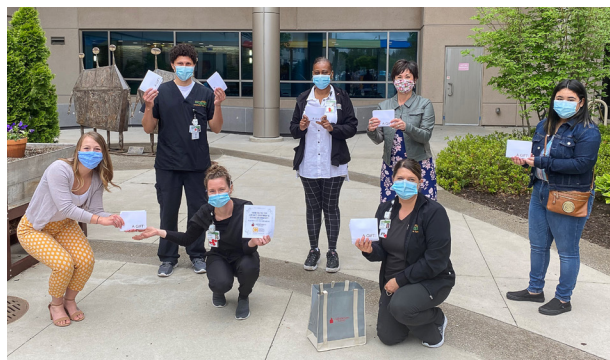


Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 22 / Summer 2020

Mary Free Bed[®]
Rehabilitation Hospital Foundation



UPCOMING EVENTS

Sept. 9
Mary Free Bed Open Golf Outing
Benefiting Wheelchair & Adaptive Sports
Thousand Oaks Golf Club

Sept. 12
Rhoades McKee Reeds Lake Triathlon
Benefiting Wheelchair & Adaptive Sports
Reeds Lake, East Grand Rapids

Oct. 24
Amway River Bank Run
Downtown Grand Rapids

WHAT'S NEW

COMMUNITY RESPONDS TO MARY FREE BED'S CALL FOR DONATIONS DURING COVID-19 PANDEMIC

West Michigan residents and organizations have opened their hearts to Mary Free Bed during the COVID-19 pandemic, and we are grateful.

The Mary Free Bed Foundation's annual fundraiser, *Let Freedom Spring*, changed to a digital format this year. While disappointing not to see friends of Mary Free Bed in person, the digital platform allowed us to bring the power of restoring hope and freedom to guests wherever they were. We're sincerely grateful to our sponsors — AdvisaCare, Airway Mobility and Rehab Equipment, Lake Michigan Credit Union and Trace 3.

The digital event featured a 10-minute video beginning with a welcome from Eva Aguirre Cooper, a Mary Free Bed Foundation board member. We also shared the inspiring recovery

of Paige Baird, a young girl who suffered a serious neck injury last summer and spent several weeks as an inpatient at Mary Free Bed Kids. She returned to school last fall, wearing a halo neck brace. Paige's parents, Jason and Sarah, delivered a heartfelt message of gratitude for the incredible care Paige received at Mary Free Bed. The video wrapped up with a brief message from CEO Kent Riddle and a request to support our COVID-19 Relief Fund.

So far, the event has raised about \$85,000 for the fund, which:

- Assists patients with needs related to their recovery from COVID-19.
- Supplies patients, staff and visitors with necessary PPE to keep everyone safe.

- Connects patients with their Mary Free Bed providers via Telehealth to progress in their therapy.
- Helps patients use technology to connect with loved ones.

The COVID-19 Relief Fund was created in response to requests from community members about how they could help Mary Free Bed. Laura Dulay, the Foundation's Sponsorship and Event Manager, organized the effort.

"From PPE to protect our patients, staff and visitors, to providing lunch for our frontline staff, to helping patients stay connected to their loved ones, individuals, community groups and businesses overwhelmingly showed their love for Mary Free Bed," Laura said.

Continued on page 3

Thrive

MARY FREE BED
FOUNDATION

2020 Gala

This fall, *Thrive* will happen in a fun, creative and, most importantly, safe way. Together – but separately – friends of Mary Free Bed passionate about its mission to restore hope and freedom will choose a date to show how they *Thrive*.

Funds raised will support
Wheelchair & Adaptive Sports.

Details coming soon:
maryfreebed.com/gala

To support Mary Free Bed's COVID-19 Relief Fund, or any of our programs, please visit maryfreebed.com/foundation.

STORIES THAT MOVE YOU



COVID-19 SURVIVORS CHARLUNDA AND DAVID THOMPSON RECEIVE TREATMENT AT NEW RECOVERYSM UNIT

Charlunda and David Thompson celebrated their 20th wedding anniversary in June and marked it as “a new beginning.”

“Together, we’re stronger,” Charlunda said.

The Inkster couple is beginning the next phase in their journey of recovery from COVID-19, the coronavirus that’s sickened millions of people worldwide and killed thousands. And they’re doing it with the help of Mary Free Bed.

Charlunda, 45, a hospice nurse, and David, 42, a middle school math teacher, beat the virus. Char graduated May 6 from Mary Free Bed’s ReCOVeRySM Unit, and after virtual physical therapy with Mary Free Bed’s Outpatient Services, David was able to pick her up.

“I’m just amazed, I’m amazed,” Charlunda said of her care at Mary Free Bed. “If you’re able to put forth the effort, they’ll get you where you need to be.”

Since the COVID-19 pandemic began early last spring, Mary Free Bed Rehabilitation Hospital quickly took measures to protect the health and safety of patients, employees and the community. Enhanced protocols and added resources followed national Centers for Disease Control and Prevention, and State of Michigan guidelines and mandates.

When cases began spiking in southeast Michigan, Mary Free Bed offered to help medical facilities make room for patients with COVID-19 by:

- Admitting patients who didn’t have COVID-19 from hospital rehabilitation units in southeast Michigan to free up beds.
- Accepting acute-care medical and surgical patients who required rehabilitation but didn’t have the virus.

A couple of weeks later, Mary Free Bed responded to the need to help patients recovering from COVID-19, like Charlunda Thompson. The ReCOVeRySM Unit serves patients who need intensive rehabilitation but still test positive for the virus. Whether COVID-19 is a primary or secondary diagnosis, these patients are focused on one thing: safely returning home to their loved ones.

“Rehabilitation is essential to maximize recovery for these patients,” said Mary Free Bed’s CEO, Kent Riddle. “Our hats go off to those at acute-care hospitals who saved the lives of these patients. It’s now our turn, and our staff is excited to help the patients get their lives back.”

The ReCOVeRySM Unit, which opened April 16, provides physical, occupational and respiratory therapy, and psychology services for patients recovering from the illness and prolonged hospitalization. The team focuses on cognition, deconditioning, respiratory function, stroke and other conditions associated with the virus.

And while the ReCOVeRySM Unit is geographically isolated, patients enjoy a bit of interaction with each other during support group meetings.

Mary Free Bed also treats patients able to stay home to fight the virus, including those who struggle with shortness of breath. In-person rehabilitation services are offered at nearly 50 locations across Michigan and anywhere through Mary Free Bed’s Virtual Services program.

Patients are treated by board-certified physiatrists, nurses, therapists, nutritionists, pain specialists and psychologists.

While Mary Free Bed continued to provide inpatient rehabilitation throughout the pandemic, in-person outpatient visits were limited to essential services in most cases. However, many patients maintained their therapy progress by continuing their care in the safety and comfort of their own home. Patients connect with their doctor and therapy team through Virtual Services. Using secure technology, an online video call is made to the patient’s smartphone or tablet for evaluations and treatment.

Virtual Services grew exponentially, from 900 visits in 2019 to more than 2,500 in March alone. Many patients continue to take advantage of the option.

As the state began to loosen restrictions, Mary Free Bed safely reopened more services at more outpatient locations. Safety measures continue to be in place, including screening stations at hospital and satellite location entrances. Employees, patients and visitors must wear masks, and visitor restrictions have been adjusted to meet guidelines.

While the COVID-19 pandemic has been difficult for everyone in a myriad of ways, Mary Free Bed employees have risen to the occasion to meet our mission to restore hope and freedom to those in need of rehabilitative care.

“The stresses in health care are great, but what separates Mary Free Bed from the rest of the pack of providers is our culture,” Kent wrote in one of his weekly messages to employees. “Ours is a culture of love, teamwork and selflessness.”

To watch a video about the Thompson’s rehabilitation journey, visit maryfreebed.com and search “Charlunda Thompson.”

COVID-19 Relief Fund Donors **THANK YOU!**

Airway Mobility and Rehab Equipment
Alliance Beverage
Amway
Anonymous
Boy Scouts of America - Grand Rapids
Bradley ACE Hardware
Broadway Grand Rapids
Carter Products - Lee Perez
Central Insurance - Lighthouse Group
Commerce Bancshares Foundation
Cottage Bar
COVID-19 Guard Fund
Creations by Carol
David Maloney - Oracle

Deborah Roberts-Hanshue & Friends
East Kentwood HS Robotics Team
Fifth Third Bank
FirstLight Home Care
GE Crafters with a Cause
Grand Rapids Label
Grand Rapids Graphix
Grand Valley State University
GU Energy Labs - Todd Buckingham
Heart of West Michigan United Way
Henry A. Fox Sales Co.
Hybrid Machining
Isagenix Nutrition Bars
Julie Horning - Project Sparkle

K2 Tool
Kilwins/Jersey Junction
Kiwanis Club of South Lansing
Lake Michigan Credit Union
Mary Free Bed Guild
NoMi Sparkling Water
Service Professor
Tropical Smoothie Cafe
Wealthy Street Bakery
West Michigan Quilters Guild

GIFTS & GRANTS (Non-COVID Relief Fund)

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

AdvisaCare
CareLinc Medical
Dick and Betsy DeVos Foundation
Fifth Third Bank
Grand Haven Area Community Foundation

Herbert H. and Grace A. Dow Foundation
Kiwanis of Michigan Foundation
Korff Foundation
Meijer Foundation
MVP Athletic Club

Perrigo Company Charitable Foundation
Value Vending
Wege Foundation

Continued from cover

The COVID-19 Relief Fund has received nearly \$131,000 in monetary gifts (including from Let Freedom Spring) and more than \$30,000 in in-kind donations.

Maintaining Connections

Thanks to generous gifts to the fund, 30 iPads were purchased to connect patients with their loved ones, health care providers, spiritual leaders and interpreters for those who don't speak English.

"Like all of us, our patients are experiencing social distancing from their loved ones," Laura said. "Support from family is so important during rehabilitation, so iPads are an essential tool."

Physical therapist, Kristy Simpson, agreed.

"I had the opportunity to set up a virtual visit with a patient's wife so she could 'attend' therapy with him," said Kristy, who noted the couple hadn't seen each other in two weeks. "It was a super sweet moment to see them connect, and she

was so appreciative to be able to be involved in a therapy session and get a better idea of what rehab is like for her husband. These iPads are giving our patients treasured opportunities to connect with their loved ones."

'Sew' Thankful

Thousands of face masks — surgical, N95, cloth and homemade — have been donated. Many sewing groups, individuals and Mary Free Bed Guild members spent countless hours using their sewing talents to protect those at Mary Free Bed.

For Fun and Nourishment

In addition to PPE contributions, community members wanted to show their respect and appreciation for employees working during the pandemic. To lift spirits, Julie Horning - Project Sparkle donated 30 pairs of earrings to provide a little "sparkle" during these dark times.

The earrings were shared with nurses, pediatric therapists and environmental services team members.

"They were thrilled with their unexpected gifts," said nursing director Maria Opoku-Agyeman. "The jewelry was very much appreciated."

To keep employees nourished, many individuals, organizations and the Mary Free Bed Guild bought lunch or provided restaurant gift cards for frontline staff on several occasions.



A MARY MOMENT

DESPITE VISITOR LIMITATIONS, PATIENTS CREATIVELY KEEP IN TOUCH WITH LOVED ONES

Some were notes to loved ones.

“Hey kids! Love and miss you! Love, Dad.”

Others were messages of encouragement for the community.

“Keep the faith!”

“We rise by lifting others.”

“Choose happiness.”

They're all words of hope to anyone reading them.

When the COVID-19 pandemic hit, Mary Free Bed followed Centers for Disease Control and State of Michigan visitor guidelines to protect patients, staff and the community. That didn't stop patients in Mary Free Bed's Sub-Acute Rehabilitation program from connecting with loved ones.

For several dozen patients, the 55-plus messages were a way to communicate with family, friends and the community, said recreational therapist Brenna Gallagher.

“It's heartbreaking when patients can't see family,” said Brenna, who noted that support from loved ones is an important part of the rehabilitation journey. “I knew I had to come up with a way to lift their spirits during this time of uncertainty.”

As it turns out, the project also was a way for patients to inspire others.

“One of my patients was almost in tears, saying how amazing this is and that we need positivity in the world during these trying times,” Brenna said. “When I was putting up their signs, multiple patients told me they already called family to come and see.”

Care managers on the SAR floor also arranged “window visits” for patients, including Lorraine Micketti, a 91-year-old Rogers City resident who missed her family.

“It truly melted by heart,” care manager Emily Bialecki said of the visit by Lorraine's children, grandchildren and great-grandchildren. “It brought me tears of joy to be part of something so special. Lorraine was so happy. She said she felt so refreshed and was beyond grateful for the visit.”

The Foundation's COVID-19 Relief Fund also was used to purchase 30 iPads that aided in communication between patients and their loved ones.

STORIES THAT MOVE YOU



Don Force offered a thumbs up after he graduated from Mary Free Bed's inpatient ReCOVerySM Unit.

DON FORCE CELEBRATES HIS BIRTHDAY AND HIS RECOVERY FROM COVID-19 BY GOING HOME

When Don Force marked his 61st birthday on April 28, his wish came true.

“Going home on my birthday is the best gift ever,” said Don, who was hospitalized since March 29, battling COVID-19. After a month away, Don was discharged from Mary Free Bed's ReCOVerySM Unit and headed home to Howard City. He's the first patient with COVID-19 admitted to the new unit for those who need intensive rehabilitation and the second one to graduate.

A retired tow truck driver, Don developed a cough in mid-March that grew steadily worse. Then one night, he had trouble breathing and was taken to Spectrum Health's emergency department. He later tested positive for COVID-19 and his condition deteriorated. He spent 10 days in the ICU on a ventilator, fighting for his life.

While he doesn't remember much from his time in the acute-care hospital, he slowly began to recover and was well enough to transfer to Mary Free Bed on April 16. He spent the next 12 days taking part in aggressive rehabilitation to regain enough independence to return home.

His care plan included physical therapy for balance, walking, transfers, lower-body strength and endurance, and targeted respiratory exercises. Occupational therapy focused on self-care, pacing, upper-body strength and endurance. He also worked with speech-language pathologists on swallowing, voice articulation, cognition and memory challenges caused by prolonged hospitalization.

“Don was a great person to work with,” said physical therapist Chris Boer. “He was eager from day one to work hard, because he wanted to get home to his wife and cat. He was fun and had a great sense of humor. We set goals every week to work toward, and Don wanted to exceed those goals every time.”

When his team planned Don's graduation date, they didn't know April 28 held special meaning. “He said it was the best birthday present he's had,” Chris said. “We were proud to help him achieve his goals...proud to help get him home.”

As he left Mary Free Bed, Don said he's looking forward to spending time with his wife of 42 years, Cindy, and their cat, Deeks. “I'm going home where I belong,” Don said. “My wife, my cat and my chair are waiting for me.”



The Kelly family with Mitch Albom.



BESTSELLING AUTHOR MITCH ALBOM APPLAUDS MARY FREE BED KIDS STAFF FOR CARE OF YOUNG FAMILY FRIEND

Bestselling author, longtime Detroit Free Press columnist and philanthropist, Mitch Albom, sent a “long-distance hug” to Mary Free Bed employees for taking care of someone special to him and for doing “really important, amazing work.”

Albom shared his sentiments in a video message for helping a young girl during her recent inpatient stay. Albom is good friends with Grand Rapids residents Brian and Kathy Kelly, and has known their daughter, Faith, since she was born. Kathy helped plan the 1995 wedding of Mitch and his wife, Janine, and they’ve remained close ever since.

Born with cerebral palsy, a neurological condition that developed after she suffered a stroke in utero, Faith used ankle-foot orthoses for support while growing up. In February, at age 15, Faith had bilateral reconstructive knee surgery to improve her overall leg stability. In April, she started rehabilitation in the Mary Free Bed Kids inpatient program to regain strength, balance and to work on walking again.

Due to COVID-19 visitor restrictions, Albom followed Faith’s recovery from a distance and was moved to create a two-minute video recognizing Mary Free Bed staff “not only for your dedication to her but your dedication to your jobs, period.”

Faith’s team appreciated those words of gratitude. Physical therapist Cara Hudson, who grew up in the Detroit area, was especially touched. Her family subscribed to the Detroit Free Press, and Cara’s a fan of Albom’s columns and books, including “Tuesdays with Morrie” and “The Five People You Meet in Heaven.” His books have sold 40 million copies worldwide and been made into Emmy Award-winning movies.

Cara’s also appreciative of the Alboms’ charitable efforts to help those in need.

“The Alboms have done significant work for children with special needs, so it really means a lot to hear words of encouragement come from him,” Cara said. “It validates the reason we do this job. It’s about the kids —

the people we are helping get back to living their lives.”

The Kellys said they feel fortunate to have “such a world-class organization right here in Grand Rapids.”

“The entire hospital staff was absolutely incredible under the difficult circumstances caused by necessary COVID-19 precautions,” said Brian, who wasn’t surprised Albom would want to express his thanks.

“We know how hard Mitch works through his charities in the Detroit area to assist various vulnerable populations,” Brian said. “Detroit was especially hard hit by COVID-19, and Mitch has spent considerable time assisting frontline workers. We know how much he admires those who put others first during this crisis. So, Mitch’s admiration and gratitude for those helping Faith at Mary Free Bed is a natural extension of that.”

Faith spent six weeks at Mary Free Bed before graduating on May 12 to return home and continue her recovery.

PLANNED GIVING

GIVE A GIFT WHEN IT'S NEEDED MOST

Have your plans changed? For most of us, the answer to that question is yes.

Things have changed. Our lives have been put on hold. Most of us couldn't have anticipated the series of recent events that have so greatly impacted our sense of personal and financial security. If you're like most people, you're thinking about the impact of the COVID-19 pandemic on your future. Clients are contacting advisors in record numbers to discuss their needs and to make an estate plan.

You can provide a legacy to Mary Free Bed in a variety of ways through a planned gift. Through an IRA rollover, charitable gift annuity, beneficiary designation or outright bequest, you can make a gift that will support Mary Free Bed's valuable work into the future. And with the recent passage of both the SECURE and CARES acts, there may even be tax savings.

Let us know if we can be of assistance to you as you think through your plans. We have a variety of resources that may be helpful in rethinking your retirement planning, inheritance planning for your family and ways to create your legacy.

If we can be of help to you and your family, please contact Brad Kaufmann, director of Planned Giving, at brad.kaufmann@maryfreebed.com or 616.840.8898.

COMMUNITY PARTNER



Mary Free Bed resident physiatrist Yunna Sinskey poses with CareLinc employees Brenda Bultems and Jennifer Lowery at a Mary Free Bed wheelchair basketball tournament.

CARELINC MEDICAL EQUIPMENT

Sharing a person-centered philosophy with Mary Free Bed, CareLinc Medical Equipment is focused on meeting the mobility and medical equipment needs of its customers. Being part of the solution to provide people with medical, rehabilitation and mobility equipment so they can live full and active lives is a driving principle for CareLinc.

Founded by Mike Damstra and Pat Tolsma in 1997 with a goal of providing excellent service, CareLinc has expanded to include 27 locations across Michigan and northern Ohio. Supporting the communities it serves is a core value CareLinc shares with Mary Free Bed.

"We believe in Mary Free Bed's mission," said marketing manager Kirby Shotwell. "One of our proudest moments was opening the CareLinc office inside Mary Free Bed and seeing our staff work together with yours daily. It's truly motivating to see what people can achieve through rehabilitation. Your staff really cares."

During the COVID-19 pandemic, CareLinc has supplied medical equipment to hospitals and state agencies, and shifted focus to strategies that supply higher levels of personalized customer service, including virtual platforms.

"People come from across the state and across the country to experience the care at Mary Free Bed," Shotwell said. "We're happy to be involved and proud to support you as a partner in mission."

The foundation's Community Partnership Program offers businesses the opportunity to support Mary Free Bed at a significant level and gain greater visibility in the community and among its network members. To learn more about becoming a Community Partner, contact Laura Dulay at laura.dulay@maryfreebed.com or 616.840.8729.

INSIDE MARY FREE BED

EMPLOYEES DONATE NEARLY \$77,000 TO WITH A MARY HEART CAMPAIGN

The *With a Mary Heart* Employee Giving Campaign is about all of us and how we can impact the lives of others.

On behalf of the Mary Free Bed Foundation team, we would like to thank the hundreds of employees who stepped up during the 2020 internal giving campaign and made an investment to restore hope and freedom through rehabilitation.

Every penny of your donation goes directly to the program and fund you have chosen to support.

WHERE ARE THEY NOW?



CINDY BROEKHUIZEN CELEBRATES HER RECOVERY A YEAR AFTER CRASH

Cindy Broekhuizen recently celebrated a milestone and wanted to mark the occasion with her doctors and team at Mary Free Bed. But with the COVID-19 pandemic cutting off visitation to the hospital, Cindy created a video to show her appreciation instead.

She and her husband, Barry, agreed to let us share it with everyone.

Cindy came to Mary Free Bed for rehabilitation after a bad crash in the spring of 2019. She spent a week at Bronson Hospital in Kalamazoo recovering from many injuries, including many that left her wondering if she'd be able to walk again.

"It was at Mary Free Bed that I learned that I was not going to be just okay, but I was going to be OK on my own," Cindy says in the video.

Cindy used a wheelchair for three months and endured seven surgeries and months of physical therapy, which continues. During the two weeks she spent at Mary Free Bed, she was a patient of Dr. Stuart Yablon and Dr. Thomas Hordt.

"You encouraged me, laughed and cried with me. Most importantly you made me believe that I could stand, walk and someday, run again," Cindy says in the video. "You helped me find hope."

She sent "huge, virtual, social distancing-acceptable hugs" to Mary Free Bed. And we feel them.

To watch the video, visit maryfreebed.com and search "Cindy Broekhuizen."

WHEELCHAIR & ADAPTIVE SPORTS



GOLF OUTING SET FOR SEPTEMBER

The annual Mary Free Bed Open golf outing to benefit Wheelchair & Adaptive Sports will take place Wednesday, Sept. 9 at Thousand Oaks Golf Club in Grand Rapids. This exciting event is a fantastic opportunity to advance Mary Free Bed's mission while enjoying a day on the course.

This year, there's a new format to the day. Due to the COVID-19 pandemic, a boxed lunch will be provided to each golfer. Those golfing in the morning will finish their round with lunch, while those golfing in the afternoon will begin with it. The evening program and reception have been canceled for this year.

When

Double shotgun start at 8 a.m. (sold out) and 2 p.m.

Where

Thousand Oaks Golf Club
4100 Thousand Oaks Drive NE

Register: maryfreebed.com/golf

THANK YOU FOR YOUR GIFT

Campaign total to date:
\$76,973.00

Employee to Employee	\$26,663.08
Patient Assistance Fund	\$16,220.18
Full Peds Ahead	\$11,381.43
Wheelchair and Adaptive Sports	\$11,286.95
Center for Limb Difference	\$8,792.50
United Way/Other	\$1,212.86
Guild Fund	\$750.00
Research	\$666.00

 with a *Mary* heart
Employee Giving Campaign

Momentum.

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Help us to be even more "green."

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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, contact Darrow Goodspeed at darrow.goodspeed@maryfreebed.com or 616.840.8196.

Linear Glider

Standing platform swing to be used in therapy with patients who have autism (\$375)

Hensinger Head Support Collars

Used in pediatric therapy to position and support children with weak muscles (\$625)

TheraTogs Wunzi Clinical Starter Systems

Supports Neurodevelopmental Treatment (NDT) for children and supplies customizable body support to improve alignment and stability (\$1,150 for all sizes; \$200-\$350 per individual size)

Rapael Smart Pegboard

Device that can be used with pediatric and adult patients to train grasp and dexterity with real time visual and auditory feedback to capitalize on neuroplasticity (\$2,000)

Wheelchair & Adaptive Sports Equipment

- Helmets for sled hockey and Junior Wheelchair Sports Camp (seven requested; \$400)
- Lacrosse helmets for clinics/team and summer camp (five requested; \$700)
- Lacrosse chest pads (five requested; \$160)
- Youth basketballs for Junior Pacers and summer activities (four requested; \$120)
- Basketball scrimmage vests/pinnies (two sets; \$35)

You can raise money for Mary Free Bed while shopping at no additional cost to you. Through **Amazon Smile**, visit smile.amazon.com and select **Mary Free Bed Rehabilitation Hospital Foundation**.