

INSPIRATION

RECOVERY

FREEDOM

ABILITY

HOPE

COURAGE

STRENGTH

POTENTIAL

Mary Free Bed  
Rehabilitation Hospital

'17

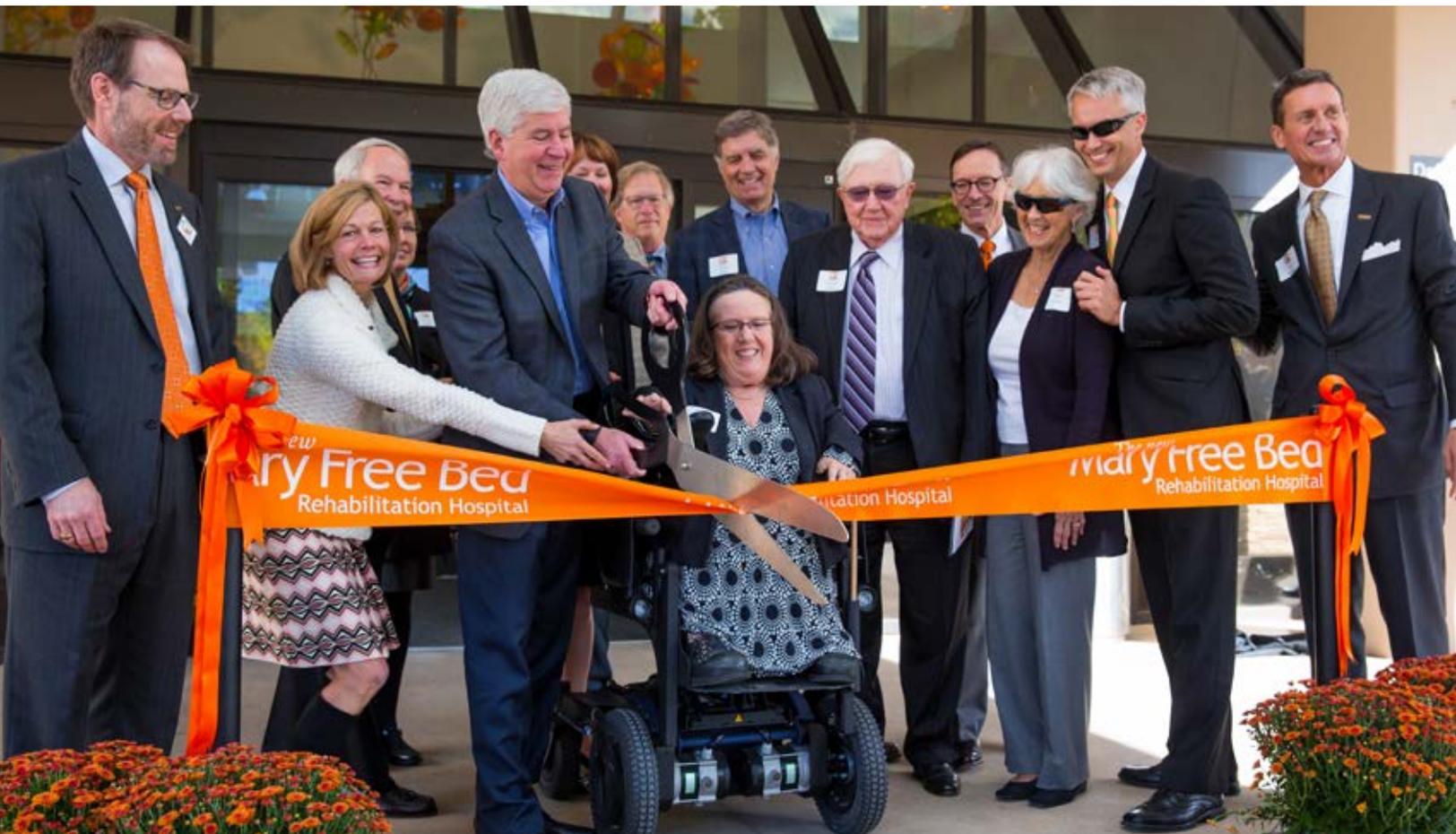
Annual Report  
Fiscal Year Ending March 31, 2017

**Mary Free Bed**  
Bernadine Keller &  
Barbara Hoffman Center





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### **GRAND RE-OPENING A CROWNING ACHIEVEMENT**

Mary Free Bed Rehabilitation Hospital celebrated its grand re-opening in a ceremony attended by Mary Free Bed Guild members, trustees, staff, patients and friends. Participating in the ceremony were Michigan Gov. Rick Snyder, Grand Rapids Mayor Rosalynn Bliss, Sen. Peter MacGregor and Sen. Dave Hildenbrand.

The Oct. 13 event was highlighted by the announcement that the name of the recently constructed hospital is the Bernedine Keller & Barbara Hoffius Center (formerly the West Building) and the dedication of a time capsule celebrating Mary Free Bed's 125th anniversary.

The grand re-opening marked completion of the second phase of the hospital's \$66.4 million expansion and renovation project that makes Mary Free Bed the fifth-largest independent rehabilitation hospital in the United States.



### **BETTY BLOOMER FORD CANCER REHABILITATION PROGRAM DEDICATED**

Mary Free Bed dedicated its Betty Bloomer Ford Cancer Rehabilitation Program in a brief ceremony attended by Susan Ford Bales (pictured at right), daughter of President Gerald R. Ford and First Lady Betty Ford, former Grand Rapidians. The program is the first designated and comprehensive cancer rehabilitation program in West Michigan, a pioneering step for the nationally emerging sub-specialty.



### **MARY FREE BED GUILD HONORED BY MICHIGAN WOMEN'S HALL OF FAME**

The 120-member Mary Free Bed Guild was inducted into the Michigan Women's Hall of Fame, which promotes women's equality by honoring their history and celebrating their accomplishments. The Guild was founded in 1891 when a small group of Grand Rapids women established an endowed bed to help those with limited resources pay for healthcare. Today, the Guild governs the fifth-largest freestanding rehabilitation hospital in the country.



### **MARY FREE BED, RESIDENTIAL HOME HEALTH CREATE MARY FREE BED AT HOME**

A joint venture between Mary Free Bed and Residential Home Health provides expanded home health services to West Michigan patients. As a Medicare-certified home health provider, Mary Free Bed at Home offers customized, in-home care, including skilled nursing, physical and occupational therapy, speech-language pathology, medical social work and nutrition services.



### **BONE HEALTH PROGRAM HELPS FIGHT, MANAGE OSTEOPOROSIS**

Mary Free Bed launched a Bone Health Program focused on the prevention and treatment of bone diseases, particularly osteoporosis, that affect millions of Americans every year. A multidisciplinary team of doctors, therapists and dietitians trained in the evaluation and treatment of osteoporosis and related conditions works together to help people of all ages and abilities prevent or manage this potentially dangerous disease.



**‘JOIN THE MOVEMENT’ EXCEEDS GOAL**

Mary Free Bed’s “Join the Movement” capital campaign, the largest in the hospital’s 125-year history, surpassed its \$16 million goal by over \$1 million. Thanks to the generosity of nearly 500 donors, Mary Free Bed will continue to be a leader in rehabilitative technology and advancements that will help more children and adults achieve better outcomes.

The campaign was overseen by the Mary Free Bed Foundation, which secures resources to support the hospital’s mission through capital, expansion and program improvements.

**\$1,898,865**  
in donations

**\$90,987**  
Let Freedom Spring Luncheon

**\$60,000**  
Golf Outing

**1,498**  
Gifts

**1,270**  
Donors

**\$518,364**  
Capital Gifts

**\$837,550**  
Annual Gifts

**\$542,951**  
Restricted Gifts

**REHA!BILITATION GALA NETS LAUGHTER AND FUNDS**

More than 850 people donned ties or heels to help Mary Free Bed celebrate its 125th anniversary at the ReHA!bilitation Gala Nov. 5 at DeVos Place in downtown Grand Rapids. The third annual event, headlined by Emmy Award-winning entertainer Craig Ferguson, raised \$113,000 to support the Charitable Care Fund, as well as numerous specialized hospital programs.

## HELPING AS MANY PATIENTS AS POSSIBLE HAVE BRIGHTER FUTURES

Two more hospitals – Kalkaska Memorial Health Center and Otsego Memorial Hospital in Gaylord – joined the Mary Free Bed Rehabilitation Network in Fiscal Year 2017. The innovative 30-member alliance of hospitals and providers throughout Michigan extends Mary Free Bed’s expertise and specialized services, creating a seamlessly integrated system of rehabilitative care for patients.



### FY17 NETWORK MEMBERS:

- Borgess Medical Center, Kalamazoo
- Bronson Healthcare:
  - Bronson Battle Creek
  - Bronson LakeView, Paw Paw
  - Bronson Methodist, Kalamazoo
- Henry Ford Allegiance Health, Jackson
- Lakeland Health:
  - Lakeland Hospital, Niles
  - Lakeland Medical Center, St. Joseph
  - Lakeland Hospital, Watervliet
- Mary Free Bed Rehabilitation Hospital, Grand Rapids
- McLaren Health System:
  - McLaren Bay Region, Bay City
  - McLaren Bay Special Care (LTACH), Bay City
  - McLaren Central Michigan, Mount Pleasant
  - McLaren Flint
  - McLaren Greater Lansing
  - McLaren Lapeer Region
  - McLaren Macomb, Mount Clemens
  - McLaren Northern Michigan, Petoskey
  - McLaren Oakland, Pontiac
  - McLaren Orthopedic Hospital, Lansing
- McLaren Port Huron
- Mercy Health:
  - Mercy Health Hackley, Muskegon
  - Mercy Health Lakeshore, Shelby
  - Mercy Health Mercy, Muskegon
  - Mercy Health Saint Mary’s, Grand Rapids
- Metro Health, Wyoming
- Munson Healthcare:
  - Kalkaska Memorial Health Center
  - Munson Medical Center, Traverse City
  - Otsego Memorial Hospital, Gaylord
  - Paul Oliver Memorial Hospital, Frankfort
- Sparrow Hospital, Lansing



## RESEARCH

**Removing barriers:** The John F. Butzer Center for Research & Innovation received a \$400,000 grant from the Craig H. Neilsen Foundation to measure the effectiveness of exercise and social engagement programs intended to enhance quality of life for people with spinal cord injuries.

Goal: Remove barriers to physical activities, increase sustained participation, improve health.

**Improving outcomes:** Researchers and clinicians from Mary Free Bed (pictured left) started a five-year study with Indiana University and the Shirley Ryan AbilityLab in Chicago to assess whether high-intensity gait training improves walking function after stroke. Goal: Improve function and independence.

## EDUCATION

**Future leaders:** Mary Free Bed launched its Physical Medicine and Rehabilitation Residency Program, approved by the Accreditation Council for Graduate Medical Education. The three-year program began taking applications for physicians interested in becoming board-certified physiatrists. Structured to offer four positions per year, the program demonstrates Mary Free Bed's commitment to the future of rehabilitative medicine.

In line with a focus on education, Mary Free Bed also began an Orthopedic Physical Therapy Residency, furthering its mission and the field of physical therapy.

9

**SPECIALTY WORKSHOPS**  
(144 ATTENDEES)

72

**GRAND ROUNDS**  
(2,216 ATTENDEES)

24

**LUNCH AND LEARNS**  
(427 ATTENDEES)

145

**EXPERT PRESENTERS**

9

**COMMUNITY EDUCATION SERIES**  
(400+ ATTENDEES)

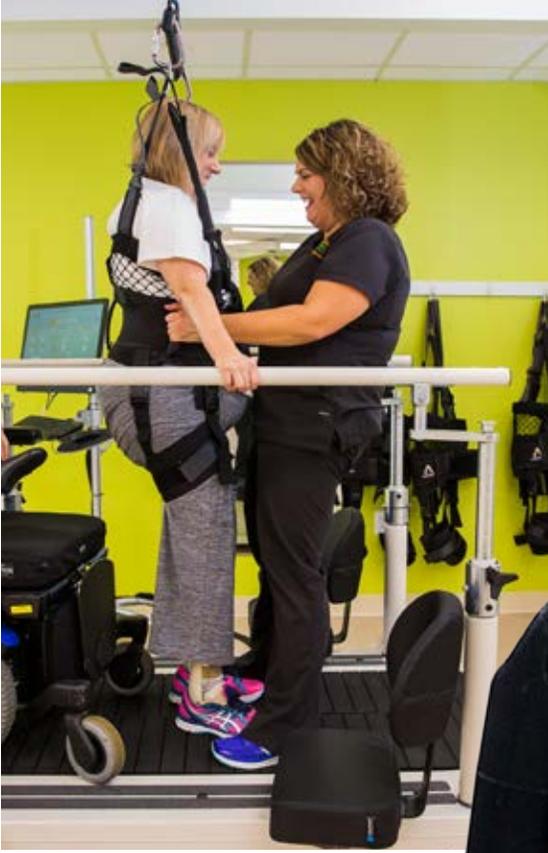
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**CONFERENCES**  
(714 ATTENDEES)

51

**COMMUNITY EVENTS**

## TECHNOLOGY



Mary Free Bed opened two aquatic therapy pools, a safe environment for patients to work on strength, flexibility, standing and walking.

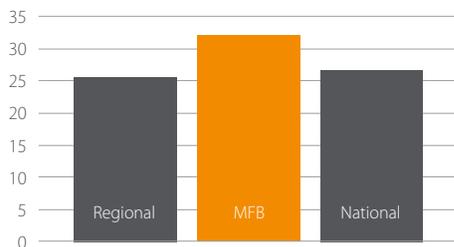
Combined with other sophisticated technology, our hospital offers the greatest concentration of ceiling-mounted ambulation systems, robotics, therapeutic devices and robotic walking technology found anywhere in the Midwest.



## FUNCTIONAL INDEPENDENCE MEASURE

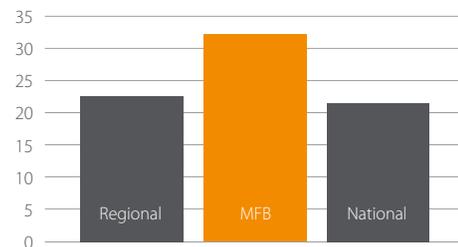
The FIM™ (Functional Independence Measure) scale is the most widely accepted functional assessment measurement system in inpatient medical rehabilitation.

### ADULT



Source: eRehab

### PEDIATRIC

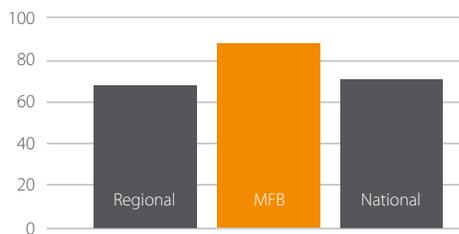


Source: UDS

## DISCHARGE TO COMMUNITY

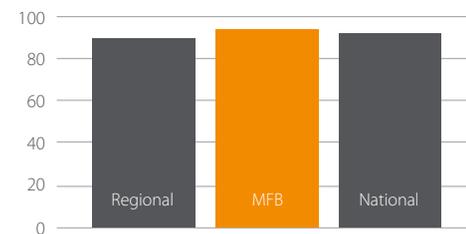
More Mary Free Bed patients are able to return to a home or community setting than the regional and national averages.

### ADULT



Source: eRehab

### PEDIATRIC



Source: UDS

The FIM data set, measurement scale and impairment codes incorporated or referenced herein are the property of UB Foundation Activities, Inc. ©1993, 2001 Uniform Data Set for Medical Rehabilitation, a division of UB Foundation Activities, Inc. The FIM is a trademark of Uniform Data System for Medical Rehabilitation, a division of UB Foundation Activities, Inc.

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Stroke



Brain Injury



Multiple Trauma



Spinal Cord Injury



Amputation



Orthopedic



Cancer

**3,710 ADULTS, 128 CHILDREN SERVED**  
**IN INPATIENT PROGRAMS**

OUTPATIENT PROGRAMS

**ADULT**

- Amputation
- Brain Injury
- Bowel & Bladder
- Cancer
- Cardiac
- Hand
- Lymphedema
- Neurological
- Multiple Sclerosis
- Orthopedic
- Osteoporosis
- Parkinson's
- Pelvic Pain
- Post-Concussion
- Pulmonary
- Spinal Cord Injury
- Spine
- Stroke
- Trauma/Multiple Vestibular
- Visual Impairment
- Voice

**PEDIATRIC**

- Amputation
- Brachial Plexus
- Brain Injury
- Cerebral Palsy
- Dysphagia
- Feeding Difficulties
- Limb Differences
- Plagiocephaly
- Post-Concussion
- Scoliosis
- Complex Spasticity
- Spinal Cord Injury
- Sports Injuries
- Torticollis

**SPECIALTY SERVICES**

- Assistive Technology
- Biofeedback
- Day Rehabilitation
- Driver Rehabilitation
- Mary Free Bed at Home
- Motion Analysis
- Neuropsychology
- Nutrition
- Pain
- Orthotics & Prosthetics + Bionics
- Return to Work
- Sports Rehabilitation
- Steady Steps & Balance
- Weight Management
- Wheelchair & Adaptive Sports

**34,000 PATIENTS SERVED**  
**IN OUTPATIENT PROGRAMS**



**Inpatient Satisfaction**  
ranks  
**Top of the Nation**

## PATIENT SATISFACTION:



of Orthotics & Prosthetics + Bionics patients recommend Mary Free Bed to others.

*Source: OPIE Quality Outcomes*



of outpatients recommend Mary Free Bed physicians.



of patients in the Stroke Specialty Rehabilitation Program rank us as good or very good.



of patients in the Amputation Specialty Rehabilitation Program rate us as good or very good.

*Source: Press Ganey*

## TOP OF THE NATION:

- Spinal Cord Specialty Rehabilitation Program Patient Satisfaction
- Pediatric Rehabilitation Program Patient Satisfaction
- Inpatient Rehabilitation Program Patient Satisfaction

## SAFETY:

Lower (better) than the national averages for patient falls, catheter-associated urinary tract infections and pressure sores acquired at the hospital

*Source: EQUADR*

## STATEMENT OF REVENUES AND EXPENSES

Patient services revenue:	\$90,063,000
Other revenue	\$15,722,000
Investment gains (net):	\$3,405,000
Total operating revenue:	\$114,815,000

### OPERATING EXPENSES:

Income for improvements, equipment and new services:	\$6,634,000
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### CHARITABLE SERVICES RENDERED:

Uncompensated care (patients without funding):	\$1,110,000
Undercompensated care (underfunded government programs):	\$9,243,000



We welcomed **six new rehabilitation physicians** to our team of experts

**VOLUNTEER DEDICATION**



**STAFF DEDICATION**



**1,324**  
employees



**126 years**  
of providing rehabilitation

**Top seven percent nationally**  
for employee satisfaction  
*Source: Press Ganey*

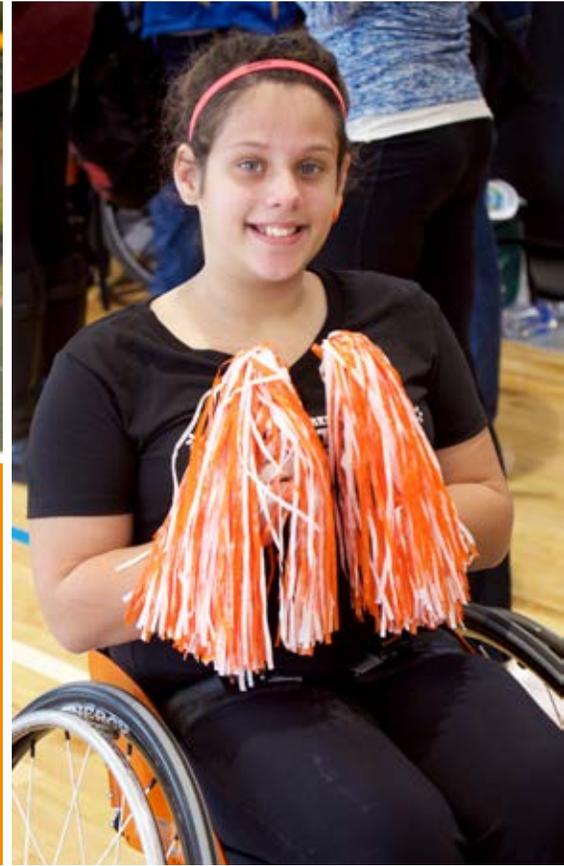


**369**  
Volunteers



**15,787**  
Hours of service

## WHEELCHAIR & ADAPTIVE SPORTS



**700**  
CHILDREN  
AND  
ADULTS  
SERVED



**6**  
CLASSES

**16**  
COMPETITIVE  
TEAMS

**10**  
CLINICS

**36**  
PROGRAMS

**55**  
JUNIOR WHEELCHAIR  
SPORTS CAMP CAMPERS

Mary Free Bed's Wheelchair & Adaptive Sports program is one of the largest of its kind in the United States. Children and adults can explore a variety of activities and sports teams, from basketball and lacrosse to kayaking and skiing.



### **FURRY THERAPIST JOINS TEAM AT MARY FREE BED**

Vandy is a black Labrador retriever who works on the Recreational Therapy team. The sweet-natured pup is the first dog trained in animal-assisted intervention by PAWS With a Cause.

Vandy motivates and encourages patients to reach therapy goals. Her presence alone lifts spirits. And she's everyone's favorite co-worker.





Tim Hoffman was used to helping others. But after the Ottawa County paramedic sustained a severe brain injury in an August 2016 ambulance crash, he needed help to learn to walk, talk – and live – all over again. Following months of intensive rehabilitation, Tim graduated Nov. 23 (pictured above) and was able to spend Thanksgiving at home with his family.



### **YAY, MOMMA!**

Lindsay Jensen's daughter was just four months old when the Cass City woman was involved in a January 2015 car accident that left her with a severe spinal cord injury requiring weeks of hospitalization and months of inpatient and outpatient rehabilitation. In September 2016, Lindsay celebrated graduation from outpatient care and Kenleigh's second birthday.



## ROCKING REHABILITATION

Andrew Tkaczyk, drummer for Los Angeles-based metalcore band The Ghost Inside, spent five weeks as an inpatient at Mary Free Bed after their tour bus crashed in November 2015 in Texas. Andrew sustained 51 injuries, and his right leg had to be amputated above the knee. After months of outpatient rehabilitation at Mary Free Bed, Andrew's walking with a prosthesis, driving and even did some drumming as part of his therapy. He and his bandmates remain focused on recovering and one day getting back on stage.



## DETERMINED TO WALK

Sasha Duval was born with arthrogryposis, a musculoskeletal disorder that causes joints to be stiff and crooked. After an Iowa family adopted her when she was 12, they spent the next three years taking initial steps toward helping Sasha realize her dream of living independently. After numerous surgeries, Sasha came to Mary Free Bed. Her goal when she arrived in May 2016 was to walk for the first time. When she graduated in July, she was walking up to 500 feet with a modified walker.



## TENACITY AND TEAMWORK IN PLAY

It was the promise of hope that gave Tesfa and Brooke Smith faith in the care their daughter, Amarie, would receive at Mary Free Bed. The energetic first-grader and her twin sister, Adalie, had battled the flu, but while Adalie got better, Amarie got worse. She was diagnosed with encephalitis, a serious infection that causes swelling and inflammation in the brain. She was hospitalized for several weeks before coming to Mary Free Bed. After an aggressive treatment approach, Amarie slowly improved and began therapy to gain strength physically and cognitively. Doctors called her recovery "amazing."



## BACK IN THE SADDLE

Paul Gobble is one of four cyclists who survived the June 7, 2016 bicycle collision in Kalamazoo County that killed five others. Paul sustained a head injury, multiple spinal cord injuries and a fractured fibula. He did therapy to gain cognitive and physical strength, even riding a recumbent bike and, eventually, a mountain bike, first with training wheels, then without. When he graduated June 30, Paul knew his return to cycling would take time, but "I'm lucky to have that opportunity."



## FOURTH OF JULY CELEBRATION

Mary Free Bed and the City of East Grand Rapids celebrated 125-year anniversaries by co-sponsoring the city's annual celebration. EGR native and Mary Free Bed graduate Pam Buschle served as grand marshal of the parade, joined by 40-plus employees and friends.



## HALLOWEEN FOR THE REST OF US

Batman was joined by dinosaurs and dragons, ponies and police officers for this inaugural October parade, a tricked-out treat for young patients in wheelchairs. The Mary Free Bed Guild teamed with the family of a long-time patient and other community partners to transform wheelchairs into creative Halloween costumes. Cam Weatherford, who has cerebral palsy and uses a power wheelchair, served as parade grand marshal. "It was the best day," Cam said.



## HOLIDAY JOY

More than 60 current and former pediatric patients and their families gathered for festivities and gifts at Dr. Swanson's Christmas Party. The event is named in honor of Dr. Alfred Swanson, a former medical staff member, who died in April.



## ART VAN SANTA PARADE

Fifty employees, family members and friends – and a couple of rather tall elves – helped ring in the holiday season in Grand Rapids' annual parade.



# Mary Free Bed<sup>®</sup>

Rehabilitation Hospital

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[www.MaryFreeBed.com](http://www.MaryFreeBed.com) | [www.AskForMary.com](http://www.AskForMary.com)