

# Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 24 / Winter 2021

Mary Free Bed<sup>®</sup>  
Rehabilitation Hospital Foundation



## UPCOMING EVENTS

**April 24**

**Bikes for the Rest of Us**

*Mary Free Bed Rehabilitation Hospital, West Entry parking ramp*

**May 1-June 15**

**Mary Free Bed**

**Fine Arts Exhibition**

*Due to COVID-19 restrictions, this event will be for the enjoyment of patients and employees and does not include public viewing hours.*

**May 19**

**Let Freedom Spring virtual fundraising event**

*Proceeds benefit Mary's Mission*

**June 7**

**Mary Free Bed Open golf outing**

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

**July 9-11**

**Midwest Wheelchair Tennis Championships**

*MVP Crahen*

## WHAT'S NEW

### WITH A MARY HEART EMPLOYEE GIVING CAMPAIGN ENJOYS RECORD-BREAKING YEAR THANKS TO DEDICATED, GENEROUS EMPLOYEES

When the Mary Free Bed Foundation launched its *With a Mary Heart Employee Giving Campaign* three years ago, it was no surprise when employees rose to the occasion. Beyond their time and talents, they gave thousands of dollars for programs

and services that restore hope and freedom to patients and their families. And this year, staff members raised \$101,185 through gifts and pledges, more than ever before.

"Our caring, compassionate and hardworking employees are the heart and soul of Mary Free Bed," said Laura Dulay, director of Development for the Foundation. "Everyone gives of themselves so our patients and their families receive the best care possible. They believe in our mission."

Over 400 employees attended the Mary Mardi Gras-themed kickoff on Feb. 17-18 in the Meijer Conference Center. Employees participated in fun activities with a chance to win

prizes and received goody bags. Healthy snacks were provided by SpartanNash. The event adhered to COVID-19 guidelines and social distancing protocols.

The campaign funds innovative patient care programs and services at Mary Free Bed. Employees can designate where their 100-percent tax-deductible gift goes, whether it's the featured fund or another option. And this year, thanks to matching funds from CareLinc Medical Equipment & Supply and Fifth Third Bank, those contributions went even further.

*Continued on page 2*



# Inside Mary Free Bed

## FOUNDATION'S PATIENT ASSISTANCE FUND DESIGNED TO HELP THOSE IN NEED



In 2018, the Foundation established a Patient Assistance Fund to collect donations that were specifically given to help Mary Free Bed patients who need financial help to ensure a quicker and safer discharge from the hospital, a piece of necessary equipment or simply a healthy meal for family members. Since then, the fund has grown significantly and provided support to our patients in a variety of ways.

Working in conjunction with Mary Free Bed's care management team, the fund has provided more than \$55,000 over the past three years to help patients with medication

expenses, equipment needs, transportation and meals during their stay, as well as home modifications so patients can be discharged to a safe and secure environment.

Donations to the fund have come from community members and Mary Free Bed employees, whose contributions are made through the annual With a Mary Heart Employee Giving Campaign. To donate to the Patient Assistance Fund, please email [foundation@maryfreebed.com](mailto:foundation@maryfreebed.com) or give securely online.

## THE MOST RECENT ALLOCATIONS FROM THE PATIENT ASSISTANCE FUND INCLUDE:

### **Transportation costs \$3,079**

Costs associated with transferring patients to another facility or home

### **Medications \$1,735**

Costs associated with providing medications so patients can be discharged sooner

### **Home Modifications \$1,729**

Costs associated with making patients' homes accessible prior to discharge

### **Equipment \$721**

Purchase of necessary equipment to facilitate patients' discharge to home

*Continued from cover*

Fund options included:

### **Featured Fund: Recreational Therapy –**

Recreational therapists use activity-based treatment (such as gardening, woodworking or bicycling) to help patients meet their rehabilitation goals and return home. This innovative approach to rehabilitation also may include aquatic therapy, animal-assisted interventions, community reintegration field trips and peer support groups.

Bones and bodies can mend, but the heart, mind and spirit are part of healing the whole person. Treatment is customized to each patient's interests to improve physical, social, emotional and cognitive functioning and wellbeing. Although not reimbursed by insurance, Mary Free Bed takes pride in offering recreational therapy as a vital component of rehabilitation.

### **Matthew Fitzpatrick Memorial Scholarship**

**Fund** – Named after an employee who passed away, this fund was established to award a scholarship(s) each year to a Mary Free Bed employee(s) pursuing a degree or another professional certification. Learn more about Matthew's story on page 4.

### **Full Peds Ahead, an Initiative for Kids at**

**Mary Free Bed** – Improves access to care and models of care for pediatric patients.

**Greatest Need: Mary's Mission** – Supports programs, services and state-of-the-art equipment and technology that help patients rebuild their lives.

### **Mary Free Bed at Covenant HealthCare**

**Capital Campaign** – Helps advance rehabilitative care and patient experience in the Saginaw Bay Region with a new, state-of-the-art facility.

### **Wheelchair & Adaptive Sports Fund –**

Serves people with disabilities through competitive teams, clinics, classes and events.

### **Employee-to-Employee Giving Fund –**

Provides a limited financial gift to support employees experiencing financial hardship, such as emergency housing issues, help paying utility bills and assistance when a family member is sick.

To thank employees for their generosity, employees are offered special incentives based on the amount of their donation.



# STORIES THAT MOVE YOU



## WITH HEARTFELT SUPPORT, OLIVIA AND ALEX 'FIGHT TO BEAT THIS TOGETHER'

*Olivia Ancil's story of recovery is about faith over fear and perseverance over pain. It's one of hope and the undeniable power of love.*

On May 28, 2020, the young nurse was leaving a specialty certification class at Holland Hospital to spend time with her boyfriend, Alex Arent. Just 22 and a recent graduate, she'd landed her dream job as a registered nurse at her hometown hospital. Life was sweet.

"Alex and I were walking on the sidewalk," she said. "Then everything changed."

A car veered off the road and onto the sidewalk, striking Olivia and Alex. When first responders arrived at the scene, Olivia was unresponsive. With injuries deemed life-threatening, she was flown by Aeromed to Spectrum Health Butterworth Hospital in Grand Rapids. Alex, who also was seriously injured, was taken by ambulance.

Olivia underwent emergency surgery and spent the next five days in intensive care, fighting for her life. She sustained a traumatic brain injury, internal injuries and multiple fractures that spanned the length of her body. Impact from the crash also affected her vision.

"I have plates, rods and screws in both of my legs, my spine and my mandible as well as scars from staples and stitches," she said. "It's been a journey, and it's only begun."

### 'Miraculous' recovery

After five days in the acute-care hospital, Olivia came to Mary Free Bed Rehabilitation Hospital to begin intensive therapy.

"Her story is quite miraculous, just how much she's been able to recover," said Sean Murphy, a physical therapist on the Brain Injury Program team. "She's an incredibly hardworking young woman...the pain was overwhelming. But she was motivated to get back on her feet."

Despite that motivation, the severity of Olivia's injuries raised questions about the extent of her recovery, including her ability to walk again.

"She really relied on her faith to get her through it – she gave it everything," Sean said. "Her goal was to walk out of here, and there were times when it didn't look like that would happen."

### Sources of support

The 73 days Olivia spent at Mary Free Bed were fraught with incredible highs each time a goal was reached and the lowest of lows, when her pain was exhausting and the COVID-19 pandemic prevented her from seeing many loved ones in person.

After he was discharged from the hospital, Alex also came to Mary Free Bed for rehabilitation. While working to recover from his own injuries, Alex was a mainstay not only for Olivia but also for her mother, Rebecca.

"His first words when he saw Olivia were 'You are so beautiful,'" she said. "He was an encouragement to me because of his love for Liv and their fight to beat this together."

Alex and Olivia participated in their individual therapy sessions, and Alex also spent time observing and encouraging Olivia during hers. After therapy ended for the day, they were inseparable, traveling the hallways together in their wheelchairs and visiting outside on

the terrace. Sometimes, he just held her hand, providing a calming force.

"He's been solid as a rock through it all," Olivia said.

When Alex graduated from Mary Free Bed on June 10, they transitioned to daily video calls. Olivia spent the following weeks fighting to recover in the face of an unknown future. Therapy continued, mixed with visits to see specialty physicians and surgery to remove the wires in her jaw. Olivia remained steadfast during the incremental recovery.

"I truly think my whole recovery would have looked so different without Mary Free Bed, without my therapists, my nurses, my doctors ... each person made a difference," Olivia said. "I'm just so thankful."



### Facing the future

Olivia graduated Aug. 14 and headed home to a parade of well-wishers lining the street.

"The thing I rested on the most was, although the situation was not good, God was still good," Olivia said. "I was constantly encouraged by so much support and love from people at home, from the staff at Mary Free Bed. I was blown away."

She's continuing outpatient therapy through Holland Hospital and has extensive follow-up care with specialists. While she's well on her way, Olivia's recovery is far from over. She'll face it with Alex.

One of the things he worked on during his rehabilitation at Mary Free Bed? How to get down on one knee.

Alex proposed on Sept. 5, and they were married Dec. 3. Sean was there.

"Alex and Olivia invited me and my wife so that I could watch Olivia meet another one of her goals," he said. "She looked stunning walking down the aisle, without an assistive device, to marry Alex. It was a beautiful wedding, and I was incredibly honored that they wanted me to be part of it."



## SCHOLARSHIP HONORS FORMER COLLEAGUE

Matt Fitzpatrick, a proud member of the LGBTQIA+ community, was a beloved employee of Mary Free Bed who passed away in December 2019. Matt brought joy to his patients through his work as a nurse on the Spinal Cord Injury team. He was a shining example of Mary Free Bed's standards of behavior, and his personal values included service above self, support of diversity and inclusion, high academic standards and a strong work ethic.

To honor his legacy, Matt's family established a scholarship fund through the Foundation to help further the educational goals of his Mary Free Bed colleagues. Current employees who identify as a member of an underrepresented population (including race/ethnicity and/or LGBTQIA+) are welcome to apply. The scholarship is designed to help pay for educational expenses for higher education needs, trade/vocational school courses or professional certification.

To contribute to the Matthew Fitzpatrick Scholarship Fund, please contact Brad Kaufmann at [brad.kaufmann@maryfreebed.com](mailto:brad.kaufmann@maryfreebed.com).

# MARY FREE BED MOMENTS

## MARY & BRITE

Mary and Brite is a spectacular display of holiday lights and decorations in the Courtyard Garden at Mary Free Bed Rehabilitation Hospital. The whimsical space creates a magical feeling of joy and happiness for patients and their families.



The recreational therapy team created Mary and Brite in 2019 to lift spirits of hospitalized patients during the holiday season. The 2020 event was

made possible by the generosity of John Bertsch and Georgia Scott.

## BROOKLYN DOES IT AGAIN



In June 2018, Brooklyn Hammer chose Mary Free Bed as the recipient of a "Random Acts of Kindness" school project. The Middletown

youngster wanted to honor her grandma, a former patient. After collecting money and putting it in a pickle jar, Brooklyn brought the jar filled with \$428.64 to Mary Free Bed and presented it to CEO Kent Riddle.

Brooklyn, whose experience visiting her grandma inspired her to become a therapist one day, stopped by again on Giving Tuesday in December with another generous donation – \$611 – for the Foundation.

And, yes, she still wants to become a therapist and work at Mary Free Bed someday!

## MARY FREE BED 'PRIZE PATROL' LIFTS CLINICAL STAFF'S SPIRITS DURING THE HOLIDAYS

Thanks to a generous donation from CareLinc Medical Equipment and Supply through its "Heroes Among Us" campaign celebrating health care workers, Mary Free Bed employees received a fun morale-boosting effort.

In December, volunteers roamed the hospital's halls during each shift with a "Prize Patrol" cart, providing good cheer, yummy (and healthy) snacks and prizes to dedicated employees.

"Our incredible staff stepped up to every challenge in 2020, including the opening of the ReCOvery™ Unit for patients recovering from COVID-19, the surge in patients due to the pandemic and the extra hours and protocols it took to care for our patients," said Brad Kaufmann, the Foundation's director of Planning Giving and a member of the Mary Free Bed Morale Task Force. "Everyone deserves a big dose of gratitude for the extra mile they went and extra duties they put in.



"The prize patrol cart was just one of several small ways we tried to bring a smile to those who

had a chance to spin the wheel and hear directly from our leaders how much they are appreciated."

In addition, each employee received a \$15 Meijer gift card in the spirit of the holiday season.

## NEW BOOK SUPPORTS MARY FREE BED KIDS PEDIATRIC PROGRAMS

Mary Free Bed has received a \$2,000 donation from Grand Rapids photographer Brian Kelly, thanks to the success of his book "AERIAL: Grand Rapids from Above."



Brian chose to donate a portion of proceeds to the Mary Free Bed Foundation's Full Peds

Ahead an Initiative for Kids to improve access to specialized care.

The 100-page book features over 50 colorful views of area landmarks taken by Brian with his drone. To order a copy for your collection or as a special gift for someone, visit [www.aerialgrandrapids.com](http://www.aerialgrandrapids.com).





## PLAYGROUND SUPPORTS THERAPY DISGUISED AS PLAY FOR CHILDREN OF ALL ABILITIES

When Mary's Therapy Playground was created in 2018, the outdoor space provided a fun, healing space for our youngest patients to grow. Three years later, the playground has grown, too!

The growth occurred as part of Mary Free Bed's decision to build its own kitchen to better serve the nutritional needs of patients. Construction of the kitchen was sited for the floor above the outdoor play area, necessitating its enclosure and expansion.

"The new space is bright, fun and open," said Andrea Dennis, a physical therapist on the Mary Free Bed Kids outpatient team. "And the enclosed space will allow us to use the playground year-round."

A happy place where children and adolescents can work on their rehabilitation goals, the playground features elements that are fun and functional. Located adjacent to the outpatient Kids area, patients 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, including climbing structures, musical elements and gear panels. A slide and stair were modified from its original height and width to fit the new indoor space.

A new climbing wall and therapy loft were constructed by Mary Free Bed Plant Services department craftsman Rick Nequist. The space also has a ramp.

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.

"A huge benefit for therapy is the additional space," she said. "The playground's different elements allow for us to work on functional mobility skills while also having fun. The ramp has been helpful for wheelchair training and ramp navigation with children using assistive devices. The large stairs on the loft help with climbing and preparing kids for bus-stair negotiation, and the climbing wall is an excellent strengthening activity but appealing to kids."

*Mary's Therapy Playground initially was part of the Mary Free Bed Foundation's Therapeutic Healing Gardens project funded by donors.*



Mary Free Bed

open

You're invited to our  
*Golf Outing*

Monday, June 7

Double Shotgun: 8 a.m. and 1 p.m.  
Lunch Service: 11:30 - 12:30 p.m.

\*All shotgun times are first come, first served.

Thousand Oaks Golf Club

Lunch | Individual and team awards | Hole contests | Prizes and more!

Benefiting  
**Mary Free Bed**  
Wheelchair and Adaptive Sports

Reserve your foursome or secure your sponsorship.  
Contact Laura Dulay at [laura.dulay@maryfreebed.com](mailto:laura.dulay@maryfreebed.com) or 616.840.8729.  
[maryfreebed.com/golf](http://maryfreebed.com/golf)

## PLANNED GIVING

### LEGACY GIFTS: ENSURING MARY FREE BED'S FUTURE

The Mary Free Bed Foundation recently was named the sole beneficiary of an individual's estate to remember and thank Mary Free Bed for the care provided to her aging parents in the late 1970s. This generous bequest will make a significant impact in funding the Pediatric Growth Initiative Endowment to ensure Mary Free Bed will be able to provide valuable programs and services to children in perpetuity.

Did you know that a legacy gift from your estate can make a tremendous difference on the work Mary Free Bed does long after your lifetime? Many of our supporters choose specific programs or efforts within the hospital that are meaningful to them to designate their future gift. There are a variety of ways you can help through a legacy (or planned) gift. Donors have named Mary Free Bed as a beneficiary of a life insurance policy, IRA distribution and simply naming the hospital to receive a portion of their estate in a will or trust.

If you're interested in helping Mary Free Bed continue to thrive into the future with a legacy gift, please contact Brad Kaufmann, director of Planned Giving, at 616.840.8898 or [brad.kaufmann@maryfreebed.com](mailto:brad.kaufmann@maryfreebed.com) for more information.

## COMMUNITY PARTNER



### LAKE MICHIGAN CREDIT UNION MAKING AN IMPACT

Mary Free Bed has a longstanding and strong partnership with Lake Michigan Credit Union. Its contributions have supported numerous programs, particularly Wheelchair & Adaptive Sports. Each year, golfers who attend the Mary Free Bed Open golf outing to support WAS look forward to the cookies served with a smile by LMCU employees.

"The generosity of our donors enables us to provide the latest technology and therapy available to our patients," says Jocelyn Dettloff, the Foundation's Annual Fund director. "Being a leader in physical rehabilitation takes resources and investment. LMCU does so much to support our community, and we're fortunate to have LMCU as a dedicated

partner investing in our mission of restoring hope and freedom."

A philanthropic focus on health and well-being featured prominently in LMCU's giving last year. The Foundation received an in-kind donation of masks and a significant portion of its financial contribution went to our COVID-19 Relief Fund to keep patients and staff safe while at Mary Free Bed.

LMCU has been rooted in community since its beginning in 1933. It was started by Lloyd F. Hutt as the Teacher's Credit Union with 13 teachers. The familiar name LMCU became the brand in 2002 and today has nearly 500,000 members with locations in Michigan and Florida.

## GIFTS & GRANTS

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

- AdvisaCare
- Doug and Maria DeVos Foundation
- Edwin N. and Della L. Thome Memorial Foundation
- Faith Marie Losee Fund at the Grand Haven Area Community Fund
- Gillett Family Foundation
- Linn Maxwell Keller donor-advised fund at the Grand Rapids Community Fund
- H & H Properties, LLC
- Harry A. and Margaret D. Towsley Foundation
- Hope for Gabe
- John W. and Margaret G. Bertsch Charitable Foundation
- Kutsche Charitable Trust
- Lake Michigan Credit Union
- Marilyn Failor Memorial Pediatric Autism Endowment Fund
- Meijer Corporation
- Saladin Shriners
- SpartanNash, Inc.
- Steve and Amy Van Andel Foundation
- The James and Almeda Vander Waals Foundation
- USTA National Campus
- Victory Automotive Group
- Wege Foundation



# MARY FREE BED GUILD

## GUILD PURCHASES 3D PRINTER FOR THERAPY

During the past holiday season, the Guild was unable to host large gatherings to show its appreciation for Mary Free Bed's dedicated, tireless staff members. So instead, the Guild purchased a 3D printer to fabricate three-dimensional objects.

"The 3D printer will enable therapists to efficiently design, create and issue adaptive

devices and orthoses for our patients," said Jamie Schumaker, an occupational therapist on the inpatient Spinal Cord Injury team. "This cutting-edge technology utilizes a wide variety of materials that will help patients of all levels of ability overcome unique challenges in day-to-day life."

Examples include adaptive self-feeding equipment, customized joysticks to operate power wheelchairs and adaptive devices for phone and tablet navigation.

"The possibilities of what this technology can provide our patients is only limited by our imagination," Jamie said.

The printer will be housed in inpatient therapy and also utilized by Orthotics & Prosthetics +Bionics and outpatient therapy. It's expected to be delivered in the coming months.

## WHEELCHAIR & ADAPTIVE SPORTS

### WAS OFFERS VIRTUAL FITNESS CLASSES

The Wheelchair & Adaptive Sports program has been vital to the health and well-being of participants since its inception. Thanks to a generous Pandemic Support Grant from the Craig H. Neilsen Foundation, WAS has been able to provide safe activities through virtual classes and clinics at no charge for people with disabilities.

The limitations and restrictions caused by the COVID-19 pandemic reflect what many people living with a disability deal with every day. Not being able to easily leave their homes, access community spaces and fully participate in activities are common experiences that unfortunately have been exacerbated. This grant directly supports

the provision of WAS services to those living with spinal cord injuries and their caregivers to relieve some of the stress associated with the pandemic.

Virtual classes include:

- Cardio boxing (youth and adult)
- Full-body cardio
- HIIT (High-Intensity Interval Training)
- Martial arts (up to 18 years old)
- Pilates
- Spin
- Strength training
- Yoga

The classes have been welcomed by athletes near and far. A local athlete who participated in the cardio boxing classes shared: "It's been hard to stay involved, and I appreciate

the classes so much. You all are MUCH appreciated!"

A former Michigan resident who moved to Georgia stays connected to Mary Free Bed: "I am always on the hunt for good wheelchair workouts. I have really enjoyed the strength training sessions. I also want to say a huge thanks to Mary Free Bed and everyone for putting these classes together. Not being in Grand Rapids has shown me just how much you offered to make being in a wheelchair better. I applaud you for all you do. Thanks for making it so easy to get into a fitness routine again."

For more information, call 616-840-8356, email [sports@maryfreebed.com](mailto:sports@maryfreebed.com) or visit [maryfreebed.com/sports](http://maryfreebed.com/sports).

## INTERNAL GRANT AWARDS



- **\$5,800** – Comprehensive Sexuality Program training for multiple therapists to help patients address concerns regarding sexual health following a traumatic injury or illness
- **\$3,000** – Variety of diverse and inclusive books and toys for Mary Free Bed Kids pediatric rehabilitation
- **\$1,500** – Match toward an individual donor's gift to purchase a fishing simulator for recreational therapy
- **\$1,405** – Match toward an individual donor's gift to purchase a Welch Allyn Vitals Machine for third-floor nursing
- **\$787** – Match toward funds from a holiday fundraiser organized by fourth-floor employees to purchase items for patients in need.
- **\$380** – Holiday blankets for patients at Mary Free Bed at Covenant

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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, please contact Darrow Goodspeed at 616.840.8196 or [darrow.goodspeed@maryfreebed.com](mailto:darrow.goodspeed@maryfreebed.com).

**Rifton Activity chair** A positioning chair used for pediatric patients during speech therapy. The chair also is designed to calm patients with autism through self-generated motion. (\$4,000)

**Saebo Myotrac Infiniti Unit** A comprehensive, portable biofeedback electrical stimulation system designed for orthopedic and neurological pediatric patients. (\$1,550 each; two requested)

**Wheelchair & Adaptive Sports uniforms for Junior Pacers Prep and Varsity wheelchair basketball teams** The Junior Pacers has reached its highest participation numbers to date — two teams with a total of 27 athletes! Additional uniforms are needed so each new athlete can compete and be part of the team. (\$1,750)

**Toddler Training Platform for Pool Therapy** Young children with disabilities are more eager and less afraid of the water when the depth is less intimidating. This lightweight, durable, adjustable platform for in-pool therapy will be a game-changer for many children unfamiliar or uncomfortable with swimming. (\$1,500)

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

**Cognitive-communication intervention tools and assessments** An investment in speech therapy for more functional treatment tasks to help with thinking skills for functional return to the home environment, work, school, etc. Our field has produced many new/functional assessment tools and specialized feeding equipment that we could utilize across all treatment populations at Mary Free Bed. (\$500-\$600)

### Shopping?

You can raise money for Mary Free Bed at the same time, at no additional cost to you. Visit [smile.amazon.com](https://smile.amazon.com), and select Mary Free Bed Rehabilitation Hospital Foundation.