

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 25 / Summer 2021

Mary Free Bed[®]
Rehabilitation Hospital Foundation



The Foundation hosted a ribbon-cutting reception in the new cafe that included, from left, Todd Veenstra, chef; Jennifer Taylor, Guild president; Ingrid Cheslek, Chief Operating Officer; Corinthia Swain, Clinical Nutrition manager; Kent Riddle, CEO; and Michelle Matthews, regional chef.

WHAT'S NEW

MARY FREE BED DISHES UP NEW DINING OPTIONS FOR PATIENTS, VISITORS, STAFF

There's a lot cooking at 235 Wealthy Street these days. The Mary Free Bed Foundation hosted a ribbon cutting reception to celebrate the opening of the café and the launch of the Hospital's in-house food and dining service. Mary Free Bed Rehabilitation patients are enjoying a new menu of nourishing meals tailored to their specific needs.

Patients who need rehabilitation sometimes require a long hospital stay, and nutrition is a vital component of recovery.



The Mary Free Bed Kitchen & Cafe features a wealth of healthy offerings that also keep taste buds entertained.

The cafe also is open to patients, visitors and employees for indoor and outdoor dining as well as grab-and-go meals. The focus is on fresh-from-scratch cooking, a commitment to seasonal ingredients and exceptional customer service.

Diners have many choices, from cook-to-order entrees and daily features to grill and deli items. The cafe also features pizza, homemade baked goods and takeout sandwiches, salads and snack cups. "Better-For-You" options, which are lower in calories and sodium and higher in fiber and good fats, also are available on most days.

Mary Free Bed partnered with Unidine Corporation, a national food and dining management services organization, to create restaurant-quality meals from scratch using fresh, responsibly sourced and seasonal ingredients.

The seed to open Mary Free Bed's own kitchen and cafe was planted by Chief Operating Officer Ingrid Cheslek.

"We continually seek ways to improve the rehabilitation experience for our patients and their families," Ingrid said. "The response we have received has been very positive. Great food drives engagement in the recovery of our patients."

UPCOMING EVENTS

Sept. 11
Rhoades McKee Reeds Lake Triathlon
East Grand Rapids

Sept. 19-25
National Rehabilitation Awareness Week

Oct. 9
Thrive
Mary Free Bed Foundation Gala
DeVos Place, Grand Rapids

Oct. 23
Amway River Bank Run
25K Wheelchair and Handcycle Divisions
Sponsored by Mary Free Bed Guild
Downtown Grand Rapids

thrive

2021 Rehabilitation Celebration

MARY FREE BED FOUNDATION

JOIN US!

Saturday, Oct. 9
DeVos Place

Tickets are on sale.
Sponsorships available.

More information:
maryfreebed.com/thrive

Inside Mary Free Bed

RACHAEL'S RECOVERY FROM COVID-19 INSPIRES DONORS TO RAISE \$79,000

One Mary Free Bed team member called her “one of the weakest patients I’ve ever seen.” And while it’s true that COVID-19 ravaged Rachael Woo’s body, it couldn’t dampen her spirit.

Rachael’s inspiring rehabilitation journey was shared by the Mary Free Bed Foundation during its Let Freedom Spring event, held virtually – and successfully – once again this year. Donors helped to raise \$79,000 to help restore hope and freedom to people like Rachael.

The event was sponsored by AdvisaCare, CareLinc Medical Supply, Fifth Third Bank, Merrill Lynch and Trace 3.

Rachael is one of the first patients admitted to Mary Free Bed’s specialized ReCOvery Program. The multifaceted inpatient program is specifically designed for COVID-19 rehabilitation following hospitalization. To help patients regain strength and confidence to safely return home, team members focus on cognition, deconditioning, respiratory function, stroke and other neurologic injuries, and other conditions associated with the virus.

Led by Dr. Ralph Wang, rehabilitation is provided by a team utilizing the latest research and treatment. Rachael’s team also included occupational therapist Ken Smith and physical therapist Lauren Lenca.

Rachael’s condition was significantly impacted by the virus and included brain damage. Her recovery was uncertain.

“She was one of the weakest patients I’ve ever seen on Day One,” Lauren said. “She couldn’t hold her head up by herself. She couldn’t sit up at the edge of the bed without a significant amount of help.

“I knew she had a spirit and a drive to get better, but I did think we had a long way to go.”

When Ken sees patients for occupational therapy, he asks what his or her goals are.

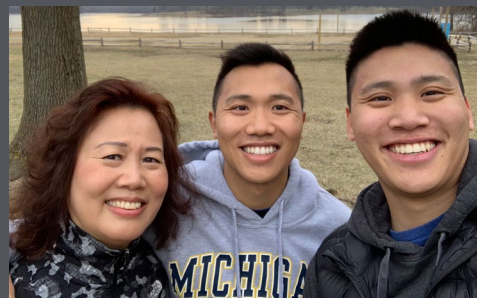


“It’s about ‘how do we help you to get better, to go back to the things that are important to you?’” Ken said. “We were always talking about her kids ... and what it means to make these progressions and these milestones and how close that meant for her being able to go home.”

Rachael spent a month at Mary Free Bed, participating in therapy and motivated to do whatever it took to get better. She said her team was dedicated to helping her safely return home to her sons.

“They gave me hope to survive, be there,” Rachael said. “I was lucky enough to survive.”

When Rachael graduated, she was greeted by a tunnel of well-wishers, including Ken and Lauren.



“She had one of the most amazing recoveries I’ve seen,” Lauren said. “She is what dreams are made of for therapists in terms of how they progressed and how they recovered, and I’ll remember her for my whole career.”

Two months after Rachael returned home, Ken and Lauren received a message that she wanted to Facetime with them. During the call, Rachael showed off her progress, walking around her home without assistance.

“That’s the goal, that’s the dream,” Laura said. “That’s what you hope for everybody.”

To watch a video about Rachael’s rehabilitation journey, visit youtube.com/maryfreebed and search “Rachael Woo” or [click here](#).

STORIES THAT MOVE YOU



INJURED IN SKIING ACCIDENT, HAILEY RECOVERING FROM SPINAL CORD INJURY WITH DETERMINATION AND DRIVE

Hailey Naugle is a vibrant young woman who dreams of a career caring for others. An unfortunate accident gave the 19-year-old University of Michigan medical student a new perspective about what that means.

“This experience will help her tremendously,” said Dr. Sam Ho, a physician who specializes in physical medicine and rehabilitation. “Because when you go through the process, you know what your patient will go through. You become more humble when you learn what your limitations are. She’s a bright girl ... I think she’ll become a good doctor.”

From the emotional and physical impact of an injury to fear of the unknown and the effect on loved ones, Hailey has a deeper understanding of what her future patients will experience.

It began in mid-January, when she traveled with friends to Nub’s Nob in Harbor Springs for a ski weekend. On the last run of the evening, she lost control on icy conditions and crashed into a tree. The impact caused severe damage to her spinal cord, affecting movement and sensation.

She was cared for at Beaumont Hospital in Royal Oak before choosing Mary Free Bed to begin her rehabilitation journey. When she arrived on Jan. 22, Hailey’s ability to move her arm and leg was limited.

“I couldn’t predict her outcome,” Dr. Ho said.

But Hailey slowly and steadily regained function and strength, making strides in her recovery before graduating Feb. 24. Her team created fun and engaging therapy sessions, even using a dance posted on popular social network TikTok to encourage coordination and movement.

“It was a great activity to look at her balance,” said physical therapist Kristy Simpson. “She was doing all the things she needed to work on to be able to be a college student and be distracted and multi-task. It was great therapy for her. She was willing to try anything.”

To learn more about Hailey’s recovery, including how her family’s support was instrumental and how she inspired her team, too, visit maryfreebed.com/hailey.





Inside Mary Free Bed

MARY FREE BED KIDS LAUNCHES CHRONIC PAIN PROGRAM

Pediatric chronic pain stops kids from being kids. It's a significant health problem that often goes undiagnosed and untreated, according to the American Pain Society. Complex and debilitating, it keeps children from attending school and living normal lives.

Thanks to a generous gift from The Steve & Amy Van Andel Foundation, the Mary Free Bed Kids Chronic Pain Program was established to assess and treat children with chronic pain. Our team of specialists works with patients and their parents to develop a personalized rehabilitation plan that incorporates a variety of innovative treatments. This may include physical and occupational therapies combined with cognitive behavioral therapy, which is a mindfulness-based approach to treatment.

"Mary Free Bed is a leader in pediatric rehabilitation, seeking out the best therapies to help children," said Amy Van Andel. "We are proud to have established this program and thankful that families here in West Michigan dealing with chronic pain will now have access to expert treatment that can offer life-changing results for their kids."

The multi-disciplinary team is led by Dr. Douglas Henry, a pediatric psychiatrist who came to Mary Free Bed after practicing in the elite pain program at the Cleveland Clinic Children's Hospital for Rehabilitation.

Mary Free Bed *kids*
Chronic Pain

Established by The Steve & Amy Van Andel Foundation

FULL PEDS AHEAD INITIATIVE PROVING SUCCESSFUL

Since the 2018 launch of the Mary Free Bed Foundation's Full Peds Ahead – An Initiative for Mary Free Bed Kids, new programs were created, experts were recruited and advanced training was provided for clinicians who provided far better futures for more than 2,000 children.

The goal of this initiative is to focus on three under-served populations: young kids who are diagnosed with autism spectrum disorder, movement disorders and chronic pain. The need is great and growing.

AUTISM SPECTRUM DISORDER

GOALS

At their three- to six-month assessment, all patients will meet 90% to 100% of their goals to:

- Reduce problem behavior
- Build communication skills
- Develop social/relationship skills
- Master adaptive/self-help skills

PATIENTS



127 treated

(Grand Rapids and Traverse City)



1,905 visits

CEREBRAL PALSY

GOALS

- All patients up to 20 weeks of age will receive an individualized treatment plan based on the General Movement Assessment procedure (GMA).
- All patients will receive a Patient Specific Functionality Assessment (PSFA) with an average 50% increase in functionality in the top three self-identified functions.

PATIENTS



658 treated

(Grand Rapids, Saginaw and Traverse City)



16,309 visits



84 Michigan cities

CHRONIC PAIN

GOALS

90% of patients will experience:

- Decreased pain intensity
- Increased physical functionality
- Decreased symptoms of emotional distress

PATIENTS



113 treated

(Grand Rapids and Traverse City)



1,556 visits



MARY FREE BED CELEBRATES PRIDE MONTH AND COMMITMENT TO INCLUSION

Pride Month, held each June, is an opportunity for the world to celebrate and honor the lesbian, gay, bisexual, transgender and queer (LGBTQIA+) community. As a place for healing, Mary Free Bed is committed to supporting important causes for equality and condemning discrimination.

During the month of June, Mary Free Bed flew a rainbow flag on campus to show patients, visitors, employees, vendors and the community that Mary Free Bed's main campus and outpatient locations are a safe place for everyone – every day of the year. Employees joined CEO Kent Riddle and a representative from the Grand Rapids Pride Center for a flag-raising ceremony and a few words from both leaders.

"Being a hospital that serves our community, it's important to be as inclusive as we can possibly be to better our patients' care and better our community,"

Riddle said during the gathering.

Mary Free Bed's celebration of Pride Month continued with sponsorship of the 33rd annual Grand Rapids Pride Festival on June 20. Additionally, Mary Free Bed implemented the voluntary use of gender-identify pronouns on email signatures and ID badges, and hundreds of employees have participated in the CEO Action for Diversity & Inclusion initiative. The pledge is a simple way to demonstrate a desire to act and make changes in everyday behavior to advance diversity and inclusion in the workplace.

The Foundation recently received a \$10,000 gift for its newly established Diversity, Equity and Inclusion Fund. To learn more about the fund or to support Mary Free Bed's diversity, equity and inclusion efforts, visit maryfreebed.com/DEI.



WELCOME NEW FOUNDATION BOARD MEMBER JACQUES MOSS

Jacques Moss has joined the Mary Free Bed Foundation Board of Directors. Jacques, a manufacturing supervisor for Amway in its personal care products line, grew up in Sharon, Pennsylvania. He's lived in Grand Rapids for eight-and-a-half years.

Jacques is passionate about helping people, especially those who are less fortunate.

"I'm excited to join the Foundation board," he said. "My personal values align with Mary Free Bed, and I see how each employee works to meet the personal goals of each patient."

In his free time, the Clarion University of Pennsylvania graduate enjoys golfing, cooking, entertaining, working out on his Peloton and meeting new people and hearing their stories. He's married with two children.

OUR COMMITMENT

We'll embrace diversity, equity and inclusion by:

- Treating everyone with dignity and respect.
- Opening more doors to opportunities for underrepresented cultures.
- Growing talent and people.
- Evaluating and eliminating disparities.
- Taking action against injustices, bias and racism.
- Honoring our differences and how to collaborate.
- Educating staff, patients and the communities we care for.
- Restoring hope and freedom, **together**.

MARY FREE BED GUILD

STUDENTS HONORED WITH SCHOLARSHIPS

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 students a total of \$61,000 in scholarships for their academic achievements.

Disability Scholarship Winners:

Matthew Bishop
Karlee Plamondon
Ethan Meyers
Christopher Kelley
Kaylee Bradeen
Nathan James
Madeline Gustafson
Ismael Garcia Aguirre

Minority Scholarship Winners:

Naomi Caridad
Frances Bailey
Nureen Zahoor

Applications for scholarships for the 2022-2023 school year will be available in January.

PLANNED GIVING

HAVING A WILL IS THE BEST WAY TO PROTECT YOUR ASSETS

Did you know it's crucially important to have at least a basic will in place to help direct your assets to the proper people and organizations upon their death? Yet more than 70% of Americans say they don't have a will.

As a supporter of Mary Free Bed, we're pleased to offer an online tool to create this important document. The Mary Free Bed Foundation has partnered with FreeWill to offer donors, friends and supporters the opportunity to build a will online for free. Writing a will is a task that

can fall by the wayside, but this tool can help create yours in less than 20 minutes.

Visit freewill.com/maryfreebed to learn more and get started. You'll also have the opportunity to join the amazing people who have helped provide hope and freedom by including legacy gifts in their wills.

Contact Brad Kaufmann, director of Planned Giving, at brad.kaufmann@maryfreebed.com for more information.



YOUNGSTER MAKES LEMONADE OUT OF LEMONS FOR MARY FREE BED KIDS

Philanthropy can never start too young. Six-year-old Hadley Claire Uzas wanted to raise money for Mary Free Bed Kids and decided to host a lemonade stand.

She stopped by the hospital in July along with her grandfather, Jerry Uzas, a retired Mary Free Bed finance team member, to present a check for \$56. To support Hadley Claire in her fundraising efforts, Granddad matched her donation for a total gift of \$112.

GIFTS & GRANTS

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

- AdvisaCare
- Buist Foundation
- Campbell Foundation
- CareLinc Medical Supply
- Craig H. Neilsen Foundation
- Doornink Foundation
- Eastbrook Homes, Inc.
- Faith Marie Losee Fund at the Grand Haven Area Community Foundation
- Fifth Third Bank
- Gun Lake Casino
- Jones Manufacturing
- Kent County Medical Society Alliance
- Kiwanis of Michigan Foundation
- Lake Michigan Credit Union
- Meijer Foundation
- Chris and Joan Panopoulos
- Perrigo Company Charitable Foundation
- Reformed Church of Hudsonville
- Jordan and Micaela Richtsmeier
- Michael and Christina Rosloniec Family
- Sadler Family Fund at the Grand Rapids Community Foundation
- SpartanNash, Inc.
- The James and Kimberly Currie Foundation
- William R. Lathers Trust

WHEELCHAIR & ADAPTIVE SPORTS

BIKES FOR THE REST OF US MATCHES 70-PLUS ADULTS AND KIDS WITH ADAPTIVE BICYCLES



More than 70 adults and children with physical disabilities were introduced to adaptive cycling during Mary Free Bed's Bikes for the Rest of Us event.

The event has been held for more than 25 years. Thanks to the Mary Free Bed Guild, eligible participants receive funding to help offset the cost of bikes and equipment.

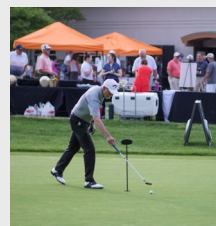
Participants were paired with therapists who matched each person's physical need with the most appropriate bicycle. Airway Oxygen, West Michigan Bike and Fitness, AMBUCS and Creative Mobility provided the biking equipment. Every rider also was fitted with a free helmet, thanks to the Kiwanis Clubs of Urandale/Battle Creek and Grand Rapids.

More than 50 volunteers helped at the April event.

The Mary Free Bed Wheelchair and Adaptive Sports program, which organizes Bikes for the Rest of Us, offers classes, clinics and sports teams for adults and children of all ages. It's one of the largest programs of its kind in the country.

MARY FREE BED OPEN RAISES \$98,000-PLUS

The sold-out 2021 Mary Free Bed Open was a tremendous success thanks to golfers, generous sponsors, in-kind donors and volunteers. Even the afternoon rain didn't wash away the spirit of the event.



More than \$98,000 was raised for Mary Free Bed Wheelchair & Adaptive Sports to continue providing access to adaptive equipment, coaching, classes, clinics, Junior

Wheelchair Sports Camp and competition, ensuring kids and adults with physical and/or cognitive disabilities can play, just like everyone else.

Mark your calendars for next year! The event is scheduled June 6 at Thousand Oaks Golf Course.



'IT WAS THE MOST FUN I'VE HAD PLAYING A SPORT IN A LONG TIME'

The West Michigan Rollin' Whitecaps wheelchair softball team hit the field this summer for its eighth season of play.

From modest beginnings practicing in a parking lot at the West Michigan Whitecaps stadium, the team's home is now the Mary Free Bed YMCA, which features the only wheelchair softball field in Michigan. Athletes play on a hard-surface field with the same dimensions as a regular softball field, tagging bases with their wheelchair wheels and using speed and athletic skill to compete.

The wheelchair softball season typically runs from April through August, culminating with the Wheelchair Softball World Series. This year, the team was cleared to practice and scrimmage but not for tournament travel due to the COVID-19 pandemic. That made getting ready for the World Series difficult, so the team decided to have a little fun and challenged Jones Manufacturing and Mary Free Bed's Finance department staff to some friendly competition.

Before their scrimmage with Mary Free Bed's "Fun-ance" team, Rollin' Whitecaps members

offered instruction and a chance to practice using wheelchairs. They made it look easy.

"But it wasn't," said Sho Suzuki, a senior financial analyst and team captain for the "Fun-ance" team. "After a rough few innings, we rallied to score some runs and make it somewhat of a game. It was the most fun I've had playing a sport in a long time. The competition and camaraderie displayed by the Rollin' Whitecaps was contagious. It was blast!"

Mary Free Bed

Rehabilitation Hospital Foundation
maryfreebed.com

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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.

VitalStim Plus Neuromuscular Stimulation unit for Feeding/Swallowing/

Dysphagia For use by the Pediatric Feeding Program to assess and treat Dysphagia (swallowing difficulties). This portable item activates and strengthens muscles in the mouth, cheeks and throat while the child drinks and eats. (\$3,000)

Rapael Smart Pegboards For use in the Mary Free Bed Kids Autism Spectrum Disorder Program, a digital version of traditional pegboard therapy that offers three board shapes and 30 engaging games for functional and cognitive rehabilitation. (\$2,000 each; two requested)

Flaghouse therapy floor mats:

- 5' x 10' folding mat (\$720 per set of two; two sets requested)
- 4' x 8' mats 1.5" depth (\$264 each; 17 requested)
- 4' x 10' mats 2" depth (\$414 each; two requested)

Update of cognitive-communication intervention tools and assessments

Speech-language therapy has greatly changed in the last five years. Updated assessment tools and specialized feeding equipment would be utilized across all treatment populations at Mary Free Bed. (\$600)

Pediatric Therapy Balance Beam A six-foot reversible beam covered with durable, sturdy tumble forms nonslip surface. (\$435)

Shopping?

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

