenge was a huge success! We raised \$29,682 for our Patient Assistance Program and placed fifth out of 34 competing organizations from across the Midwest. The Foundation will be awarded an additional \$10,000 cash prize. Thanks again for helping us to restore hope and freedom through rehabilitation to those who need us.

Continued from cover

Mary Free Bed is celebrating the opening of 10 additional rooms at the inn and renovations to six existing rooms. In 2017, more than 3,700 people stayed at the inn. The expansion provides thousands of additional patients and families with a convenient lodging option.

The Foundation hosted a ribbon-cutting for donors to celebrate the inn's facelift – the final phase of Mary Free Bed's \$66.4 million expansion and renovation project. Housed in the Mary Ives Hunting Center on the corner of Lafayette Avenue and Wealthy Street, the inn is conveniently located on Mary Free Bed's downtown Grand Rapids campus.

Nicholas, for one, is glad for the option.

"Mary Free Bed is the best place for me, so I'm thankful the inn is here," he said. "It's nice and quiet, and the people here are helpful and understanding. I sleep well when I'm here."



INSIDE MARY FREE BED

DONORS ARE 'CHAMPIONS OF HOPE AND FREEDOM'

The Mary Free Bed Foundation provides a critical community connection for the hospital's meaningful work. Our doctors, therapists and nurses are experts in rehabilitation and possess the skills to enable patients to reach their full potential.

Donors play a significant role in Mary Free Bed's mission to restore hope and freedom to patients by helping the Foundation provide more than \$13 million in charitable care each year. This resource ensures patients receive the care they need to achieve the best possible outcome, in spite of insurance gaps or ability to pay.

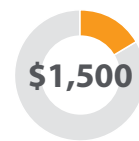
The Foundation recently introduced its Champions of Hope and Freedom major gifts program, which invites donors to partner with us at various giving levels. Champions are thanked for their generosity with special access to events, unique opportunities to engage with Mary Free Bed leadership, physicians and researchers, as well as recognition in donor listings.

Dick and Deb VanderZyden are among our Champions.

"A friend became ill and spent several weeks at Mary Free Bed," Deb said. "We personally witnessed the commitment Mary Free Bed employees showed each patient and their families. Through love, humor, patience and tenacity, they worked with every patient to help them gain independence. By becoming Champions, we hope to assist future patients who may not be able to afford all that Mary Free Bed has to offer so they can live a more independent and healthy life."

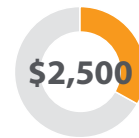
For more information, please contact Darrow Goodspeed, Major Gifts and Donor Relations director, at 616.840.8196 or darrow.goodspeed@maryfreebed.com.

JOIN THE CIRCLE



Free Bed

Covers the cost of one inpatient night at Mary Free Bed



Innovator

Buys a custom prosthetic limb to increase mobility for a child



Philanthropist

Sponsors three wheelchair athletes for a year, including coaching, uniforms and travel expenses



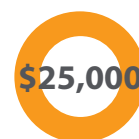
Benefactor

Provides telehealth technology at an offsite location to reach underserved markets with our rehabilitation expertise



Visionary

Trains a clinician to detect cerebral palsy in young children and minimize its impact through early intervention



Trailblazer

Provides two high-tech machines to assess balance and help therapists plan effective treatment



ELLA DEFIES ODDS AFTER SUSTAINING TRAUMATIC BRAIN INJURY IN CRASH

When patients graduate from Mary Free Bed, they're given a green T-shirt signed by those who cared for them. The messages for Ella Merrill contained a couple of key words: "amazing" and "miracle." And rightly so.

When Ella came to Mary Free Bed on Dec. 29, the 16-year-old from Edwardsburg, Michigan, was in a coma. Two weeks earlier, she sustained a traumatic brain injury when the car she was driving struck a school bus on an icy roadway. She was taken to Elkhart General Hospital in nearby Elkhart, Indiana, then transferred to the Pediatric Intensive Care Unit at Memorial Hospital in South Bend.

"When she arrived here, she was storming," said Dr. Lisa Voss, who explained that patients who are storming are unable to control their autonomic nervous system. "She couldn't control her blood pressure, she couldn't control her heart rate, she wasn't controlling her temperature. She would have massive spasms of her muscles."

While Dr. Voss and fellow pediatric physiatrist Dr. A.J. Rush worked to get her storming under control, Ella developed respiratory issues, and she was rushed to the emergency room at Mercy Health St. Mary's Hospital, adjacent to Mary Free Bed. She was placed on a ventilator to help her breathe. She spent the next 10 days at Helen DeVos Children's Hospital for care before she was stable enough to return to Mary Free Bed to resume rehabilitation.

An MRI showed damage to Ella's brain was worse than originally thought, leading doctors to believe she may remain in a vegetative state, Voss said. Arrangements were made to teach her parents how to care for Ella at home.

Then she woke up.

Ella slowly began to regain consciousness, at first crying or laughing, or making small movements.

"Then one morning, as we were getting her dressed, she looked at me and said 'I miss Sally,'" said her mother, Heather Zile. Sally is Ella's dog. "She's been on an upward trajectory ever since.

"Where medicine ends, God takes over. She's truly a miracle, and we are beyond blessed."

Ella continued to work hard with her physical, occupational, speech and recreational therapists in Mary Free Bed's Pediatric Program. She grew stronger, slowly learning to talk, stand and walk again. And her memory gradually began to return.

"I beat the odds," Ella said.

Indeed, she has. Ninety days after her accident, Ella walked out of Mary Free Bed with her parents and headed home to her family – and to cuddle with Sally.

To watch a video chronicling Ella's journey, visit [youtube.com/maryfreebed](https://www.youtube.com/maryfreebed).

BROOKLYN RAISES MONEY FOR MARY FREE BED TO HONOR HER GRANDMA

Brooklyn Hammer is just 8 years old, but she already knows what she wants to be when she grows up.

"I'm going to either U of M, MSU or GVSU to become a physical therapist," said Brooklyn.

While that may seem like a lofty goal for a second-grader, Brooklyn's familiar with the field. She often visited her grandmother, Marsha Hammer, when she was a patient at Mary Free Bed during the summer of 2017.

"Brooklyn fell in love with Mary Free Bed," Sarah said. "She thought all of the nurses and therapists were very nice and very good at their jobs. During this experience with her grandma, she realized that when she was older would like to be a physical therapist and hopefully work at Mary Free Bed one day."

Sadly, Brooklyn's grandmother passed away on Feb. 13. To honor her memory, Brooklyn decided to raise money to donate to Mary Free Bed. Over the course of two months, she did extra chores around the house, talked with family and friends about her desire to help others and put her own piggy bank money in a pickle jar with a 'Mary Free Bed' label on it. She raised \$428.64.

"Then she got an assignment for school to perform a random act of kindness," Sarah said. "She thought bringing the money to Mary Free Bed would be her random act."

So Sarah and Brooklyn drove from their home in Middleville to Mary Free Bed to deliver the gift.

"I know \$428 isn't a ton of money, but for a little girl it really is," Sarah said. "She still talks about how Mary Free Bed helped her grandma. She wants to work there and make a difference in someone's life, just like they did in her grandma's life."

WHEELCHAIR & ADAPTIVE SPORTS



WHEELCHAIR BASKETBALL BRINGS OUT COMPETITIVE NATURE IN 10-YEAR-OLD GINESSA

Ginessa Aguirre is a spunky 10-year-old with a long brown ponytail who likes making slime, watching YouTube and cuddling with her cat, Smokey. She also likes cooking and baking with her mom, Nora.

But what Ginessa likes most is playing basketball.

“I like to steal the ball,” she said.

See? Spunky.

Ginessa plays for the Junior Pacers Prep Team, one of 15 competitive teams offered by Mary Free Bed Wheelchair & Adaptive Sports for children and adults with physical disabilities.

Ginessa was just three years old when she sustained a spinal cord injury in a tragic automobile accident in December 2010 near her hometown of Hartford. She was hospitalized at Bronson Methodist Hospital for a week before being transferred to Mary Free Bed Rehabilitation Hospital for rehabilitation. She spent one month in the inpatient Pediatric Program and the next seven months receiving outpatient care.

“We literally lived at the Mary Free Bed Inn the entire time Ginessa was a patient,” Nora said. “We are so grateful we were able to stay there so Ginessa could get all the therapy she could.”

As she grew, so did Ginessa’s interest in sports. She played softball, basketball and bowled with a hometown program for children with special needs.

“The sports weren’t wheelchair-adapted, so she was discouraged and quit playing,” Nora said. “When she tried wheelchair basketball, she didn’t want to play anything else. Every player plays in a wheelchair. This is big to her, because she sees it as fair play.

“She is very competitive when she plays, and she likes being noticed on the court by others as an aggressive player.”

The Aguirres — including Ginessa’s father, Gerardo, and sometimes her older siblings — travel nearly two hours from Hartford to Grand Rapids for Ginessa’s once-a-week practices with the Junior Pacers, plus tournaments across Michigan and out-of-state.

The practices typically follow recreational therapy sessions in the Outpatient Rehabilitation Center at Mary Free Bed.

“Wheelchair basketball is what she looks forward to,” Nora said. “It makes her extremely happy.”

THUNDER, JUNIOR PACERS WIN NATIONAL CHAMPIONSHIPS

The Grand Rapids Thunder quad rugby team captured its first national title – the 2018 United States Quad Rugby Association Division II championship – and the Mary Free Bed Junior Pacers clinched the NIT division championship at the 2018 National Wheelchair Basketball Tournament.

The No. 2-seeded Thunder defeated the top-seeded Northridge Knights of California, 58-52, in the wheelchair rugby tournament April 21 at Ability360 Sports & Fitness Center.

“I’ve played rugby for 15 years, and this was the most exciting finish to a season ever,” said Thunder coach Nick Long, who has coached and also played for the team since its inception seven years ago.

Designed specifically for quadriplegics, the sport is fast-paced and highly aggressive. Using heavy-duty sport chairs, contact often results in collisions that flip players on their sides.

The Thunder is made up of players who range in age from 24 to 48.

The Junior Pacers – top seed in the NIT division – defeated the Motor City Wheelz 43-41 to clinch the title. The wheelchair basketball tournament was held April 12-15 at the Kentucky Exposition Center in Louisville.

The Junior Pacers, who last year won the national Junior Division Varsity Championship, is made up of West Michigan athletes with physical disabilities, who range in age from 14 to 18.

Both teams are sponsored by Wheelchair & Adaptive Sports, one of the largest programs of its kind in the U.S. WAS serves more than 1,200 people annually through competitive teams, clinics, classes and events.

Generous individual donors, businesses and foundations provide 95 percent of the funding for the program. Thank you for helping to fulfill our mission to engage people with disabilities in sports and recreation.



GOLF OUTING BENEFITS WHEELCHAIR & ADAPTIVE SPORTS

Our 2018 golf outing to benefit the Wheelchair & Adaptive Sports program drew a record number of golfers this year. We would like to extend a heartfelt expression of gratitude to our sponsors, golfers, volunteers, staff and host course Thousand Oaks Golf Club for making the annual outing a tremendous success. This event not only is a fun and lively golf outing but also a driving force in increasing the availability of competitive and recreational sports for children and adults with disabilities. Mark your calendar for next year's event on Monday, June 3.



GIFTS & GRANTS

LOSEE FAMILY FUNDS TREADMILL FOR HOLLAND PEDIATRIC REHABILITATION

The Faith Marie Losee Fund, a component fund of the Grand Haven Area Community Foundation, was established by Todd and Diane Losee after the passing of their infant daughter in 2006. A beautiful and lasting memorial to their daughter, Faith Marie, the fund is intended to benefit the health of babies, children and the families that care for them.

An active and athletic family, the Losees generously granted the resources necessary to acquire a physio treadmill for Mary Free Bed's Holland Pediatric Rehabilitation office. The addition will help reduce travel time and provide a state-of-the-art piece of equipment to help patients who live in the lakeshore area.

The Mary Free Bed Foundation also is thankful for the generous support from the following organizations:

- AdvisaCare*
- Airway Oxygen*
- Arthur Murray Dance Studio, Grandville*
- Arthur Murray Dance Studio, Kentwood*
- CareLinc, Inc.*
- Cascade Community Foundation*
- CDV5 Foundation*
- Diversified Medical Staffing*
- Fremont Community Foundation*
- Grand Haven Community Foundation*
- James & Almeda Vander Waals Foundation*
- Lake Michigan Credit Union*
- Perrigo Co. Charitable Foundation*
- Saladin Shriners*
- SpartanNash*
- West Michigan Sports Commission*
- Wyoming Community Foundation*

AWARDS & HONORS

MOMENTUM EARNS PROOF AWARD

The Mary Free Bed Foundation's newsletter, Momentum, was honored with a Silver PRoot Award by the West Michigan chapter of the Public Relations Society of America. Each year, WMPRSA recognizes the work of local public relations and marketing professionals. Momentum is produced with Mary Free Bed's Marketing team.

In addition, a promotional poster for the Foundation's 2017 Gala received a Gold ADDY Award from the American Advertising Federation of West Michigan. The poster was designed by Extra Credit Projects, a Grand Rapids advertising agency.

GUILD HIGHLIGHTS



DON'T MISS GUILD ART SHOW

It's not too late to catch the Mary Free Bed Fine Arts Exhibition! Dozens of works of art, from paintings to photographs and drawings, will be on display through June 27 in the Professional Building. This marks the 36th year the Mary Free Bed Guild has sponsored the annual event, which spotlights works by Michigan artists with disabilities, many of them former patients.

The event promotes community awareness and education, while providing a showcase for artists. The Guild purchases selected works each year for permanent display on campus. Many works are available for sale to the public.

The Professional Building, 350 Lafayette Ave. SE, is open to visitors from 10 a.m. to 4 p.m. Monday through Friday.

PARALYMPIANS LEAD CHARGE IN RIVER BANK RUN HANDCYCLE, WHEELCHAIR DIVISIONS

Fifty athletes competed in the 25k handcycle or wheelchair divisions of the May 12 Fifth Third River Bank Run, races sponsored by the Mary Free Bed Guild for men and women with disabilities.

Despite wet and cold weather conditions this year, athletes turned in competitive finishes. Paralympian Tom Davis of Fremont, Indiana made his return to the River Bank Run after a three-year hiatus to finish first in the handcycle division and break the course record. Aaron Pike (pictured in top photo), a Paralympian from Park Rapids, Minnesota, returned for his fourth consecutive year to win the wheelchair division.

The River Bank Run is the largest road race in the country and the only race in the world to offer a 25K wheelchair division.

Many of the athletes who competed are former Mary Free Bed patients introduced to adaptive sports through the hospital's Wheelchair & Adaptive Sports program, one of the largest in the country. The Guild has sponsored the wheelchair division for the past 29 years and the handcycle division for 13 years.

Another popular spring event – Bikes for the Rest of Us – once again was a success. Dozens of volunteers helped to fit about 80 children and adults with disabilities with their own bike during the April 28 event. For some, it was the first time they rode a bike. For others, it was another step toward an independent life.

New models of adaptive bikes range from \$800 to \$6,000 for racing handcycles. The Mary Free Bed Guild contributes to the purchase price for youngsters and adults with a disability who received Mary Free Bed services and demonstrated financial need.



ACPOC MEETING ATTENDEES VISIT MARY FREE BED

Grand Rapids hosted the annual meeting of the Association of Children's Prosthetic-Orthotic Clinics (ACPOC), an international organization founded here 40 years ago. Its mission is to promote interdisciplinary team development and collaboration, support research in children's prosthetic-orthotic care, disseminate information to children's clinics and improve the lives of patients and their families through education.

Planning was a collaborative effort led by Julie Honeycutt, a physical therapist in Mary Free Bed's Center for Limb Differences, and Wendy Mika and Mindy Whiteside of Mary Free Bed's Business Development team. The Guild sponsored a dinner for ACPOC attendees and helped to lead tours of the hospital.





Mary Free Bed alumnus Marcus Fairfield shares his rehabilitation story with guests



Amy Van Andel, Susan and Kent Riddle



GALLERY

Mary Free Bed employees, Guild members and friends gathered to show support at the Foundation's popular spring fundraisers, A Mary Evening at Olive's, and the Let Freedom Spring luncheon.

Proceeds from A Mary Evening at Olive's benefited the Betty Bloomer Ford Cancer Rehabilitation Program. At the Let Freedom Spring luncheon at Frederik Meijer Gardens & Sculpture Park, guests donated more than \$81,000 to help restore hope and freedom to our patients and their families.



Clockwise, starting from bottom left and going around the table, Tom Fredrickson, Marilyn Fredrickson, Jan Lippert, Maureen O'Rourke, Chuck Lippert, Terry O'Rourke



Kevin Krauss and Dr. Michael Jakubowski, Chief Medical Officer



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WELCOME, KELLY!

Kelly Koerner joined the Foundation in February as administrative assistant. She's responsible for database administration, event coordination and assisting team members.

Kelly brings a wealth of experience and education in nonprofit management to the Foundation team. She previously worked for Worksighted, Inc. in Holland as personal assistant to the president and for the Children's Healing Center in Grand Rapids in its development office.

Kelly is a Chicago area native who moved to West Michigan in 2012 to attend Grand Valley State University. As an undergraduate student, she focused on public and nonprofit management, and earned a bachelor's degree in Allied Health Sciences.

Please join us in welcoming Kelly to the Mary Free Bed family!

