

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 18 / Winter 2019

Mary Free Bed[®]
Rehabilitation Hospital Foundation



UPCOMING EVENTS



Riverbank Run: The Mary Free Bed Guild has sponsored the race's wheelchair division for the past 30 years and the handcycle division for 14 years.

May 1, 6-9 p.m.

Mary Evening at Olive's

Fundraiser to support Mary Free Bed's Betty Bloomer Ford Cancer Rehabilitation Program
Olive's, East Grand Rapids

May 5-June 26

Fine Arts Exhibition

Sponsored by Mary Free Bed Guild
Mary Free Bed Professional Building

May 11

Amway River Bank Run

25K Wheelchair and Handcycle Divisions
Sponsored by Mary Free Bed Guild,
Wheelchair & Adaptive Sports
Downtown Grand Rapids

May 15, noon-1 p.m.

Let Freedom Spring Fundraising Luncheon

Frederik Meijer Gardens and Sculpture Park

June 3

Golf Outing

Fundraiser to support Wheelchair & Adaptive Sports
Thousand Oaks Golf Club

Mary Free Bed Tours

Join us for a tour of Mary Free Bed!

Tours begin at 11 a.m.

Feb. 12, Mar 12, Apr 17, May 22,
June 11 and July 23.

Reservations are required;

Contact kelly.koerner@maryfreebed.com
or call 616.840.8137.

WHAT'S NEW

'THRIVE' GALA SETS FUNDRAISING, ATTENDANCE RECORDS IN SUPPORT OF REHABILITATIVE CARE FOR KIDS

The Mary Free Bed Foundation celebrated its fifth annual gala with the biggest crowd of supporters yet, gathered to show their dedication and belief in the hospital's mission. More than 930 guests helped raise \$300,000 to create brighter futures for kids and their families.

"'Hope' is a word we hear all the time at Mary Free Bed, every day. So is the word 'freedom' - freedom to really live, to really live independently," said CEO Kent Riddle, addressing those gathered for the Nov. 3 event at DeVos Place. "Forty thousand people came to us last year for hope and freedom. That's 300 percent more than were coming to us seven years ago, and it's one third of those who will be coming to us seven years from now."

That figure includes children with disabilities, no matter where they live. Proceeds from the gala will benefit the foundation's new pediatric initiative to ensure children have access to the specialized treatment Mary Free Bed provides. It also supports new or expanded pediatric programs focused on autism, cerebral palsy and chronic pain.

"We will never limit what this amazing organization can do for people," Kent said.

The gala, titled "Thrive," featured heartwarming stories shared by patients with cerebral palsy who have benefitted from rehabilitation at Mary Free Bed.

The pediatric initiative supports expansion of that care, including a new Early Development Program for babies from birth to the age of three.

The program, developed by Dr. Lisa Voss, helps determine if a baby is developing normally or shows signs of a problem, such as a neurological issue that may help diagnose cerebral palsy much sooner. Research shows early intervention for many diagnoses can make a significant difference in a baby's healthy development.

Helping children and adults affected by serious injury or illness to reach their fullest

potential is what fuels the culture at Mary Free Bed and draws people to support its efforts.

**SAVE
THE
DATE**

The sixth annual
Mary Free Bed
Foundation Gala is
Saturday, Nov. 2
at DeVos Place.

Continued on page 2

STORIES THAT MOVE YOU



LILA DELINE'S RECOVERY FROM INTERNAL DECAPITATION CALLED MIRACULOUS

Lila DeLine was waiting to turn into the driveway of her Cedar Springs home on a summer day in August when her vehicle was struck from behind. The force of the impact was so great, her skull was dislocated from her spine, threatening her life.

Her husband, witnessed the crash and rushed to Lila's side. While waiting for an ambulance to arrive, he supported Lila's head so she could breathe.

"He knew enough to secure my neck and my head before moving me," Lila said. "He got me sitting up into a position where I could breathe again, and that saved my life that day."

When she arrived at Spectrum Health, Lila could communicate with small eye movements and by mouthing words. The critical care and surgical teams worked to stabilize her and assess her injuries, the most serious an occipital-cervical dislocation.

"Essentially what that means is, her trauma was so severe that it tore all the ligaments that connect the skull to the spine -- a very common injury among traffic fatalities," said Dr. James Stubbart, an orthopedic spine surgeon who realigned Lila's head and neck, stabilizing it with a combination of rods, screws and a titanium plate. "I truly believe in miracles. I always have, but I especially do now."

Lila spent eight days at Spectrum Health before she came to Mary Free Bed to begin rehabilitation. At first, she needed mechanical ventilation to help her breathe, so respiratory therapy was an integral part of Lila's initial plan of care.

"It took four staff members to get her sitting at the edge of the bed," said Kristy Simpson, a physical therapist on Mary Free Bed's Spinal Cord Injury team. "We were coordinating with respiratory therapy, and they were managing

humidified air through the trach mask. She sat at the edge of the bed for about five minutes, and that was her first rehab experience."

During the next two months, she participated in intensive physical, occupational, speech language and recreational therapies to gain physical and emotional strength, communication skills and endurance. The respiratory therapy team worked with Lila to wean her from the ventilator, build her pulmonary strength and remove her tracheostomy.

In late October, Lila graduated from the inpatient program and walked out the door with her husband and children by her side.

Lila says she's thankful to live in a community with excellent medical facilities and experienced medical professionals.

"We need to be thankful for our incredible medical system," Lila said. "(Spectrum) knew exactly what to do, and I was very well taken care of."

"As for rehab ... I came to a facility where respect and loving nature are what carried me through this."

Since then, she's continued her rehabilitation journey with outpatient therapy at Mary Free Bed.

"We're working on endurance and progressing with higher-level balance activities," said physical therapist Jacob Miller. "We're helping her get back to the things she wants to get back to."

To watch videos that document Lila's journey, visit www.maryfreebed.com/lila-deline. Lila and her team of experts at Mary Free Bed and Spectrum Health share her amazing story of recovery, one that's drawn media attention locally and across the globe.

Continued from cover

"Each year, it's fun to see everything come together so our sponsors, donors and guests can experience the mission, culture and energy of Mary Free Bed," said Jocelyn Dettloff, the foundation's Annual Fund director and chair of its gala committee. "We are grateful for the generous support we receive from our community. It allows us to offer the best treatments and therapies so our patients can regain independence and thrive."

The gala's featured guest, singer Johnny Manuel, performed "I Have Nothing," a song made famous by Whitney Houston. The Flint native's rendition landed him a spot as a contestant on a 2017 season of NBC's "America's Got Talent" competition. Guests danced during the remainder of his performance of popular songs.

West Michigan speaker and entertainer Tim Cusack once again emceed the evening's festivities as guests feasted on incredible food, posed for pictures in the popular photo booth and danced to tunes spun by DJ Gobs of the Collective.

Turn to pages 4 and 5 to see a gallery of photos from the event.

2018 MARY FREE BED FOUNDATION GALA

THANK YOU, THRIVE SPONSORS

Bar – Pet Supplies Plus

Afterglow Party – Steve and Amy Van Andel Foundation,

Sponsor Reception – Carter Products Company and Mars Wrigley Foodservices

FREEDOM

AdvisaCare
Ken Betz Family

PROSPER

Mimi Cummings
Kate Pew Wolters

FLOURISH

Air Caire Medical Supplies
Airway Oxygen, Inc.
AvaSure
Hy and Greta Berkowitz Foundation
BISSELL, Inc.
CareLinc Medical
Cerner Corporation
Chemical Bank
CNA Financial Corporation/USI
Comerica Bank
Covenant Healthcare
Custer, Inc./Steelcase
Enviah
Fifth Third Bank
Foster Swift
Jeff and Jo Garber
Great Lakes Neurosurgical Associates
Health Partners, Inc.
Richard and Lori Hinkley
Hope Network Neuro Rehabilitation
Michael and Susan Jakubowski
Jandernoa Foundation
The LabelTape Group/
Tom and Nancy Doyal
Lake Michigan Credit Union
Mary Free Bed Guild
Mercy Health Saint Mary's
Metro Health Hospital
Miller Johnson Attorneys
Ottobock Healthcare
Pioneer Construction
Michael and Laura Puff
Rhoades McKee
Kent and Susan Riddle
Saladin Shriners
Sparrow Hospital
Spectrum Health
Dan and Carol Springer
Take His Hand Foundation
Trane
Jim and Diane Vander Maas
Vista Springs Assisted Living and Memory Care

EXCEL

Blue Cross Blue Shield of Michigan
The Christman Company
Dickinson Wright
Diversified Medical Staffing, LLC
Grand Valley State University
Green with NV
Happy Fox
Henry Ford Allegiance Health
J.C. and Tammy Huizenga
Innovative Medical Systems, Inc.
Irwin Seating Company
Kennari Consulting
Managed Rehabilitation Consultants, Inc.
Neal's Automotive Parts
Sinas Dramis Law Firm
Varnum LLP
WOOD TV 8
YMCA of Greater Grand Rapids

GROW

Ann Debes
Anonymous
Commerce Bank
Gregory and Amy Conway
Huron/Studer Group
Ice Guru
Ingrid and Don Cheslek
Integrity Back and Brain/Spartan Medical Supply
IPEX, Inc.
Life EMS Ambulance
Lifestyle Kitchen Studio
MCS Marketing
Michigan Health & Hospital Association
MOSS
MSU College of Human Medicine
Neuromuscular & Rehabilitation Associates of
Northern Michigan
Terry and Maureen O'Rourke
Plante Moran
Preferred Case Management
Public Affairs Associates
Bob and Ellen Nelson
Mark and Carol Sands
Bob and Mary Jo Schierbeek
TM Group
West Michigan Rehabilitation
Whitecaps Community Foundation

PROGRESS

Timothy and Cheryl Arter
Aspen Medical Products
David Byers
Coverys Community Healthcare Foundation
Bill and Kay Farr
Grand Rapids Graphix
Nate and Valerie Guzman
Mark Huizenga Systems Consulting
J&B Medical Supply

Kathleen Leavell
Nancy and John Miller
John and Ann Mooney
Bob and Margaret Nault
Ryan and Jessica Podvin
Proficient Machine and Tool
Matt and Diana Schad
Secchia Family Foundation
Wolverine Building Group

SPECIAL THANKS

Honorary Committee

Marty and Sue Allen
Tim and Cheryl Arter
Kenyatta and Tracey Brame
John and Ann Cameron
Gregory and Amy Conway
Eva Aguirre Cooper and Jay Cooper
Tripp and Kelli Corl
Jim and Marianne Delavan
Jean Enright and Peter Turner
Happy Fox
Bob and Barb Herr
Dirk and June Hoffius
Win and Kyle Irwin
Fred Keller
Kevin and Molly Krauss
Arend and Nancy Lubbers
David and Leah Muir
Terry and Maureen O'Rourke
Steve and Amy Van Andel
Jim and Diane Vander Maas
Kate Pew Wolters

Planning Committee

Nancy Albers
Sandy Carroll
Mimi Cummings
Tim Cusack
Jocelyn Dettloff
Laura Dulay
Betsy Ehmann
Linda Fotieo
Darrow Goodspeed
Kelly Koerner
Wendy Mika
Lee and Alexandra Perez
Timothy Pietryga
Peni Reed
Susan Riddle
Vicky Schmidt
Carol Springer
Deb VanderZyden
Maeve McInerney Wilson

2018 MARY FREE BED FOUNDATION GALA, *THRIVE*



Eva Aguirre Cooper and Johnny Manuel



Deb and Mike Damstra (CareLinc)



John Prosser II, Sherri Wosoba, Christine Tocco, Deb Fike (Health Partners, Inc)



Dr. Lisa Voss



Chad Bassett, Alexandra and Lee Perez (Carter Products), Derek and Lindsay Benedict (Mars Wrigley Foodservices), Matt and Ashley Potts



Ann Debes, Carol Gehrke, Sue Tiggleman, Sheryl Lilly



Bryan Cramer, Lou Andriotti, Pam Wicks and Lauren Bosserman (Vista Springs Assisted Living and Memory Care)



Merissa Harkema, Divya Harkema, Tim Cusack, Taggart VanderMolen, Jonathan Krieger

Kent Riddle



Pat Brewer and Ken Betz

Ryan Hardy, Dale Kramer, Loren Katerberg and Jon Duley (Saladin Shriners)

Johnny Manuel



Dana and Kris Skogen (AdvisaCare) and Jocelyn Dettloff (middle)



Terry and Stephanie Rucker

Jennifer Kampfschulte, Divya Harkema, Rachel Morse, Merissa Harkema

MAKING A DIFFERENCE

KATE DERNOCOUCER: MARY FREE BED 'HELPS MAKE THE WORLD A BETTER PLACE'

Kate Dernocouer was introduced to Mary Free Bed more than 15 years ago when a close friend was seriously injured in a car crash. Today, her friend is thriving, thanks in part to the rehabilitative care she received at Mary Free Bed.



The more she learned about Mary Free Bed over the years, the more Kate said her admiration for the organization and its mission grew. Among other things, the hospital's independence and ownership by the Mary Free Bed Guild appeals to her.

"Growing the regional network is impressive," Kate said. "It's an excellent expansion of Mary Free Bed's mission and culture."

Kate works as a writer and is a medical examiner investigator for Ionia County. She recently retired as an EMT-firefighter with the Ada Fire Department. A longtime equestrian, Kate also volunteers with Kent County Search and Rescue's K9 Unit.

A long-time Mary Free Bed donor, Kate said she values living an active and independent life, and is happy to financially support organizations that help others do the same. She most recently donated to the foundation's pediatric initiative.

"I love being a part of an organization that is well-run, makes a difference and helps make the world a better place," she said. "Who wouldn't want to be a part of this?"

EMPLOYEES DONATE NEARLY \$58,600 TO GIVING CAMPAIGN

The Mary Free Bed Foundation's "With a Mary Heart" Employee Giving Campaign was a tremendous success, raising \$58,589 to support innovative patient care programs and services, and to ensure rehabilitation is available to anyone who needs it.

"The work we do every day reflects our culture of care and the love our employees have for our patients," said Laura Dulay, the foundation's sponsorship and event manager.

More than 250 employees donated to the first-time campaign, held in November.

GIFTS & GRANTS

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

College Park Industries

Daniel and Pamella DeVos Foundation

Gerber Foundation

Grand Haven Area Community Foundation —

Faith Marie Losee Fund

Per4Max Medical

Pinnacle Tool Incorporated

James and Almeda Vander Waals Foundation

Wege Foundation

Weller Auto Parts

West Michigan Sports Commission

LEAVING A LEGACY

PLANNED GIVING AN INVESTMENT IN THE FUTURE

The start of a new year is an ideal time to reevaluate your current estate plan or put one in place if you don't have one. Is Mary Free Bed in your plan? Making a planned gift is considered an investment in the future of Mary Free Bed and our mission to restore hope and freedom to patients.

Planned gifts take various forms and may be made in several ways. Some gifts can be structured to provide you with income today and a donation to Mary Free Bed in the future. Each option includes membership in the 1891 Legacy Society. Types of planned gifts include:

BEQUEST IN A WILL OR TRUST

Remembering Mary Free Bed with a bequest is an excellent legacy for you and your family.

RETIREMENT PLANS

Tax-deferred retirement assets are attractive assets for charitable giving. Items include IRAs, 401k or 403b plans and pensions. This option often comes with favorable tax benefits.

CHARITABLE GIFT ANNUITY

Receive stable and secure income for life at a high payout rate.

CHARITABLE REMAINDER TRUST

Receive stable and secure income for a period of years based on value of trust. When the trust terminates, the remainder passes to Mary Free Bed.

CHARITABLE LEAD TRUST

This is the opposite of a charitable remainder trust. Income from this trust is first paid to Mary Free Bed. After a specified number of years, the trust allows you to pass on assets to your heirs.

LIFE INSURANCE

Name Mary Free Bed as the beneficiary of your policy or donate an active, paid-up policy.

If you are considering a planned gift to Mary Free Bed or already have included us in your estate planning, please contact Brad Kaufmann, director of Planned Giving, at 616.840.8898 or brad.kaufmann@maryfreebed.com. For additional information, visit maryfreebed.giftlegacy.com.

FOUNDATION WELCOMES NEW TEAM MEMBER

Brad Kaufmann joined the Mary Free Bed Foundation in December as director of Planned Giving. He is responsible for securing planned giving opportunities and bequests as well as assisting in other fundraising efforts. Brad has worked in the nonprofit sector for more than 20 years, most recently as director of Annual Giving at the Spectrum Health Foundation. Prior to that responsibility, he was president of Junior Achievement of Southwest Michigan. Other previous positions were with Junior Achievement USA and the U.S. Congress in Washington, D.C. A resident of the Grand Rapids area for six years, Brad has lived in Michigan since 2005. He looks forward to assisting those who are considering supporting Mary Free Bed through a planned gift. Please join us in welcoming Brad to the Mary Free Bed family.



GUILD HIGHLIGHTS



POSITIVE PATIENT EXPERIENCES GOAL OF GUILD'S FOCUS COMMITTEES

The Mary Free Bed Guild strives to promote the hospital's unique culture in ways that positively impact each patient's experience. The guild's efforts include three of its Patient Focus Committees.

PATIENT LIAISON COMMITTEE

Committee members are focused on making patients' daily experiences good ones, especially those faced with long stays. Their goal is to provide positive support for patients and families, ensuring a festive atmosphere during major holidays and adding other fun touches that create a home-like environment. The committee works closely with staff, especially nursing, to provide support to patients. Long-time guild member Jodi Elsen (pictured above, left) chairs the committee. On Halloween, she enjoyed dressing up as a friendly witch and sharing treats with patients and staff, a tradition she's carried on for many years.

HOSPITALITY CART

Guild members push the cart around the hospital each week, stopping by patient rooms and sharing its contents. The cart is filled with donations in addition to items purchased by the guild, including small stuffed animals, note cards, hand lotion, lip balm, current magazines, games, pens, books and other items.

GREETERS

Guild members volunteer as greeters at both entrances of the hospital to welcome patients and family members to Mary Free Bed and help direct them to where they need to go.

WHEELCHAIR & ADAPTIVE SPORTS



PERRIGO, DRIVE TEAM UP TO RAISE AWARENESS, FUNDS FOR PACERS, ROLLIN DRIVE

Fans of the Grand Rapids Drive had the opportunity to experience the fast-paced, competitive play of wheelchair basketball during a half-time exhibition game between Mary Free Bed's Pacers and Rollin Drive.

The two teams faced off during halftime of the Drive's Dec. 15 game against the Westchester Knicks at the DeltaPlex in Grand Rapids. The Drive is the official G League affiliate of the Detroit Pistons.

During the game, the Drive debuted special holiday edition jerseys presented by Perrigo, a global healthcare company. Fans bid on the game-worn jerseys, and Perrigo donated all proceeds to Mary Free Bed's Wheelchair & Adaptive Sports program for its wheelchair basketball teams. Half of the proceeds from the Drive's 50/50 ball toss also were donated to the program.

"We raised \$1,273 between the jersey raffle and 50/50 ball toss," said Christy VanHaver, the teams' coordinator. "It was a great event to not only raise awareness in the community about Perrigo's mission and our WAS adult wheelchair basketball program, but it raised some much-needed dollars for our teams."

Funds will be used for team travel expenses as they vie to qualify for the National Wheelchair Basketball Tournament this spring.

The Mary Free Bed Pacers is a men's D1 team that competes nationwide, while the Rollin Drive is a DIII co-ed team that travels regionally to compete. Thirty athletes compete on the two teams.

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Published by Mary Free Bed
Rehabilitation Hospital Foundation.

CONTACT

Phone: 616.840.8137

Web: maryfreebed.com/foundation

Email: foundation@maryfreebed.com

STAFF

Timothy J. Pietryga

Vice President, Advancement

Darrow Goodspeed

Major Gifts and Donor Relations Director

Brad Kaufmann

Director of Planned Giving

Jocelyn Dettloff

Annual Fund Director

Laura Dulay

Sponsorship and Events Manager

Kelly Koerner

Administrative Assistant

Help us to be even more "green." Email foundation@maryfreebed.com to receive this publication electronically.

To be removed from our mailing list,
please call 616.840.8137.

WISHLIST

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.

Chicco Pocket Snack Booster Seat (\$30 each, two requested) – Compact and easy-to-set-up booster seats would be used in our outpatient Pediatric Feeding Program.

Oculus Go 64GB Virtual Reality system and accessories (\$300) – This virtual reality system would be used to reduce anxiety or pain, simulate community mobility elements for standing-balance practice and many other therapy applications.

Pediatric Feeding Program education materials (\$1,500) – Nutrition information guides, specialty nutrition plates, placemats, feeding cups and totes are tools needed to help patients and their families maintain proper nutrition and healthy eating habits at home.

Enthermics Blanket Warming Cabinet and blankets (\$3,600 each, four requested) A blanket-warming cabinet stores and warms linens, blankets, hospital gowns and sterile, intravenous (IV) and surgical irrigation fluids in a medical environment. A warm blanket can ease the anxiety and stress our patients feel during their recovery.

VibePlate Parallel Bar Platform (\$7,500) – Vibration platform used for supportive gait training and therapy.

Mary Free Bed Virtual Services equipment (\$6,700-\$13,000) – Partial or full equipment package to provide patients outside Grand Rapids with access to specialized services.

Biodex Balance System SD (\$15,000) – Technology to improve balance, agility and muscle tone in older adults and athletes.

REPEX Therapy Table (\$9,000) – Enhances effectiveness of the McKenzie Method, a highly targeted assessment and treatment process that addresses a variety of musculoskeletal impairments.

BTE Simulator II (\$42,000) – Equipment duplicates activities of daily living to assist patients in pain management.