

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 17 / Fall 2018

Mary Free Bed[®]
Rehabilitation Hospital Foundation



WHAT'S NEW

JOIN US NOV. 3 FOR MARY FREE BED'S 'THRIVE' REHABILITATION CELEBRATION

The Mary Free Bed Foundation is hosting "Thrive," its 2018 rehabilitation celebration to support programs, therapies and patient care that restores hope, freedom and independence. The Nov. 3 gala at DeVos Place in downtown Grand Rapids will focus on raising funds for the hospital's pediatric cerebral palsy program.

The gala's featured guest is singer Johnny Manuel. The Flint native was a contestant last year on NBC's hugely popular "America's Got Talent" talent show competition. For his audition, Manuel performed Whitney



Houston's "I Have Nothing," stunning judges. A video of his performance drew over 270 million views on Facebook. An audience favorite, Manuel advanced throughout Season 12 until bowing out in the semi-final.

Manuel's performance is among the highlights planned for the fifth-annual "ties and heels" gala, which includes a cocktail reception, dinner, program and dancing.

The foundation's premier fundraising event will be emceed once again by West Michigan speaker and entertainer Tim Cusack. It promises to be a fun night filled with amazing stories, fun and friends.

MARY FREE BED FOUNDATION GALA

When: Nov. 3,
6 p.m. cocktail reception,
7 p.m. dinner, 8 p.m. program

Where: DeVos Place,
303 Monroe Ave. NW

Tickets: \$200 per person; event sponsorships available. To purchase tickets or reserve a sponsorship, visit maryfreebed.com/gala.
Deadline is Oct. 20.

More info: Contact Jocelyn Dettloff,
616.840.8204 or
jocelyn.dettloff@maryfreebed.com.

"Thanks to our team of rehabilitation experts and our generous donors, patients can restore their lives and thrive," said Timothy Pietryga, the foundation's vice president for Advancement.

UPCOMING EVENTS

Oct. 16

A Mary Mixer at One Trick Pony
Fundraiser to support the Stroke Rehabilitation Program
One Trick Pony, 136 E. Fulton St.

Oct. 27

Halloween for the Rest of Us parade
Mary Free Bed Rehabilitation Hospital

Nov. 3

Mary Free Bed Foundation Gala
DeVos Place, 303 Monroe Ave. NW

Dec. 1-2

**Mary Free Bed Invitational
Pacers Wheelchair Basketball Tournament**
Mary Free Bed YMCA, 5500 Burton St. SE

Jan. 12-13

**Keep Up the Pace
Junior Pacers Wheelchair
Basketball Tournament**
Mary Free Bed YMCA, 5500 Burton St. SE



Wheelchair basketball athletes from across the country, including our own Pacers, will compete in the upcoming Mary Free Bed Invitational.

Mary Free Bed Tours

Join us for a tour of Mary Free Bed!
Tours begin at 11 a.m.

Oct. 10, Nov. 13, Dec. 12,
Jan. 15, Feb. 13 and March 12.

Reservations are required; email
kelly.koerner@maryfreebed.com.

INSIDE MARY FREE BED



MARY'S THERAPY PLAYGROUND PROVIDES A FUN, HEALING SPACE FOR OUR YOUNGEST PATIENTS

A playground is a happy place where children can explore, learn and grow. At Mary Free Bed Rehabilitation Hospital, it's also a haven for healing, hope and freedom.

Mary's Therapy Playground is a joyful new space where the hospital's youngest patients can work on their rehabilitation goals in a safe, secure and accessible environment. The outdoor area was designed to support therapy disguised as play for children of all abilities.

"Our patients are kids, and kids play," said pediatric physical therapist Andrea Dennis. "This new space provides an opportunity for kids to be kids while working on their rehabilitation goals."

Located adjacent to the outpatient pediatric department, Mary's Therapy Playground features elements that are fun and functional. Patients in Mary Free Bed's inpatient and outpatient programs with a range of diagnoses and abilities can work on cognitive, physical and social skills.

The playground features equipment that enables patients to work on coordination and fine motor skills:

- Climbing structures
- Musical elements, including chimes and drums
- Rock-stacking station
- Sensory play table
- Slide
- Stairs
- Gear panels
- Cement areas for chalk
- Benches

The playground expands the therapeutic opportunities young patients have and equips them with the confidence and ability to navigate more effectively in unfamiliar environments, Andrea said.

"We wanted the playground area to provide an accessible environment for our patients and a safe space for us to practice the skills necessary for them to successfully participate in play activities out in the community," Andrea said. "I'm confident there is something in the space for every child to enjoy."

Mary's Therapy Playground is part of the Mary Free Bed Foundation's Therapeutic Healing Gardens project. The \$1.3 million project, funded solely by donors, includes seven separate gardens around the Grand Rapids campus that provide healing spaces for patients. (See related story on page 3.)

"We are so grateful to everyone involved in this project," said Darrow Goodspeed, the foundation's Major Gifts and Donor Relations director. "Everything we do is about restoring hope and freedom, which wouldn't be possible without the generous support of this community."



Pediatric physical therapist Jennifer Kampfschulte and patient Makenzie Greer use play to work on therapy goals.

THERAPEUTIC HEALING GARDENS

Main Entrance Circle Garden \$400,000*

This newly developed and landscaped area prominently located in front of Mary Free Bed's main entrance is the first thing patients and visitors see when they arrive. The area features bench and chair seating for patient therapy and socialization. Artist Jerry Catania's glass sculpture is the focal point, and flagpoles add formality.

Recreation Therapy Courtyard \$200,000*

(See related story.)

Mary's Therapy Playground COMMITTED

This secure and colorful space enables our youngest patients to re-engage with the outdoors and step, climb and conquer obstacles to reach their therapy goals.

Therapath Garden \$250,000*

The largest garden space anchors the most prominent corner of campus. Designed as a customized mobility course for patient therapy, this project is a renovation of the existing area to create an improved garden of hope, a reminder that there is life full of meaning and purpose beyond rehabilitation.

North Garden \$225,000*

Located between Mercy Health Saint Mary's cafeteria and Mary Free Bed, this outdoor space will include an area for patient therapy with activities and games as well as seating for visitors and staff to enjoy lunch.

Conference Center Garden \$165,000*

Directly south of the Professional Building on Lafayette Avenue, outside the Meijer Conference Center, this space will convey the Mary Free Bed culture to visitors attending conferences and events.

Wealthy Street Entrance Garden \$50,000*

Renovations in the garden area at the entrance to Mary Free Bed's campus will complement existing signage illustrating patient goals of Hope, Freedom, Inspiration and Ability.

**Estimated cost of completion*



GARDENING-AS-THERAPY HELPS BETTY BLOOM

Betty Wustman loves tending to the flowers at her Byron Center home ... bountiful roses and hydrangeas, beautiful flowering baskets and beds, and a house full of African violets.

"I love, love, love flowers," said Betty, 74, who came to Mary Free Bed after being diagnosed with polymyositis, an uncommon condition that causes muscle weakness.

Betty's love for flowers is why her recreational therapist, Katie Harrington, incorporated gardening into her rehabilitation plan. Because her condition affects muscle strength, working in the hospital's Recreation Therapy Courtyard enables Betty to work on therapy goals while doing something she enjoys.

"It's so relaxing," Betty said. "I love getting outside in the fresh air and sunshine."

Tucked between the Main Building and the Bernedine Keller and Barbara Hoffius Center, the therapeutic garden space features adaptive beds bursting with flowers and vegetables. It also includes a variety of seating areas for patients and families to enjoy.

During her recreational therapy sessions, Betty prunes and dead-heads flowers to improve her fine motor skills and uses a watering can to strengthen her arms and upper body.

"The therapeutic gardening area is beneficial for our patients, because they recognize their abilities to continue to engage in what they love," Katie said. "Gardening can be healing in more ways than one, from physically boosting our self-esteem to providing stress relief and more."

The garden is part of the Mary Free Bed Foundation's Therapeutic Healing Gardens project that provides restorative spaces for patients. The \$1.3 million project is funded by donations from the community.

Located throughout campus, the outdoor gardens will be either newly created or vastly improved with plants, paths and tranquil spaces.

Donations can be made by contacting Darrow Goodspeed, the foundation's Major Gifts and Donor Relations director, at darrow.goodspeed@maryfreebed.com. Plaque recognition will be available for gifts of \$25,000 or more.

MAKING A DIFFERENCE

RHOADES MCKEE REEDS LAKE TRIATHLON

More than 700 athletes swam, biked and ran in the Rhoades McKee Reeds Lake Triathlon Sept. 8 in East Grand Rapids. For the fifth year, the Mary Free Bed Foundation served as the charity beneficiary. Founders Brewing Co. sponsored the post-race celebration with all race donations and beer sales supporting Mary Free Bed's Wheelchair & Adaptive Sports Program. Founders' participation in the event was made possible with help from Alliance Beverage Distributing.

A special thank you to our friends and donors at Rhoades McKee, Founders Brewing Co. and Alliance Beverage Distributing for your continued support to restore hope and freedom through philanthropy.



GIFTS & GRANTS

DONOR RAISES \$10,000 WITH METROCRUISE FUNDRAISER



Nikki Veenstra is a car aficionado with a special place in her heart for Mary Free Bed. That's why she organized a fundraiser for the hospital during the annual 28th Street Metro Cruise. An employee of Fifth Third Bank, Nikki asked the manager of the Michael Avenue branch if she could use that lot to park cars and donate the fees to Mary Free Bed.

She's been doing it the past four years with the assistance of volunteers from Mary Free Bed and has raised \$10,000. This year, the Aug. 25 fundraiser netted \$3,025, the most ever.

"Mary Free Bed is such a wonderful place with so much to offer," said Nikki, whose close friend worked with the hospital's Orthotics & Prosthetics + Bionics department to receive a prosthetic leg. "I have people who willingly donate extra every year just because Mary Free Bed has helped their family or friend in one way or another."

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

AdvisaCare

Dave and Carol Burgess

Doornink Foundation

Frey Foundation

Molly and Kevin Krauss, Bobby Bunbury

Peter C. and Emajean Cook Foundation

WISHLIST

The Mary Free Bed Foundation often receives staff 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.

- Firefly Scoot mobility rider – A therapy tool disguised as a toy that's designed to help children with various disabilities play, explore and discover new skills. (\$650)
- Cancer rehabilitation education – Staff training in head and neck cancers. (\$2,500)
- Serial casting boots – Equipment used for management of cerebral palsy symptoms. (\$3,000)
- VibePlate Parallel Bar Platform – Vibration platform for supportive gait training and therapy. (\$7,500)
- Mary Free Bed Virtual Services equipment – Partial or full equipment package to provide patients outside Grand Rapids with access to specialized services. (\$6,700-\$13,000)
- Biodex Balance System SD – Helps improve balance, agility and muscle tone in older adults and athletes. (\$15,000)
- REPEX Therapy Table – Enhances effectiveness of the McKenzie Method, a highly targeted assessment and treatment process that addresses a variety of musculoskeletal impairments. (\$9,000)
- BTE Simulator II – Equipment that duplicates activities of daily living to assist patients in pain management. (\$42,000)

WHEELCHAIR & ADAPTIVE SPORTS

CAMPERS CONNECT AT JUNIOR WHEELCHAIR SPORTS CAMP

Nearly 60 campers from age 7 to 18 – one of the largest groups ever – shot baskets, swam, kayaked and played lacrosse during Mary Free Bed’s annual Junior Wheelchair Sports Camp. The free, week-long event at Grand Valley State University promotes camaraderie and the thrill of competition to children and teens with physical disabilities.

Campers from Michigan, Indiana and Ohio were introduced to a variety of sports, including basketball, cheerleading, cycling, football, frisbee golf, handball, sled hockey, softball and tennis. The only wheelchair sports camp in Michigan also connects campers with kids who face similar challenges.

Held July 23-27, highlights also included a Star Wars-themed dance party, dodgeball tournament and a water fight with the Allendale Fire Department.

Hosted by Mary Free Bed’s Wheelchair & Adaptive Sports program, the camp is staffed by dozens of instructors and volunteers.



2018 JUNIOR WHEELCHAIR SPORTS CAMP SPONSORS

Presenting Sponsor:

Saladin Shriners

Contributors:

Cascade Community Foundation

Wyoming Community Foundation

In-Kind Donors:

Airway Oxygen

Biggby Coffee Allendale

CareLinc

Family Fare

Fusion Medical Supplies

Mobility Sports

Per4max

SpartanNash



STORIES THAT MOVE YOU

RECOVERY FROM RARE WEST NILE VIRUS A LIFE-CHANGING JOURNEY FOR AL WALCZAK: 'I JUST WANT TO LIVE'

Al Walczak always looks forward to warm days when he can putz around his backyard, walk along Millennium Park's winding trails and settle in on his front porch with his wife and dad to enjoy a beer while listening to the Detroit Tigers game on the radio.

But on one warm summer day in Grand Rapids last year, Al was bitten by a mosquito infected with the West Nile virus.

While most people don't get sick, about one in five develop a fever, headache, nausea or muscle aches. According to the Centers for Disease Control and Prevention, about one in 150 infected people develop life-threatening complications. That's what happened to Al.

The typically vibrant 67-year-old woke up one morning, feeling light-headed and achy. He spent the next few days resting and drinking fluids to alleviate the flu-like symptoms, but couldn't seem to beat it.

"Then he spiked a fever and was growing weaker and weaker," said Al's wife, Joy. "We went to the ER one night - they gave him fluids and his vitals improved, so we went home."

But he didn't feel better for long. A few days later, Al woke up so weak he couldn't get out of bed. Terrified, Joy called for help, and an ambulance took him to the emergency room at Mercy Health Saint Mary's Hospital.

"He was admitted to a regular floor for supportive care until he got well enough to go home," Joy said. "That was a Saturday. I planned to return to work the next Tuesday, and when I stopped on my way to see him, his blood pressure was through the roof and he couldn't swallow."

Al was transferred to ICU and intubated to help him breathe.

"His body began to shut down," Joy said. "He couldn't move, he couldn't breathe on his own."

Blood samples were sent to the CDC, which confirmed Al was infected with West Nile. He was among the few who developed neuro-invasive disease, including encephalitis and meningitis.

"There's no treatment for West Nile, just supportive care," Joy said. "All we could do was wait and then deal with the aftermath of having been ill for so long."



It's been difficult for Joy to see her normally healthy husband affected by the virus. Al is a retired professor who oversaw international programs at both Grand Valley State University and Davenport University. An "incredibly independent" man with an enviable sense of humor, Al loves to travel, play the guitar and bike.

"He's been a healthy guy his whole life," Joy said. "He's a 40-plus-year member of the YMCA and takes care of himself. Fortunately, he went into this with good strong lungs and a healthy body."

"He's traveled outside this country many times, but this happened in our own backyard."

Al spent two weeks in ICU before being transferred to Select Specialty Hospital at Spectrum Health Blodgett Hospital to continue his recovery. Two months later, he transferred to Mary Free Bed with significant respiratory issues and able only to make small movements. But with intensive physical, occupational, recreational and respiratory therapy over the next several weeks, Al's condition improved.

"My ignorance about how the body operates was quite profound," Al said. "I learned a lot about rehabilitation. I've had to learn how to do everything all over again."

"I also learned how incredible Mary Free Bed is. I feel so confident that everyone here is doing what they want to do, what they were meant to do. They take it very seriously. It's not just a job - they really care, and that's very comforting."

Al graduated from inpatient care after several weeks and continued to make significant gains through the Mary Free Bed at Home program. He began outpatient therapy in late May.

His Mary Free Bed team is focused on helping Al improve endurance, strength, coordination and flexibility using neuromuscular stimulation and range of motion. While Al's long-term prognosis is unknown and their life-changing journey has been an emotional one, he and Joy remain optimistic.

"Therapy is vital to going forward in my rehabilitation, and I know it's going to take a long, long time," Al said. "I don't expect to be 100 percent again, but I'll do what I can."

WALCZAKS THANKFUL FOR VETERANS FUND ASSISTANCE

Patients who have served in the military - like Al Walczak - may be eligible for financial assistance from the Mary Free Bed Foundation's Veterans Fund. Al, who served in the U.S. Army's 82nd Airborne Division during the Vietnam era, needed a wheelchair ramp to access his home.

"Every day, we are grateful for our gifted ramp and the care given to Al at Mary Free Bed," said his wife, Joy.

The Veterans Fund assists patients with medical needs not covered by insurance, such as home modifications, medication and equipment. To donate, please contact Jocelyn Dettloff, Annual Fund director, at 616.840.8204 or jocelyn.dettloff@maryfreebed.com.

GUILD HIGHLIGHTS



BRANDON SAYS DISABILITY SCHOLARSHIP FROM MARY FREE BED GUILD OFFERS 'OPPORTUNITY TO BE INDEPENDENT'

Brandon Buxton wasn't sure what his future held. Complications related to a long-term health condition caused significant pain that warranted hospitalization and threatened his independence. But rehabilitation at Mary Free Bed helped to restore his freedom and the opportunity to continue his college education, something he thought "was inconceivable" just a few months ago.

Brandon was diagnosed in August 2014 with Mast Cell Activation Syndrome, a rare autoimmune disorder. He was hospitalized in the spring of 2017 with severe steroid myopathy and multiple vertebral compression fractures caused by long-term corticosteroid use related to MCAS. He was unable to sit up by himself, had numerous neurological sensory deficits and extreme muscle weakness.

The 20-year-old from Mattawan spent three weeks at Bronson Methodist Hospital, then came to Mary Free Bed for rehabilitation.

"I made incredible progress in just the three short weeks I was an inpatient," Brandon said. "It was certainly a lot of work and I was very tired much of the time, but I went from being unable to sit up to being able to walk with a cane."

Four months after graduating from Mary Free Bed, Brandon returned to Western Michigan University full-time. Brandon (pictured above in the front row, second from right) recently received a scholarship from the Mary Free Bed Guild to help continue his education.

Brandon, a senior this fall, plans to use the scholarship funds toward completing

his studies in Health Informatics and Information Management and to live alone for the first time.

"Mary Free Bed was the one place that I believed I could do everything I was willing to work at, even when it required doing things a little differently than the average person," he said.

Brandon is among 14 students who received scholarships from the Mary Free Bed Guild, which established the Minority Scholarship Program in 2006 and the Disability Scholarship Program in 2013. The Guild has given more than half a million dollars to promote academic achievement for outstanding students seeking careers in health care.

Applications for the 2019-2020 scholarships will be available beginning in January.

2018 MARY FREE BED SCHOLARSHIP RECIPIENTS

Disability Scholarship:

Irina Bird
Brandon Buxton
Brooke Doherty
Karissa Hamm
Alexandra Hanlon
Trenton Timmer
Maju Wilhem

Minority Scholarship:

Christian Aguilar-Quiroz
Oloruntobi Agunloye
Jasmine Cross
Rachel Devadatta
Josue Vasquez
Azalia Wilhelm
Ashley Yuan

Please join us for an evening of eating and drinking alongside co-workers, friends and family.

A Mary Mixer at ONE TRICK PONY

136 Fulton St. E
Grand Rapids

TUESDAY, OCT. 16
5 - 9 P.M.



One Trick Pony will donate 20 percent of all sales to support Mary Free Bed's Stroke Rehabilitation Program.

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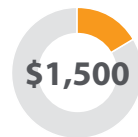
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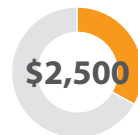
BECOME A CHAMPION OF HOPE AND FREEDOM: JOIN THE CIRCLE OF GIVING

Please partner with us by becoming a Champion of Hope and Freedom, committed donors whose significant investment allows Mary Free Bed to advance its mission. You'll receive special access to events, unique opportunities to engage with Mary Free Bed leadership, physicians and researchers, as well as recognition in donor listings.



Free Bed

Covers the cost of one inpatient night at Mary Free Bed



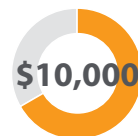
Innovator

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