

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 23 / Fall 2020

Mary Free Bed
Rehabilitation Hospital Foundation



UPCOMING EVENTS

6-8 p.m. Dec. 16

Mary & Brite Holiday

Lights Display

*Mary Free Bed Rehabilitation
Hospital Courtyard Garden*

May 19

Let Freedom Spring

Fundraising Luncheon

*Proceeds benefit Mary's Mission
Frederik Meijer Gardens and
Sculpture Park*

June 7

Mary Free Bed Open

Golf Outing

*Fundraiser to support
Wheelchair & Adaptive Sports
Thousand Oaks Golf Club*

WHAT'S NEW

MARY FREE BED DONORS THRIVE ON MESSAGE THAT 'EVERYBODY DESERVES A FIGHTING CHANCE'

The COVID-19 pandemic did little to deter supporters of Mary Free Bed from celebrating its mission to restore hope and freedom. While "Thrive," the Foundation's annual gala, looked a little different this year, the result was the same.



Instead of one large event attended by hundreds of people, the Foundation offered opportunities for sponsors to host smaller parties and help Mary Free Bed Wheelchair & Adaptive Sports, a program funded 95% by philanthropy. They rose to the occasion, raising \$300,000.

Forty gatherings each attended by 10-40 people were hosted in private homes and businesses, including as far away as Florida. The Foundation supplied food and favors to help make each event a festive one.

"We had nearly 600 people attend parties," said Jocelyn Dettloff, the Foundation's Annual Fund director. "The support was amazing."

A \$45,000 challenge match, thanks to the generosity of CareLinc, Miller Johnson Attorneys and an anonymous donor also was met.

Proceeds from the seventh annual event will support Wheelchair & Adaptive Sports, which offers enriching classes, clinics and competitive teams for people of all ages and abilities. One of the largest programs of its kind in the United States, WAS served more than 2,800 children and adults last year, including WAS athlete Kyle Friar.

The 16-year-old from Grand Rapids was diagnosed shortly after he was born with Duchenne muscular dystrophy,

Continued on page 3

2021
Thrive
MARY FREE BED
FOUNDATION

Save the Date

OCT. 9

DEVOS PLACE

THANK YOU, SPONSORS!

BAR SPONSOR

Pet Supplies Plus

TECHNOLOGY SPONSOR

Trace3

VIRTUAL PHOTO BOOTH SPONSOR

CareLinc Medical Equipment & Supply



FREEDOM

AdvisaCare

Steve & Amy Van Andel Foundation

PROSPER

Kate Pew Wolters

Miller Johnson Attorneys

Spectrum Health

Studio 616 Photography

FLOURISH

BISSELL, Inc.

Blue Cross Blue Shield Michigan

CNA Financial Corporation/USI

Covenant Healthcare

Fifth Third Bank

Interphase Interiors/Haworth

Jandernoa Foundation

Kent and Susan Riddle with Kate Dernocoeur

Matthews Family Foundation

Mary Free Bed Guild

Mimi Cummings

Meijer

Richard and Lori Hinkley

Sparrow Health System

Take His Hand Foundation

Wolverine Building Group

EXCEL

Brad and Claire Kaufmann

Carter Products Company

Chris Vandenberg, M.D. and

Betsy Neubig, M.D.

Custer, Inc./Steelcase Inc.

Dan Vos Construction

Diekema Hamann Architecture

& Engineering

Enviah

Grand Valley State University

Gregory and Amy Conway

Hy & Greta Berkowitz Foundation

Ingrid and Don Cheslek

Integrity Back and Brain, LLC

IPEX, Inc.

J.C. and Tammy Huizenga

Kennari Consulting

Lake Michigan Credit Union

Life EMS Ambulance

Michael and Lynette Ellis

Nan and Tom Doyal

Pam and Marty Buschle

Physical Medicine Associates of
Northern Michigan

Rebecca Bechler

RMB Capital Management

Synzi

The LabelTape Group

WOOD-TV 8

PROGRESS

Bill and Kay Farr

Bill and Amy Mackay

Bob and Margaret Nault

Cerner Corporation

Doug, Kim and Cam Young

FirstLight Home Care

Grand Rapids Graphix

Jennifer and Bradley Taylor

Jim and Barbara Haveman

Jim and Amy Keane

John Gabrosek and Michele
Suchovsky-Gabrosek

John Hunting

Kim and Jeff Ridings

Kirk and Jamie Bart

Laura and Michael Puff, M.D.

Leslie Shanlian

MANAGED REHABilitation Consultants

Mark Huizenga Systems Consulting, LLC

Michelle and Kevin Bassett

Nate and Valerie Guzman

Reagan Marketing + Design

Ryan and Jessica Podvin

Sinas Dramis Law Firm

Susan and Mick Taylor

Terry and Robert Sokorai

Wendy Stock

Inside Mary Free Bed

MARY FREE BED RANKED TOP REHABILITATION CENTER IN MICHIGAN BY NEWSWEEK

Newsweek officials announced their first ranking of rehabilitation organizations, and Mary Free Bed tops the list in Michigan for 2020. The ratings are based on quality of care, service and follow-up care in addition to accommodations and amenities.

Newsweek partnered with global market research firm Statista Inc. to rank the country's best physical rehabilitation centers in 20 states with the largest number of centers. A total of 140 facilities made the cut. Of those, Mary Free Bed

received the 11th-highest score. The score was a composite of a reputation survey of thousands of medical experts and outcome data from the U.S. Centers for Medicare & Medicaid Services.

Mary Free Bed CEO Kent Riddle was thrilled by the news.

"West Michigan knows about Mary Free Bed's quality rehabilitation," said Kent. "It's especially meaningful when a nationally-respected independent organization reaches the same conclusion using patient outcome data."



INTERNAL GRANTS AWARDED

The Mary Free Bed Foundation's mission is to restore hope and freedom through philanthropy. If unforeseen needs arise during the year, employees can request assistance from the Foundation to fulfill such needs. Each department may apply for as many grants as deemed appropriate, but the total awards generally cannot cumulatively exceed \$10,000 in one calendar year. Recent awards include:

Cancer Rehabilitation Program

\$8,638 to purchase two LymphaTouch machines to assist with axillary web syndrome and scar management as well as lymph management. This will expand services to include our Holland and Muskegon locations.

Inpatient Pediatric Rehabilitation

\$3,000 to expand its selection of games, books and toys for Mary Free Bed Kids inpatients to enjoy during their stay.

Orthotics & Prosthetics + Bionics

\$2,949 to assist a pediatric patient who needed new leg braces and shoes.

Continued from cover

a genetic neuromuscular disease. His older brother, Kevin, had it too. Kevin lost his battle in 2018 at the age of 18.

Kyle and his parents, Mike and DeAnne, shared their family's story in a video viewed by party attendees.

"We're embracing what's in our lives and making the most of every day," Mike said. "Kyle doesn't feel like, just because he has this disease, he has to sit at home and do nothing. He goes out and lives life."

That includes participating in activities offered by WAS. His favorite? Playing power soccer.

"It has a lot of thrill—it's super-fast," Kyle said. "It can be super competitive."

Watching Kyle play makes his parents beam with pride.

"It gives me an overwhelming sense of joy to witness him use his athletic ability, be a leader in sports and watch how he

lights up when he scores a goal," DeAnne said in the video message, asking viewers to "consider the effect sports have had on your life and the lives of your children, grandchildren, nieces or nephews. The fun, competition and bonds of friendship experienced..."

"Because of Wheelchair & Adaptive Sports, athletes with physical disabilities have the same experiences, and so much more," she said. "Some young athletes can even obtain an athletic scholarship to college and play an adaptive sport. All because they had the opportunity to take part in sports through Mary Free Bed."

The video also featured a message from Mary Free Bed CEO Kent Riddle and performances by WOOD-TV personality Jordan Carson and pianist Zach Henderson.

"Each year we select a program to feature at Thrive, and we selected WAS because it has such a big impact on the lives of

our athletes and their families," Jocelyn said. "In a time of isolation and distancing, Kyle's powerful story reminded us that so much of what we love about sports takes place off the court and field."

To watch the Friars' story, visit youtube.com/maryfreebed and search "Wheelchair athlete."

If you're interested in donating to Wheelchair & Adaptive Sports, please visit maryfreebed.com/foundation.

A MARY MOMENT



Photo Credit Brian Kelly Photography

SALES FROM GRAND RAPIDS PHOTOGRAPHER'S NEW BOOK TO BENEFIT MARY FREE BED KIDS

Brian Kelly's new passion project exemplifying his love for the city of Grand Rapids will help two local organizations near and dear to his heart.

The popular Grand Rapids photographer has published a book of aerial photographs offering a unique perspective of the city. **"AERIAL: Grand Rapids from Above"** is a 100-page coffee table book featuring over 50 colorful views of area landmarks taken by Kelly with his drone.

Kelly launched a Kickstarter campaign to help with printing costs and to pre-order copies of the \$69 book. More than 750 people placed orders, far exceeding his goal.

"(My wife) and I feel strongly that this book should have a positive impact on our community," Kelly said. "That's why a portion of every book sold will be directed to two great Grand Rapids organizations that have impacted our family."

A portion of proceeds will go to the Mary Free Bed Foundation's *Full Peds Ahead – An Initiative for Kids* to improve access to specialized care. While Mary Free Bed Kids provides care for young patients recovering from a wide range of illnesses and injuries, new and expanding specialties include chronic pain, cerebral palsy, early development and autism. The Foundation hopes to raise \$10 million over the next 10 years to grow programs and increase support for uninsured and under-insured children.

Kelly's daughter, Faith, who was born with cerebral palsy, is a long-time patient of Mary Free Bed. She most recently was an inpatient with Mary Free Bed Kids following bilateral reconstructive knee surgery in February. Family friend and bestselling author Mitch Albom shared a video with Paige's team to thank them for their work with her.

Another part of the proceeds will go to Disability Advocates of Kent County.

To purchase a copy of *"AERIAL"* or prints from the book, visit aerialgrandrapids.com.

STORIES THAT MOVE YOU

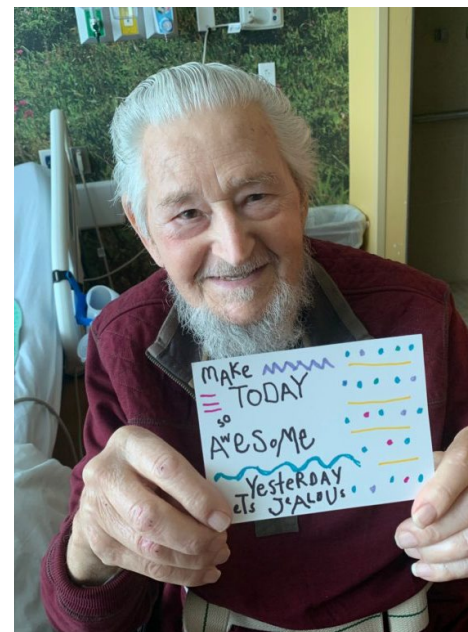
NEARLY 2,000 'NOTES OF HOPE' LIFT PATIENT SPIRITS DURING PANDEMIC

When the COVID-19 pandemic hit West Michigan earlier this year, our Mary Free Bed recreational therapy team thought "Notes of Hope" would be a simple way for the community to help restore hope to patients already facing challenging circumstances due to an injury or illness. We knew West Michigan residents would open their hearts to help patients who couldn't have family and friends physically by their side during their rehabilitation. And they did.

Since the request in March, we received nearly 2,000 notes and pictures to share with patients.

"Notes of Hope provided our patients with encouragement, a sense of support and joy knowing that they were not alone in the process of recovery,"

said recreational therapist Brie Taylor. "The staff at Mary Free Bed is incredibly grateful to the community for its generosity."



WHERE ARE THEY NOW?



AL REMAINS ‘HARD WORKING AND DEDICATED TO HIS RECOVERY’ FROM WEST NILE VIRUS

We first told you about Al Walczak's fight with West Nile in 2018. Here's an update:

It's been more than three years since a mosquito bite changed the course of Al Walczak's life. A small insect infected with the West Nile virus caused Al to develop serious complications that he's still fighting today. And he doesn't intend to stop fighting.

Since Al graduated from inpatient care at Mary Free Bed in January 2018, he's continued to work diligently in outpatient therapy and completes a strenuous daily home exercise routine.

"He's hard working and dedicated to his recovery," said occupational therapist Amy Haroff. "He never says he can't do something, just 'not yet.'"

His Mary Free Bed team is focused on helping Al improve endurance, strength, coordination and flexibility using neuromuscular stimulation and range of motion. He's made positive progress, but "is a long way from where I'd like to be."

"I certainly have gotten stronger and more flexible," said Al, who uses a power wheelchair for mobility. "I'm able to do more things around the house, get food from the fridge, more easily grab items from counters—be more independent. And yes, I can play something on my guitar that resembles a song. It's good for the soul and keeps me inspired."

While Al continues to battle some strength deficits throughout his body, commitment to his daily home exercise program has helped him gain enough stamina to work on added skills, such as simple cooking tasks.

"We recently talked about him getting back to driving, and he'll meet with our driver's rehabilitation specialist soon," Amy said.

Al has also continued to work with physical therapist Jake Miller, who set up a workout for him on an FES cycle. The lower-extremity functional electrical stimulation cycle uses pulses of electrical current to enable muscles to perform activities even though they're weak or paralyzed by neuromuscular disease or injury.

Before the COVID-19 pandemic caused many businesses to close temporarily for safety reasons, Al frequented the Mary Free Bed YMCA, using its adaptive equipment and riding the FES cycle there.

"For Al, the purpose of FES cycling has been to improve his muscle strength and maintain range of motion and flexibility," Jake said. "It also helps for aerobic conditioning and endurance training for overall health."

Al was pleased to return to the YMCA recently after seven months away.

"It's extremely valuable to me," he said. "I felt my legs getting stronger and my endurance increasing."

Al also has been working with Jake to progress his independence by performing slide board transfers from his power wheelchair and training on new equipment to make movement easier.

"Al is wonderful to work with," Jake said. "He's hard working and motivated to improve his strength and mobility, and his overall health and wellness."

Al values his time working with Amy and Jake, thankful for their expertise but "equally important, they inspire me to work hard."

Continuing to move his recovery forward as far as possible is Al's goal. But he also recognizes that his physical disability is "not my life."

"The goals I've always had for myself still remain. I still want to be useful to others, to create good music, to write something inspiring and to be a great husband, friend and family member," he said. "This experience has taught me to greatly value patience, hard work and love. I'm more appreciative of every little thing. All of that has led to deeper and richer relationships with those in my life, and for that, I'll always be eternally grateful."

For information about West Nile virus activity in Michigan and how to protect yourself, visit the Michigan Department of Health & Human Services website, michigan.gov/westnile.

PLANNED GIVING

WE'RE GRATEFUL FOR LEGACY GIVING

During these times of change and uncertainty, we want to thank you for your partnership. We're grateful to donors who give today and to those who have remembered Mary Free Bed in their estate plan. Because of this generosity, our mission of restoring hope and freedom will continue. While our mission takes many forms, at the core is our desire to help people and make this world a better place.

MAKE A MAJOR GIFT WITH MINOR EFFORT

Did you know you can make a big difference in helping us further our mission with an IRA rollover gift? For an added benefit, consider designating Mary Free Bed as a beneficiary of your IRA. The IRA charitable rollover provides several benefits. It allows individuals 70½ and older to transfer up to \$100,000 from an IRA directly to a nonprofit. You pay no taxes on the transfer, and your gift counts dollar-for-dollar to support our important work.

For more information or to discuss making any type of legacy gift to Mary Free Bed, contact Brad Kaufmann at brad.kaufmann@maryfreebed.com or 616.840.8898.



HEROES AMONG US

Mary Free Bed is among the West Michigan hospitals featured on "Heroes Among Us," a campaign celebrating and honoring health care workers caring for patients with COVID-19. WOOD-TV shared the incredible stories of those on the front lines in a series of broadcasts culminating in a 30-minute special that aired Sept. 7. The campaign, supported by CareLinc Medical Equipment and Supply, raised \$104,000.

WOOD-TV personality Jordan Carson and CareLinc President Mike Damstra presented Mary Free Bed CEO Kent Riddle and the Foundation's Jocelyn Dettloff with a check for \$26,000.

COVID-19 Community Response

We are fortunate to live in a caring and generous community. Since COVID-19 fundraising efforts began in the spring, nearly \$175,000 has been raised to aid in the protection and safety of our health care workers and patients.

COMMUNITY PARTNER

SPARTANNASH MAKING A DIFFERENCE

This marks the third year that SpartanNash has sponsored the complimentary breakfast program for patients and family members staying at The Inn at Mary Free Bed. Featuring Our Family-brand favorites, the breakfast last year nourished over 7,000 people.

"The difference this makes to our patients cannot be measured," said Darrow Goodspeed, director of Major Gifts and Donor Relations. "Having breakfast available makes mornings less stressful and provides a nutritious meal for patients getting ready for therapy."

SpartanNash's partnership includes sponsorship of Health and Wellness initiatives and the Weight Management Program offered by Mary Free Bed's Nutrition Services for employees, which provides resources for cooking demonstrations, nutritious snacks and education events.

As a program sponsor for Wheelchair & Adaptive Sports, SpartanNash not only has enabled more athletes with disabilities the opportunity to participate in sports but also provided nutritious snack stations at sports tournaments, including the Midwest Wheelchair Tennis Championship and Junior Wheelchair Sports Camp.

GIFTS & GRANTS

The Mary Free Bed Foundation is thankful for the significant support from the following generous donors and organizations.

- Amway
- Campbell Foundation
- CDV5 Foundation
- Craig H. Neilsen Foundation
- Gerber Foundation
- Grand Haven Area Community Foundation
- Grand Rapids Community Foundation
- Heart of West Michigan United Way
- Kiwanis of Michigan Foundation
- Old Trail Foundation
- Sebastian Foundation
- The Carls Foundation
- William F. O'Connor Foundation

MARY FREE BED GUILD

\$80,000 IN SCHOLARSHIPS AWARDED TO DESERVING STUDENTS

To help defray the cost of education and enhance staff diversity, the Mary Free Bed Guild created the Minority and Disability scholarship programs. This year, the Guild awarded 21 students a total of \$80,000 in scholarships for their academic achievements.

The Guild established the Minority Scholarship Program in 2006 to help students pursuing degrees in neuropsychology, nursing, orthotics, prosthetics and rehabilitation therapy programs. The Disability Scholarship Program began in 2013 for students with physical disabilities related to a brain injury, spinal cord injury, stroke, limb difference or an acquired or congenital neurological condition treatable through rehabilitation.

Over the life of these programs, 102 deserving students have received more than \$831,000.

Applications for scholarships for the 2021-2022 school year will be available in January.

WHEELCHAIR & ADAPTIVE SPORTS

WAS HOSTS SPORTS DAY AFTER CAMP CANCELED

Twenty-five campers had a ball at Junior Wheelchair Sports Field Day, a smaller version of Mary Free Bed Wheelchair & Adaptive Sports' annual weeklong camp for kids with disabilities. That event, held the past 35 years, was canceled for safety reasons due to the COVID-19 pandemic.

"It was very important to us to offer something to restore a sense of normalcy and provide activities for our campers," said Maria Besta, manager of the WAS program.

Junior Wheelchair Sports Camp, held each July at Grand Valley State University, typically attracts more than 55 campers and is staffed by dozens of coaches and volunteers. To ensure a safe atmosphere, Besta's team organized three days of activities in August for kids ages 7-18 of all ability levels to learn new skills or new sports.



The field days, held outside at the Mary Free Bed YMCA, featured dodgeball, lacrosse, softball and tennis.

To keep numbers down, eight to nine kids took part per day.

"We all need to socialize and continue doing things we love," Besta said. "We just have to do it differently."

The event was free to campers, thanks to sponsorship by Saladin Shriners.



GOLF OUTING

More than **220** golfers turned out for the Mary Free Bed Open golf outing Sept. 9 to help Wheelchair & Adaptive Sports. The event at Thousand Oaks Golf Club raised **\$87,000**. We appreciate the generosity and support of all our sponsors, including top sponsors Kent Quality Foods, AdvisaCare, CareLinc Medical Equipment & Supply, Meijer and Saladin Shriners.

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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

Corey Turner, Major Gifts Director

Laura Dulay, Development Director

Kelly Fitzgerald

Senior Administrative Assistant



WELCOME, COREY!

Corey Turner has joined the Mary Free Bed Foundation staff as director of Major Gifts. She brings nearly a decade of experience in West

Michigan fundraising in a variety of fields, most recently as development manager of Alumni Relations and Planned Giving with the Grand Rapids Community College Foundation. She's an alumna of Aquinas College, where she studied business and communication. A former Mary Free Bed patient herself, Corey is excited to work with supporters to help restore hope and freedom through charitable giving.

WISH LIST

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

Wheelchair & Adaptive Sports Equipment

- **Ski Ergonomics Extensions** *Two requested; \$15*
- **Adaptive Ropes** (cordless)
Two requested; \$69.95
- **Monster Rope** for wheelchair athletes
One requested; \$55
- **Lap mats for barbell/heavy equipment**
Size Small; \$80, Size Large; \$85
- **Single Arm-Rowing Attachment** (hook) for athletes with one arm *Two requested; \$75*
- **RX Smart Gear Mono Rope** *One requested; \$85*
- **Single-Arm Jump Rope** (collapsible)
One requested; \$125.95
- **Aldridge Arm Harness & Strap** (deadlift)
One requested; \$145
- **Barbell markers** for visually impaired (pair)
One requested; \$14.95
- **Dynamax Medicine Ball** for visually impaired
One requested; \$100-\$121
- **Adaptive CrossFit Program investment**
\$2,000

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

TheraTogs Wunzi Clinical Starter Systems Supports Neurodevelopmental Treatment (NDT) for children. Supplies customizable body support to improve alignment and stability. (*\$1,150 for all sizes; \$200-\$350 per individual size*)

Rapael Smart Pegboard For Autism Therapy A digital version of traditional pegboard therapy that offers three board shapes and 30 engaging games for functional and cognitive rehabilitation. (*\$2,000*)

Hensinger Head Support Collars With Reusable Covers Used in pediatric therapy to position and support children with weak muscles. (*\$625*)

Amazon Wish List Give the gift of laughter and fun to our youngest patients, and visit Mary Free Bed's Amazon Wish List <https://a.co/b8vlimg>