

Momentum.

Mary Free Bed Rehabilitation Hospital Foundation Newsletter

Volume 26 / Fall 2021

Mary Free Bed[®]
Rehabilitation Hospital Foundation



UPCOMING EVENTS

Jan. 8-9
Mary Free Bed Invitational Adult Wheelchair Basketball Tournament
Mary Free Bed YMCA

March 12
Thrive
Mary Free Bed Foundation Gala
JW Marriott

March 25-27
Griffins Sled Hockey Classic with Grand Rapids Sled Wings
Patterson Ice Arena

WHAT'S NEW

NEW COLLABORATION WITH SPECTRUM HEALTH INCREASES ACCESS TO INPATIENT REHABILITATION FOR KIDS

Mary Free Bed and Spectrum Health leaders have announced an enhanced collaboration aimed at increasing access to excellent pediatric acute inpatient rehabilitation.

Through a Joint Operating Agreement, Spectrum Health Helen DeVos Children's Hospital and Mary Free Bed Rehabilitation Hospital will operate an [acute pediatric inpatient rehabilitation unit](#) at Mary Free Bed.

"We have worked closely with Mary Free Bed for many years and value our shared goal of better serving children by leveraging our respective strengths," said Tina Freese Decker, President and CEO of Spectrum Health. "This

agreement builds on our strong relationship and is focused on specialized healing care and therapy our kids need."

"We'll begin thinking about rehabilitation from the moment children are admitted to Helen DeVos Children's Hospital because of this collaboration," said Kent Riddle, CEO of Mary Free Bed. "We're all thrilled about how this program will make recoveries for kids even better."

The partnership will enhance current services and create new ones. The story of [Lyli Shults](#) illustrates the possibilities. Caregivers from Helen DeVos Children's Hospital helped Mary Free Bed establish a pediatric ventilator program for children

who require mechanical assistance for breathing. Following surgery at Helen DeVos Children's Hospital, Lyli transferred to Mary Free Bed where she received ventilator support and the specialized rehabilitation she needed. While at Mary Free Bed, Lyli was followed by her Helen DeVos Children's Hospital physicians via telehealth.

In addition, through this agreement, a Mary Free Bed physiatrist, a physician specializing in physical medicine and rehabilitation, will partner with Spectrum Health Medical Group physiatrists to enhance services for patients requiring post-acute care.

The joint operating agreement, which builds on the 2018 Forum for Collaboration between the two organizations, also paves the way for future projects. Neither organization plans to close or discontinue any existing medical or rehabilitation services. Rather, the collaboration is designed to expand and improve services in the region. The hospitals will remain independent.



Mary Free Bed CEO Kent Riddle shakes hands with Spectrum Health CEO Tina Freese Decker.

thrive

Rehabilitation Celebration

MARY FREE BED FOUNDATION

SEE YOU IN MARCH!

For the health and safety of our community, the Mary Free Bed Foundation has postponed Thrive, its annual gala, to March 12. We look forward to seeing you at the JW Marriott in Grand Rapids.



Donovan Long

Donovan Long of WOOD-TV 8 will be our emcee for the evening with musical entertainment by Joe Carroll and Alex Finke. The husband-and-wife duo have appeared

in numerous Broadway and off-Broadway shows, regional productions and TV shows. Joe grew up in East Grand Rapids and got his theatrical start at East Grand Rapids High School. He's appeared at Grand Rapids Civic Theater, Circle Theater and CARE Ballet.

Capacity is limited. For more information and to purchase tickets and sponsorships, visit maryfreebed.com/thrive.

Questions? Contact Jocelyn Dettloff at jocelyn.dettloff@maryfreebed.com or 616.840.8204.



Alex Finke and Joe Carroll

STORIES THAT MOVE YOU



COUSINS ENCOURAGE EACH OTHER DURING RECOVERY FROM STROKES

Ruben Saucedo and his cousin, Heriberto (Joe), are both in their early 60s and have spent much of their lives together in the Holland area.

"Joe and I grew up together. We went to school together. We did a lot of things together," Ruben said. "Then, we had strokes together."

Ruben was at his job driving a forklift when his legs went numb and he started to lose control. He had a blockage in a blood vessel in his brain. The stroke impacted the left side of his body.

About a week later, Joe was with his family when they noticed his speech was slurred. Then he collapsed. Joe had a hemorrhagic stroke, which is caused by bleeding in the brain. His stroke affected the right side of his body.

Both men spent time recovering at Mary Free Bed Rehabilitation Hospital, staying just down the hall from each other. They worked together in recreational therapy, shooting pool and playing bean bag toss.



Joe, left, and Ruben

"To see them motivating each other and working with their family was something special for me," said physical therapist Marjeanne Bothma. "I felt very privileged to have the opportunity to work with both of them and see their progress."

Both Ruben and Joe returned to their homes in Holland and continued their recovery through outpatient therapy.

A MARY MOMENT

RECREATIONAL THERAPY HELPS PATIENTS GET IN THE GAME

Mary Free Bed's recreational therapists use activity-based treatment – gardening, woodworking or bicycling, among others – to help patients meet their rehabilitation goals. They also help patients enjoy their favorite hobbies in new ways.

The recreational therapy team and Information Technology staff collaborated with a patient who loves gaming to create an adaptive system enabling him to play. The system also serves as a tool to gain physical and cognitive skills.

Game consoles require hand and finger dexterity. To ensure all patients have the opportunity to game, recreational therapist Kaitlin Salowitz reached out to IT team members to inquire about joy sticks and other technology that could assist patients with limited or no hand or finger function.

Austin Meyer, an avid gamer and Mary Free Bed's IT Asset and Service coordinator, was intrigued by the question and started doing research. With some equipment options in mind, Austin and Kaitlin met with Rick Nequist of Plant Services to build an adaptive controller.

"This experience has been great," Austin said. "I never thought I would be working this close to patients and impacting lives in such an awesome way. It's taught me many different lessons on life and has showed me how much video games impact some of our patients' lives."



Laura Hall of the Michigan Disability Rights Coalition, front, delivered adaptive gaming equipment to Mary Free Bed's Laura Dulay, Kaitlin Salowitz, Austin Meyer and Matthew Scholtens.

To expand opportunities for adaptive gaming, the Foundation began exploring funding resources. Last summer, Mary Free Bed began a partnership with the Michigan Disability Rights Coalition and received adaptive gaming equipment valued at \$30,000. It was made possible through a grant from the Michigan Assistive Technology Program, which receives federal funding to provide assistive technology support and services to people with disabilities statewide.

"To see a patient's eyes light up when they return to doing something they thought they never would be able to do is a very rewarding and exciting feeling," Kaitlin said.

Teamwork and innovation are woven into the Mary Free Bed culture to restore hope and freedom for our patients. Adaptive gaming opens up a world of enjoyment and fosters community building as players meet online to play.

If you would like to help purchase the latest games for our consoles, email Laura Dulay at laura.dulay@maryfreebed.com for a list of current needs or visit our [Amazon Wish List](#).

GIFTS & GRANTS

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

- Amway
- CDV5 Foundation
- Chester and Elaine Maternowski Fund of the Grand Rapids Community Foundation
- Custer, Inc.
- Eastbrook Homes, Inc.
- Edward and Sharon Davids
- Fusion Medical Supplies

- James and Jane Welch Foundation
- Keller Foundation
- Kiwanis of Michigan Foundation
- Michigan Disability Rights Coalition
- NeuroCare Home Health
- Permobil Foundation
- Pioneer Construction
- Sebastian Fund of the Grand Rapids Community Foundation

- Sligh Memorial Fund of the Grand Rapids Community Foundation
- The Alden and Vada Dow Family Foundation
- The Gerber Foundation
- The Meijer Foundation
- Youth Fund of the Grand Haven Area Community Foundation

Inside Mary Free Bed

ASSISTANCE FUND HELPS PATIENTS IN NEED

The Mary Free Bed Foundation's mission is to restore hope and freedom through philanthropy. Its Patient Assistance Fund helps patients with medication expenses, equipment needs, transportation and meals during their stay, as well as home modifications so they can graduate to a safe and secure environment.

Recent allocations include:

- **Lodging**, \$6,340 – Helps patients ready to graduate whose homes are not yet ready for them to move in.
- **Transportation**, \$5,560 – Costs associated with graduation to home or other facilities.
- **Medication**, \$1,195 – Assists patients with prescription needs so they can go home sooner.

The fund relies solely on donations. If you would like to make a gift to the Patient Assistance Fund, email foundation@maryfreebed.com or visit maryfreebed.com/foundation to give securely online.

CONSIDER A GIFT OF APPRECIATED STOCK

It has been a record year for the stock market. As you consider year-end giving, making a gift to Mary Free Bed in the form of appreciated stock may be beneficial for you. It's possible you may avoid capital gains tax on the appreciated portion of the gift. Full fair market value is deductible as a charitable contribution up to 30 percent of adjusted gross income. Excess can be carried forward for up to five additional years. Be sure to consult your tax professional before making a stock gift.

COMMUNITY FUNDRAISING IN ACTION



Car enthusiasts flocked to 28th Street in August for the **Grand Rapids Metro Cruise**, where Fifth Third Bank employee Nikki Veenstra raised money for Mary Free Bed Kids. This marked the sixth year Veenstra has donethis, raising a total of \$15,800.

Pictured are Mary Free Bed volunteer Brandon, left, Foundation development director Jocelyn Dettloff and Nikki.



For seven years, the Mary Free Bed Foundation has been the charitable beneficiary for the **Rhoades McKee Reeds Lake Triathlon** held each September. Thanks to a partnership with Rhoades McKee, the City of East Grand Rapids, Founders Brewing Company and Alliance Beverage Distributing raised over \$22,000.



Mary Free Bed
— open —

Join us

Monday, June 6

THOUSAND OAKS GOLF CLUB

Double Shotgun
8:30 a.m. and 2 p.m.



Lunch Program
12:30-1:30 p.m.

Reserve your foursome or secure your sponsorship.

Contact Laura Dulay at laura.dulay@maryfreebed.com or 616.840.8729.

Purchase online at maryfreebed.com/golf.

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

On course to support

Mary Free Bed
Wheelchair and Adaptive Sports

WHY WE GIVE



MATTHEWS' MISSION ROOTED IN PHILANTHROPY

Bruce and Candace Matthews have been members of the West Michigan community since Amway hired Candace as its chief marketing officer 14 years ago. They were immediately embraced by the community and developed roots.

In June, Candace retired from Amway and has been filling her time doing with what she enjoys – helping others, being a philanthropist and spending more time with family at their home, which they call the Triple S Ranch for serenity, simplicity and solace.

The Matthews' generosity is rooted in the belief "to whom much is given, much is required," Candace said. She serves on three corporate and three non-profit boards, putting their values into action. Their three areas of focus are health care, arts and culture, and education for people of color, particularly youth.

Bruce and Candace support Mary Free Bed to ensure world-class rehabilitation is available when people need it most.

"If something happens to me, I want to be sure Mary Free Bed is there to help me," Bruce said.

Additionally, years ago Candace had a colleague who began using a wheelchair due to a spinal cord injury. The Matthews saw first-hand his journey to independence and the many barriers he faced, especially when travelling.

West Michigan has become home for the Matthews, and they plan to stay in Grand Rapids to be a part of creating solutions in the community, particularly for people who have faced challenges and obstacles. They look forward to an upcoming trip to Paris and creating impact through their philanthropy.

MARY FREE BED GUILD

HANDCYCLISTS, WHEELCHAIR RACERS COMPETE IN RIVER BANK RUN

After cancellation of the in-person race in 2020 and postponement of the 2021 event from May to October, racers were back in action for the 44th Amway River Bank Run. Sponsored by the Mary Free Bed Guild, 18 handcyclists and five wheelchair racers – including Wheelchair & Adaptive Sports team members – competed in the 25K race on Oct. 23.

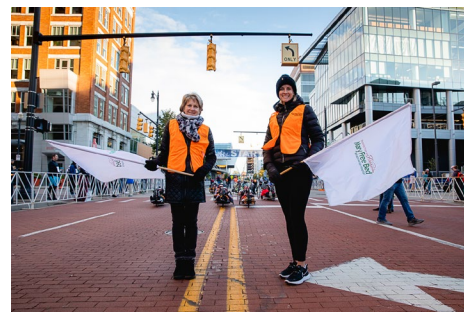
The River Bank Run is the largest road race in the country and the only race in the world to offer a 25K wheelchair division. The wheelchair and handcycle divisions prove exciting for bystanders as push rim racers reach speeds of 20 mph and handcyclists go over 30 mph.

Many Paralympians who have raced in the past were unable to this year, which meant the door was wide open for new racers to take the podium. James Senbeta of Chicago finished first in the men's wheelchair



division with a time of 1:01:06. Matt Tingley, a member of the Mary Free Bed handcycle team, came in first in that division with a time of 43:29:91. In the women's handcycle division, newcomer Katie Brim, also a member of the Mary Free Bed handcycle team, finished first with a time of 1:06:04.

The athletes were highlighted in media coverage by WOOD-TV 8, WZZM-TV 13, FOX 17 and WOOD Radio.



Guild member Deb Kay, left, with Guild president Jennifer Taylor

WHERE ARE THEY NOW?



DAVE MEINEMA OVERCOMES TRAUMATIC BRAIN INJURY TO LIVE LIFE TO ITS FULLEST

In February 2013, Dave and Marissa Meinema had been married just two months when Dave hit a patch of black ice and was struck by another vehicle. He sustained a traumatic brain injury in the horrific crash and spent a month in a coma before coming to Mary Free Bed for rehabilitation.

"It's a miracle I'm alive," Dave said.

Nearly nine years later, he's thriving. After graduating from Mary Free Bed, Dave participated in a transitional program to learn to live independently, then moved home to Kalamazoo to join his wife and continue outpatient therapy.



Dave connected with vocational rehabilitation and eventually began working again. About a year after Dave's accident, Marissa was diagnosed with cancer and began treatment. That didn't deter her from applying to graduate school at Western Michigan University, where she was accepted into its Occupational Therapy Program.

In 2017, Dave and Marissa were ready for a change. Marissa's sister had moved to Colorado, so they decided to move there, too. Today, Dave works part-time and cares for their 18-month-old son.

"It's the best job I've ever had," Dave said. "It's exhausting and rewarding. My son gives me encouragement."

Marissa is an occupational therapist at Aspen Valley Hospital, working with adults and children with traumatic brain injuries.

"Everyone faces their own challenges," she said. "You can't compare your life to someone else's. Seeing Dave's progress shows that you can not only survive a traumatic brain injury, you can thrive."

Dave says he's amazed by where he is today, given the severity of his accident: "We are capable of a lot more than we think we can bear."

The Meinemas enjoy hiking and are looking forward to skiing this winter. It will be Dave's first time hitting the slopes. He hopes to one day teach their son to ski.



WHEELCHAIR & ADAPTIVE SPORTS

TOGETHER AGAIN

Mary Free Bed's Junior Wheelchair Sports Camp returned this year, and children and young adults ranging in age from seven to 18 had a blast. Hosted on the campus of Grand Valley State University and funded primarily by the Saladin Shriners, kids with physical disabilities had the opportunity to spend a week with their peers and play a wide variety of adaptive sports.

This year, 11-year-old twins Liam and Seth Keifer from Cheboygan attended camp for the first time. The boys, both diagnosed at 18 months old with a rare type of muscular dystrophy, love sports. Competitive, especially with each other, their mother was always looking for camps and activities for her sons.

Not knowing what to expect from Wheelchair & Adaptive Sports camp, they were thrilled and can't wait to go back.

"They just had such an amazing time," their mom, Christina, told TV 9&10 News for a story. "You're in an environment where nobody's looking at you like you're different."

The boys use motorized wheelchairs so there was a bit of a learning curve using a manual wheelchair. That didn't stop them.



"A lot of our muscles were sore but then I just wanted to go right back," Seth said.

"The first three days my hands and arms were sore," Liam said. "But then the last day I was perfectly fine because I was used to it."

Making new friends, trying new sports, learning new skills and becoming more independent is what sports camp is all about.

Over 40 volunteers will work tirelessly to help make camp happen for the participants. Many volunteers return year after year, including members of the Mary Free Bed Guild.



Mary Free Bed

Rehabilitation Hospital Foundation
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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.

3D Anatomical Scoliosis Model Simulates the actual motion of the spine and ribcage. Will be used to educate pediatric patients and their parents about the causes and therapies for spinal conditions. (\$350)

Polar Heart Rate monitors and iPads Tracking heart rate during activity is very difficult with regular medical devices. Research on stroke recovery shows the importance of maintaining high intensity therapy. Polar Heart Rate monitors sync with an app on an associated iPad to track the amount of time in different heart rate zones. (\$500 per set; 14 sets requested).

Hand controls for van Mary Free Bed is acquiring a new, accessible 14-passenger van for Wheelchair and Adaptive Sports, recreational therapy and Guest Services. The van must be equipped with optional mechanical hand controls so it can be driven by people of all abilities. (\$3,000)

Easy Stand Evolv Standing Frame (M size) and accessories To be used for inpatient pediatric therapy, this size fills a gap in the standing frame fleet. Designed to fit smaller-sized individuals up to a height of 5'6", it is between adult standing frames and smaller frames for children up to 4' tall. (\$6,500)



Amazon Wish List

Give the gift of laughter and enjoyment to our patients of all ages. Visit Mary Free Bed's [Amazon Wish List](#) and select from a variety of games, toys and items that will bring joy to our patients this holiday season.

