

# headway

## FUTURE FORWARD

INNOVATION AND  
TECHNOLOGY DRIVE  
ON WITH LIFE'S FUTURE

### *also inside:*

THE EXPERTS AT ON WITH LIFE | PEOPLE MAKING A DIFFERENCE | PHILANTHROPY IN ACTION  
FOUNDATION REPORT | CONCUSSION CARE CHANGING LIVES | 2018 OUTCOMES REPORT

# On With Life, Inc. headway magazine

WINTER 2019

## On With Life, Inc.

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## People First

Whether we are referring to staff, community, family or persons served – we know people are at the center of everything we do. It is this “People First” philosophy that started On With Life and it is what permeates all of our programs and services today. We know the facilities, equipment and environment support great rehabilitation, but it is the focus on people that makes the difference.

Throughout this edition of Headway, you will read about some of the people working and volunteering within our organization that are leading the field in brain injury rehabilitation. You will read about how our strategic plan focuses on the individual needs of those we serve, now and into the future. You’ll also get a sneak peek into our new programming, which continues to elevate the services we offer through collaboration with persons served and experts from around the U.S.

We are also excited to share more information with you in this issue about how we are working to become “Future-Ready.” Being future ready means expanding our programs and services to meet the needs of the community. Parkinson’s disease and stroke are two areas that are on the rise in Iowa and around the nation. The American Parkinson’s Disease Association reports 1-2% of people over the age of 60 and 3-5% of the population over age 85 will be or have been diagnosed with Parkinson’s disease. The Iowa Department of Public Health reports a stroke rate of 3.1%. Future ready also means we seek out areas within our specialty that may be underserved, like concussion treatment for example. We know rehabilitation for concussion, especially complex concussion, requires a well-trained team of experts with the right resources, training and timing.

As you read about our changes and program development, rest assured we will not move forward on any initiative without first making sure we do so while ensuring we protect the heart of who we are and what we do. Putting people first is something deeply ingrained into our staff and our culture at On With Life and it will forever be a part of who we are. People First. Always.

Jean Shelton, CEO

To learn more about our values, visit our website [onwithlife.org/values](http://onwithlife.org/values)

June 6  
Therapeutic Grounds  
Grand Opening  
On With Life

August 3  
Post-Acute Inpatient  
Reunion  
Ankeny, IA

September 13  
On With Life  
Fall Conference  
Ankeny, IA

September 27  
Celebrate Life  
Ankeny, IA

WINTER 2019

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Maddie Laven, Supported Community Living specialist, and Genevieve Thomas shop at Mainstream Boutique in Ankeny. While shopping, Genevieve has a chance to interact with members of the community and practice her money management skills developed as part of her person-centered care plan.



On With Life's new driving simulator

## Driving Simulator

Getting behind the wheel of a car is an important step in returning to independence. Now, persons served at On With Life will have the opportunity to practice their road skills with a new driving simulator. As part of On With Life's commitment to providing holistic care, a driving simulator was purchased in part through donations from Bonnie and Doug Brown, John Ahrold and the On With Life Foundation. "Driving is a meaningful and important occupation that is needed to participate in many other things," said Emily Summerfield, occupational therapist. "The driving simulator provides a safe, in-clinic assessment environment where we can assess visual scanning, reaction time, divided attention, problem solving, and motor coordination – all of which are essential to safely return to driving."



On With Life's newly expanded outpatient waiting room

## Outpatient Expansion

On With Life's Outpatient program is expanding! With the addition of our complex concussion clinic and added counseling services, the program is adding another 2,700 square feet of space to bring the total to 6,200 square feet of treatment space. "Our program has grown from serving just 30 people in 2011 to serving more than 500 in 2018," said Tammy Miller, director of outpatient services. "This fast growth shows the need for our neuro rehabilitation services in the community, and this space will allow us to expand our services even more."



Paul and Boo during a therapy session

## New Companion Dog at On With Life

A new team member joined the On With Life team on our Glenwood campus! Boo, a golden retriever companionship dog, arrived on October 31 and has been busy learning commands, exploring the Owl's Nest outdoor garden and engaging with the persons served. "Boo is an easy way to get our persons served more engaged in therapy sessions. Whether it's completing hand-over-hand to pet her or playing fetch with a tennis ball, Boo has become popular in my sessions," said Karly Herting, physical therapy assistant. "I love watching the smiles spread across our persons served faces because to them, therapy doesn't feel like therapy anymore."



Jessica, a Northwest Missouri State University intern, and Jeremy decorate the chalk wall in the Owl's Nest.

## Certificate in Adapted Gardening

On With Life's unique sensory garden on our Glenwood campus served as inspiration for a new Certificate in Adapted Gardening program at Northwest Missouri State University. Two students completed their internship in the Owl's Nest and remodeled flower beds, designed a water wall, added a chalk wall and engaged persons served by taking them on outings to help pick out plants and materials for the garden. To learn more about On With Life's partnership with Northwest Missouri State University, see page 10.

# HOPE RESTORED

*The complex concussion clinic was funded in part by the Telligen Community Initiative to initiate and support, through research and programs, innovation and farsighted health-related projects aimed at improving the health, social well-being and educational attainment of society, where such needs are expressed. Together, a comprehensive concussion clinic was formed and is changing lives.*

## STEPHANIE FILER



Stephanie Filer has always lived an active lifestyle. She ran three miles every day, worked hard at her job, and enjoyed reading, riding her bike, and going out with friends in her spare time.

When Stephanie sustained a concussion in a car accident, it initially seemed like an injury she would quickly recover from. But six weeks after her accident, activities that were once so simple still brought her painful headaches and excessive fatigue. She was referred to and began therapy at On With Life and within a week, she began to see improvements.

“On With Life’s Complex Concussion Clinic helped rewire my brain to work again, and the coping mechanisms they gave me helped me navigate my altered life in the meantime,” she said. “The therapists customized my treatment to meet my goals and challenged me in ways I never thought possible.”

On With Life’s Complex Concussion Clinic, made possible by a grant from Telligen, addresses comprehensive concussion care through seven domains developed by On With Life staff based on research and evidence-based practices. All individuals are screened through the seven domains – vision, vestibular, cervicogenic, psychosocial, cognitive,

autonomic and migraine – and areas of need are targeted by the On With Life’s transdisciplinary team of experts.

“The seven domains are a comprehensive and holistic approach to treating concussion,” said Emily Summerfield, occupational therapist at On With Life. “It allows us to look at the whole person in order to work toward the individual’s specific goals. The overarching goal is to manage symptoms in order to return to work, school and the community.”

Just eleven months after her injury, Stephanie is now back to doing the things she loves. She’s running daily, excelling now more than ever at work, and even took a trip to Vegas, which was “the biggest test of my sensory issues,” she noted.

“Being referred to On With Life was the luckiest break I have gotten in this journey. Without them, my quality of life would be 10 percent of what it now is,” Stephanie said. “On With Life restored my hope on day one, and they literally saved my life.”

To learn more about On With Life’s Complex Concussion Clinic, visit [onwithlife.org/concussion](http://onwithlife.org/concussion) or call 515-289-9696.



Jayne and her husband at an Iowa State football game

## PERSEVERANCE, PROGRESS AND POSITIVE RESULTS

JAYNE FERGUSON

*Post-Acute Inpatient Rehabilitation*

Admit: January 2016

Discharge: April 2016

Four years ago, Jayne Ferguson enjoyed a day riding horses on a farm near the North Skunk River. The trip was nothing out of the ordinary until she became seriously ill shortly after. Bitten by a mosquito on her trip, Jayne contracted West Nile Virus and spent two months recovering in the hospital before she was referred to On With Life. When she arrived in January 2016, she was left with almost no strength in her lower body. Still, her therapists pushed her toward progress the moment she walked through the door of On With Life.

“The second day I was at On With Life, my therapists put me in a stand-up chair,” she recalled. “This was the first time that I was standing after two and a half months in a hospital bed, and it was an awesome feeling.”

Given a year of sick leave from her job as an underwriter at Grinnell Mutual, Jayne was determined to get back to working full-time. Her

therapists worked with her on a wide variety of activities to help her achieve that goal, such as prepping a meal, using a computer and working with her checking account.

“The therapists are eager to help you achieve your goals,” said Jayne. “We had monthly progress meetings that helped me see the positive results from the hard work, and that just pushed me to work even harder.”

Jayne was able to return to work at Grinnell Mutual in September of 2016 as a senior claims adjuster. She is also planning on dancing with her son at his wedding this summer, something she wondered if she’d ever be able to do, but she can and she credits the team at On With Life for that.

“My therapists helped me learn to walk again, trust myself and push forward,” said Jayne. “I can’t thank On With Life enough for my rehabilitation.”

## HARD WORK PAYS OFF

GERARDO CERVANTES

*Post-Acute Inpatient  
Rehabilitation*

Admit: March 2016

Discharge: April 2017

*Outpatient Neuro  
Rehabilitation*

Admit: July 2018

Discharge: December 2018

Gerardo Cervantes (G) spent weeks in the hospital recovering from a traumatic brain injury, including spending two weeks in a Disorders of Consciousness. When he arrived at On With Life for intense inpatient rehabilitation, he was skeptical about spending more time at a healthcare organization. But he quickly warmed up as he built close relationships with the staff.

“I got to know everyone well,” he said. “The staff at On With Life is like my second family. Everyone here is so special.”

The staff encouraged him to work as hard as he could. Kneeling exercises done to engage the weaker parts of his body were sometimes challenging for G. He also struggled with speech and communication but worked diligently with his speech therapists and eventually regained many motor functions. Most importantly, he notes, “I learned how to trust myself.”

“There were days when I wouldn’t want to do my exercises, but my therapists would never let me get away with it,” he said. “They knew my goals and they really pushed me to challenge myself, and I’m glad they did.”

His determination to succeed helped him return home with his three kids. He has gone back to school to work toward his GED and is continuing with outpatient therapy at On With Life.

“I love coming back to On With Life to catch up with the staff – they are really remarkable people who helped me through a tough time in my life,” he said. “I couldn’t have done it without them.”



G at home with his kids

## WALKING FOR HER WEDDING

DEBBIE PHONDETH

*Post-Acute Inpatient Rehabilitation*

Admit: May 2016

Discharge: June 2016

*Outpatient Neuro Rehabilitation*

Admit: June 2016

Discharge: November 2016

Admit: October 2017

Discharge: January 2018

Leap Day will always be a memorable day for Debbie Phondeth – it’s the day she survived a life-threatening hemorrhagic stroke at the age of 32. She came to On With Life for inpatient rehabilitation with one major goal: to walk independently again.

“My physical therapist, Jillian, worked hard to get me walking again,” she said. “In therapy, we would set aside my cane, and she would guide my steps as I walked away from the railing on the walls.” Now when she heads out into the community, Debbie can leave her cane at home.

She also left her cane at home when she married her college sweetheart, Minh, in February 2018.

“He supported me through all of the struggles I went through after my stroke and helps me find ways to overcome the deficits I still have,” she said. “Marrying him was the best decision I’ve ever made!”

Debbie continued her rehabilitation at On With Life’s Outpatient Neuro Rehabilitation program, and she emphasized the effect the person-centered approach had on her life.

“On With Life is a one-of-a-kind organization,” she said. “All of the staff are incredibly kind, knowledgeable, and compassionate, and they clearly love where they work. Everyone should give to them in some way, because they gave me so much.”



Debbie enjoys walking outdoors

# The Experts of on with life

On With Life encourages our staff and volunteers to serve on local and national committees in their areas of expertise. We're introducing a few of them to you and sharing with you why they are committed to **GIVING BACK** to the brain injury community.

## LeadingAge Board of Directors

"We are committed to ensuring we have the very best practices for our persons served and staff. It's a privilege to serve alongside some top skilled nursing facilities in the state and collaborate to provide the highest quality healthcare."

**Pat Stilwill, B.A., LNHA, CBIS**  
Executive Director of Programs and Services



## Iowa Governor's Advisory Council on Brain Injuries

"I am proud to represent On With Life and the community on the Governor's Council for Brain Injury. The exceptional care and support that I received at On With Life stimulated my desire to help other persons in need."

**Dave Russell**  
Former Person Served, Volunteer



## American Congress of Rehabilitation Medicine Brain Injury Special Interest Group

"Serving on external boards and committees allows me to translate what I've learned from our persons served and families to the broader brain injury community. We have a responsibility to apply our knowledge, expertise and experience as we collaborate with outside individuals and organizations. Giving back has always been part of the On With Life way."

**Dave Anders, MS, CCC-SLP, CBIST**  
Clinical Director





**Academy of Certified Brain Injury Specialists (ACBIS) Board of Directors**

“The ACBIS board provides education to the brain injury field on a national level and my involvement allows me to not only bring national best practices back to On With Life, but it is an honor to learn from my fellow board members who are leaders in the field.”

**Corey Morrison, MBA**  
*Chief Strategy and Development Officer*



**American Parkinson's Disease Association-Iowa Chapter Board of Directors**

“We share our expertise and experience with leading organizations in the industry as we pool our resources, time and expertise to find the best rehabilitation options for individuals with Parkinson's disease.”

**Tammy Miller, COTA/L, MHS, CBIS, CCM**  
*Director of Outpatient Services*

**Central Iowa Chapter of the Association of Fundraising Professionals Board of Directors**

“I serve because I want to help advance and celebrate the field of philanthropy, I want to grow as a fundraising professional, and I want to network with and learn from others in my field.”

**Sara Wilson, MBA**  
*Development Specialist*



**Mayo Clinic TBI Model Systems Regional Advisory Council**

I am proud to represent On With Life, leading the way with innovation, advocacy and improved outcomes!

**Jean Shelton, MBA, FACHE**  
*CEO*



*To learn more about On With Life's team of experts, visit [onwithlife.org/ourexperts](http://onwithlife.org/ourexperts).*

# people making a **DIFFERENCE**

## Northwest Missouri State

After learning about On With Life's long-term program in an experiential learning class, two students at Northwest Missouri State University (NWMSU) students saw a unique opportunity to make a difference.

Danna, a horticulture and therapeutic recreation major with a gerontology minor, and Jessica, a horticulture major with a gerontology minor, were looking for internship opportunities when they learned about the OWL's Nest, a sensory garden space at On With Life's Glenwood campus. Dr. Sue Myllykangas, coordinator for the Parks and Recreation program at NWMSU, was excited to launch a partnership between her students and On With Life.

"Since Danna and Jessica both had the horticulture background, and I knew of On With Life's sensory garden project, it seemed like the perfect pilot test for a partnership," said Dr. Myllykangas.

Danna and Jessica spent last summer designing a fresh look

to the OWL's Nest. They each conducted needs assessment, Jessica on the space and Danna on the resident needs, and worked together to improve the garden and create ongoing therapeutic activities for the persons served to contribute to their space.

The project has brought change to the university's Parks and Recreation program as well. Starting next school year, NWMSU will offer a Certificate in Adapted Recreational Gardening for students interested in developing adaptive and inclusive outdoor spaces. The certificate will expand upon opportunities for students to work with organizations like On With Life.

"This certificate is meant to provide them with the basic knowledge and information to facilitate inclusion, make adaptations and care for garden spaces," said Dr. Myllykangas. "On With Life has a beautiful space and we're grateful we could partner to enhance the lives of those served."



Jessica and Jennifer, therapeutic activity specialist, in the Owl's Nest

## Donna Walter

Donna Walter's knowledge and experience as director of finance for Habitat for Humanity supports her role on the On With Life, Inc. Board of Directors. While her expertise in finance, accounting and non-profits is impressive, so is her commitment over the past 15 years to On With Life, its mission and its people.

### What made you interested in joining the On With Life board?

Brain injury can impact anyone, and I felt it was important to have the critical services On With Life provides right here in Central Iowa for persons served to be close to their homes and families. This is a well-run organization with its focus in the right spot — on persons served. On With Life has expanded its continuum to serve even more people, and it feels wonderful to know I've had a small part in making that happen.

### What makes On With Life so special and unique?

I believe the caring culture created by On With Life's staff is what makes it stand out as an exceptional organization. Every person I've met has a passion for their job and the people they serve. Specializing in brain injury gives On With Life a unique niche, but the people are what make it so special.



Donna Walter

### What inspires you to continue supporting the On With Life mission?

My inspiration to continue comes from the success stories created at On With Life every day. I continue to be impressed and so proud of the great strides the persons served accomplish with the guided and loving care of On With Life's staff.

## Sue Reeves

When Sue Reeves walks through the doors of On With Life each Tuesday, she's never sure what opportunities will be waiting for her but knows they will make a difference for those served. She does many things – helps with special events, assists with clerical work, visits with families, plays games with persons served and their children, and even makes snow cones at the annual post-acute reunion.

"It's wonderful to know that I'm making someone's day a little brighter, whether that is a person served, a family member or a staff member," said Sue. "A brain injury is a life-changing event, and if I can assist in some small way to make a difficult situation easier, I want to be able to do that."

Over the past five years as a volunteer at On With Life, Sue has gone house hunting and grocery shopping with families, helped a mom prepare to bring her daughter home

by painting and cleaning with her and accompanied persons served and families to doctors' appointments. While she likes to look for opportunities to help those that may need an extra hand, she also wants to simply encourage others.

"The first family I connected with, I spent weeks with them every Tuesday. I got to be there when their son ate solid food for the first time after months of not being able to eat," said Sue. "I get to connect with persons served and families while they are at On With Life and even after they leave. To be a small part of their journey is really special."



Sue Reeves

For more information about volunteering at On With Life, visit [onwithlife.org/volunteer](https://onwithlife.org/volunteer).

INNOVATION AND TECHNOLOGY DRIVE ON WITH LIFE'S FUTURE, BUT THE **PERSON-CENTERED APPROACH** REMAINS AT THE CORE

# FUTURE FORWARD

*When On With Life opened its doors in 1991, a lone building sat surrounded by gravel roads and cornfields in a small, quiet suburb of Des Moines. Since then, the Ankeny community has emerged as one of the fastest growing cities in the United States, and On With Life has expanded from a post-acute inpatient program in a single location, to seven programs across multiple campuses employing more than 250 team members.*



**On With Life Board Chair Tom Friedman and CEO Jean Shelton**

Today, On With Life has emerged as a major player in the local and national industry rehabilitation and is known for our commitment to our persons served and families. CEO Jean Shelton and Board President Tom Friedman share how On With Life is setting itself up to be the provider of choice both now and into the future, balancing innovation and technology while keeping the person-centered approach at the core.

#### **What are On With Life's top priorities in the next five years?**

**JS:** It's important that we serve as a dedicated resource for brain injury rehabilitation and identify the market needs to best serve our community. We are developing innovation centers for brain injury, stroke, Parkinson's disease and complex concussion to include our expert staff, innovative treatment and dedicated space. To achieve this, we'll need to expand our current facilities to include training and research as well as additional outpatient space.

**TF:** As we develop these innovation centers, developing relationships with other leading brain injury rehabilitation providers and making strategic partnerships will be a top priority.



Speech-language pathologist Joanna Judd works with an individual on the interactive metronome, a tool that focuses on and improves reaction timing and coordination.

### How is On With Life positioning itself for the future?

**TF:** On With Life is committed to providing the best for brain injury survivors. We will be examining the the programs offered and how we can expand and diversify to meet the needs of the community and those we serve.

**JS:** We have outstanding clinical expertise and want to lead the field through increased involvement in cutting-edge research and treatment, including showcasing our innovation with assistive technology. We've got big ideas of using everyday things in innovative ways so our persons served can have the best quality of life possible. We're currently modeling the Alexa where we can program staged instructions to provide prompts to individuals with short-term memory loss to help them with daily tasks like getting dressed and making a sandwich.

On With Life is the best at what we do, and we want the world to know it. We're currently developing a new brand strategy to share who we are – our mission and our work – with the world. You'll see a new logo, a new website and a new fresh look from us soon. But it's all geared towards the same values we've always had – persons served first.

### What role will philanthropy play in the development of On With Life's programs and services?

**JS:** Philanthropy will play a key role in financing the expansion and growth of On With Life. For every 2,000 square feet we're able to add to our outpatient facility, we create the opportunity to serve an additional 700 people per year. With our most recent two outpatient expansions, we've doubled our capacity to serve.

**TF:** In today's healthcare environment, even the best providers like On With Life cannot survive and grow without generous support. We will need to rely on philanthropic support with a vision forward to help us remain the top provider and help us keep up with technological advances.

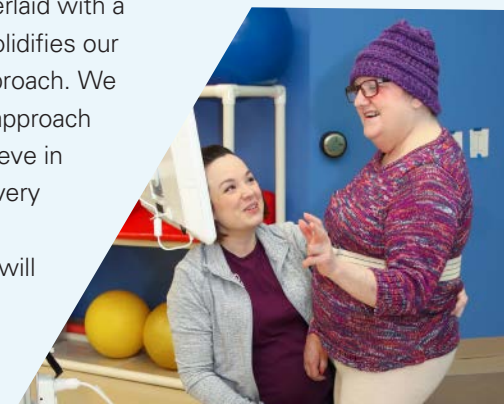
### If we have this conversation in five years, what do you hope On With Life has accomplished?

**JS:** We'll be the place to go for neurological conditions, and the community will know us as the brain injury rehabilitation experts. Our outpatient program will have tripled with the expansion of our Parkinson's disease and complex concussion clinic, and we will have our own CARF-accredited stroke clinic that covers the full continuum of care.

**TF:** I would like to see On With Life become a leading research organization for brain injury rehabilitation and develop a state-of-the-art training and research program. Inherently, we will also grow in reputation, quality of care and number of persons served.

**JS:** All of this will be overlaid with a philosophy of care that solidifies our person-centered care approach. We will maintain our unique approach to rehabilitation – we believe in the powerful impact of every interaction. Our persons served and their families will always be first, period.

Physical therapy assistant Sam Braune works with an individual on the BITS, a game-based program that focuses on improving coordination, attention, memory, visual scanning, reaction time, balance, range of motion, and endurance.



## GET TO KNOW

### Megan Ihrke

MA, CCC-SLP, CBIS



Megan's Family

#### Experience:

8 ½ years as a speech-language pathologist, all served at On With Life. Holds MANDT certification as part of the On With Life Dignity Team and serves as a clinical team lead.

#### Education:

Undergraduate and master's degree from University of Iowa

#### Family:

Married to Dan Ihrke for five years and have two children, Isabelle (3) and Brennan (10 months)

#### Three Interesting Facts:

- I met my husband while we both were working at On With Life.
- I have an extra vertebra which made me about an inch taller.
- I went canyoning and paragliding in the Alps and it was AMAZING!

Q+A



Megan Ihrke  
MA, CCC-SLP, CBIS

*Nearly 60 percent of On With Life's inpatient admissions and 35 percent of outpatient admissions are stroke survivors. Speech-language pathologist Megan Ihrke shares how On With Life is setting itself apart as a Stroke Innovation Center, offering unique and personalized rehabilitation that is leading to improved outcomes.*

#### Q: What makes On With Life unique as a stroke rehabilitation provider?

**A:** In one word: engagement. On With Life has a unique person-centered approach to stroke rehabilitation. Our ability and desire to truly engage with the person and family we are serving fosters engagement and maximizes outcomes. Our rehabilitation program uses high-intensity and high-frequency rehabilitation and a transdisciplinary approach to address medical, psychosocial, cognitive, and physical complications as a result of a stroke. We see individuals as people first, rather than focusing on their diagnosis, which leads to inclusion of their personal interests and preferences into their rehabilitation journey. This results in a one-of-a-kind stroke rehabilitation program.

#### Q: How is On With Life setting itself apart as an innovation center?

**A:** To better serve stroke survivors and their families, On With Life provides a unique stroke rehabilitation program that features a continuum of care from inpatient and outpatient programming to community, with a stroke support group and a series of webinars on stroke education. In each of these programs, we consistently use evidence- and informed-based practices as well as data from our quality

measures to ensure we are providing the highest level of care. We know the importance of education for preventing strokes and secondary strokes and we are committed to sharing our expertise with current persons served and families, students, other brain injury survivors and community members.

#### Q: The program is called the ENGAGE Stroke Rehabilitation Program. What does ENGAGE stand for and how does it affect outcomes?

**A:** On With Life's ENGAGE Stroke Rehabilitation program is designed to maximize the individual's outcomes. We know outcomes are highly influenced by the level of engagement of the person served. The acronym ENGAGE serves as a guide for our program with each letter explaining an aspect of rehabilitation that is important in maximizing outcomes.

**E** – Energy to meet program demands

**N** – Neurologically stable

**G** – Goals specific to rehabilitation

**A** – Access to family and community support

**G** – Good control of medical conditions to prevent secondary stroke

**E** - Enthusiasm for the rehab process

*To learn more about On With Life's stroke rehabilitation program, visit [onwithlife.org/stroke](http://onwithlife.org/stroke).*

# 2018 YEAR IN REVIEW

In fiscal year 2018 (July 1, 2017-June 30, 2018), On With Life's continuum served 598 individuals. The following is a snapshot of On With Life's outcomes; visit [onwithlife.org/outcomes](http://onwithlife.org/outcomes) to see a complete overview of outcomes achieved.

## Post-Acute Inpatient Neuro Rehabilitation

PERSONS SERVED WERE FROM

37  
IOWA COUNTIES

4  
STATES



AVERAGE THERAPY PER DAY



82%

OF PERSONS SERVED DISCHARGED TO HOME

AVERAGE LENGTH OF STAY

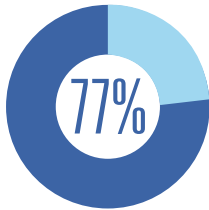


## Supported Community Living

17,187  
HOURS



PROVIDED TO FORTY-THREE INDIVIDUALS



OF GOALS WERE MET IN

FY18

## Neuropsychological Services



60%

EVALUATIONS WITH OUR NEUROPSYCHOLOGISTS

WERE BETWEEN THE AGES OF 6 & 40

97%  SATISFACTION RATE

OF PERSONS SERVED AND FAMILIES

## Outpatient Neuro Rehabilitation



58%

OF THE 419 INDIVIDUALS SERVED IN OUR OUTPATIENT PROGRAM RECEIVED MORE THAN ONE THERAPY

THERAPIES:

- 1 PHYSICAL
- 2 OCCUPATIONAL
- 3 SPEECH

97%

RATED ON WITH LIFE EXCELLENT OR GOOD IN SATISFACTION SURVEYS

## Long-Term Skilled Care

NURSING HOURS PER PERSON PER DAY



ONE OF THE HIGHEST SKILLED NURSING FACILITY NURSING RATIOS IN THE STATE

100%

OF PERSONS SERVED MAINTAINED OR IMPROVED THEIR RANGE OF MOTION, THE MEASUREMENT OF THE AMOUNT OF MOVEMENT AROUND A SPECIFIC JOINT OR BODY PART.



# FOUNDATION DONOR REPORT 2018



## Your support makes a difference at On With Life!

As President of the On With Life Foundation Board, I am honored to share this year's donor report. The Foundation has much to be thankful for, and the 753 supporters listed on the following pages are at the top of the list.

We are thankful for another great year of the On With Life Annual Fund. The program was introduced in 2017 as a way to recruit annual donations for our programs, and nearly \$190,000 was given in unrestricted support in 2018. This allows the programs to spend the dollars on what is needed most, like supplies for the Family House, therapy equipment such as a tilt table, community outings to places such as an Iowa Cubs baseball game or the Iowa State Fair and gas cards for families who are not financially able to bring their loved ones to therapy.

The Circle of Life Society, a leadership giving designation, was also introduced as part of the Annual Fund. There were 36 inaugural Circle of Life members in 2017, and I am happy to report we exceeded our goal of 50 members in 2018 (see page 20 for a listing of members). We look forward to growing this society and the Annual Fund in the future.

We are also thankful for the significant progress made on the therapeutic grounds project on the Ankeny campus. The project to help transform 1.5 acres of green space into outdoor therapy space was fully funded with philanthropy, and we are excited to host a grand opening event in June. Stay tuned for more details!

Additionally, we are thankful that Libby Crimmings and Doug West have recently been elected as members of our board, and we are excited to have their service in this capacity.

Finally, as you review the listing of donors and volunteers included in this report, please know we are honored to have each and every contributor as a partner in our work of supporting survivors of brain injury, stroke or other neurological conditions. On With Life continues to take pride in being good stewards of the gifts entrusted to us, and we thank you for your support of those we are privileged to serve.

Jeff Lamberti, JD, Board President  
On With Life Foundation



CELEBRATE LIFE  
JOIN THE  
Journey



Taking the time to celebrate the difference On With Life makes in the lives of others is important and reminds us of the mission our eight founding families established – to join hands, hearts and minds to help persons living with brain injury get On With Life.

With the support of honorary co-chairs Charlene and Don Lamberti, former persons served and important advocates for On With Life and the brain injury community, our fourth annual Celebrate Life event was held on September 28, 2018.

Nearly 250 supporters joined the journey that evening to help raise more than \$100,000. Funds raised will directly support those On With Life is privileged to serve by enhancing the equipment and environment necessary to maximize rehabilitation success.

Attendees enjoyed wonderful food, therapy celebration stations, intriguing auction items and a meaningful program. On With Life also recognized three special individuals with awards at this year's event.

1. Advocate of the Year Mike Lewis 2. Tom and Joanne Friedman, Megan and Rocky Anderson 3. Nearly 250 attendees enjoyed Celebrate Life 4. Therapists Amy deBuhr, Sam Braune and Allison Merritt 5. Jean Shelton and Dr. Bill Campbell, 2018 Founder's Award recipient 6. On With Life staff 7. Tylka family 8. Conley family

Sips. Sounds. Support.

Our first fundraising event in Glenwood was held on October 18, 2018, to support our long-term program. Approximately 50 attendees enjoyed wine from Vine Street Cellars and special music from Donnie Duysen. Guests purchased raffle tickets to win packages donated by many local businesses. More than \$3,500 was raised to bring outdoor musical equipment to the Owl's Nest, a sensory garden for persons served, families and staff to use.

We look forward to planning an annual fundraising event in Glenwood to begin in spring 2020.



Clockwise from top: Shari Gregory, Sybil Finken and Lori Woodrow; Brittany Wolfe and Zach Jackson; Diana Hoogestraat, Pat Stilwill and Jean Shelton; program during Sips. Sounds. Support.

# philanthropy IN ACTION



Joe and his brother, Justin, singing at the inaugural Celebrate Life event in 2015.

## The Keller Family

From the moment their son arrived at On With Life, the Keller family knew they had discovered a special place.

Joe Keller came to On With Life in 2007 after suffering a traumatic brain injury and a severe stroke caused by a car accident. He was served for four months in the Post-Acute Inpatient Rehabilitation program, where he made great strides toward getting back to the things he loved.

“During Joe’s rehabilitation and healing process, our family observed how God had given each staff person who worked with Joe a compassion to care for the individuals being served at On With Life,” said Jack Keller, Joe’s dad.

Joe’s lifelong passion for music translated into his therapy. Amy Bishop, On With Life’s music therapist, worked with Joe to incorporate playing and listening to music into his daily

therapy routine. The Kellers credit music therapy with helping Joe reconnect with his loved ones and the world around him.

Because the Kellers were so moved by the passionate, individualized therapy Joe received, they have been giving back to On With Life since the beginning of his journey. After watching their son succeed and eventually walk out the door, they were eager to help other families in situations similar to their own. Their support has recently extended to the therapeutic grounds project in Ankeny, which includes an area full of outdoor music therapy equipment.

“Our family believes in supporting On With Life, as it is a way of giving back for what they did for our family as well as other families,” said Jack. “We are excited about the newly developed therapeutic grounds and how they will assist in rehabilitating persons served.”

## Community State Bank

For years, Community State Bank has been a champion of On With Life's mission.

Since 1993, the bank's consistent support of fundraising events and initiatives has made a difference in the lives of persons served. This level of commitment is no accident – as Ankeny's only original bank, they recognize how important it is to support organizations making an impact in the community.

"For Community State Bank, it's not about just writing a check," said Jennifer Canelos, Senior VP of Community State Bank. "We are meaningful in our giving and purposefully re-invest in ideas, organizations and people whose joy and passion comes from serving others and touching lives. Organizations like On With Life remind us that it is a privilege to give our time and resources to better the quality of life in Central Iowa."

Community State Bank has supported On With Life's Celebrate Life fundraising and recognition event each year it's been held since 2015. Prior to that, the bank sponsored On With Life's golf outing fundraiser and has blessed the organization with other donations through the years.

When asked why Community State Bank gives back to On With Life, Canelos mentioned that "On With Life is why we do what we do. When you consider the scope and breadth of their work, it affirms the organization is a vital part of our community. One would be hard-pressed to find a family that has not been touched by On With Life."



**Kim Butler Hegedus, SVP, Commercial Banker, with husband, Dave Hegedus, at Celebrate Life**



**On With Life staff members Amy Bishop, Kim Reed and Leslie Oba help facilitate the holiday party for the Post-Acute Inpatient Rehabilitation program.**

## Pam Otto

Pam Otto knows firsthand how difficult the holidays can be with a loved one receiving medical care. Her son, Chris, was served at On With Life in the early 1990s after developing a cyst on his brain stem due to radiation and chemotherapy treatments for a brain tumor.

When Chris passed away, it was Pam's husband, Michael, who suggested they contribute to On With Life

holiday parties to honor Chris. Thus began a special holiday tradition that has spanned the course of several years for Pam.

In 2018, Pam's contribution supported multiple Christmas and New Year's Eve parties for On With Life's inpatient and residential programs. Her

support even extended to an outing for persons served who were taken to Target for a shopping trip, where they were given funds to purchase holiday gifts for loved ones.

"I like to give for the holiday parties because I know it's a worthwhile cause," said Pam. "It's something that the persons served can enjoy."

After Michael passed away in 2015, Pam wanted to honor her husband through a gift to On With Life. She made a \$10,000 memorial contribution toward the remodel of persons served rooms at On With Life's Glenwood campus. The rooms were enhanced in order to better serve those in the long-term skilled care program.

The joy Pam has helped bring to persons served over the years has helped her keep the memories of Chris and Michael alive. "On With Life holds a special place in my heart," she said. "I love continuing to give in Chris and Michael's honor."

# OUR DONORS



Brain Injury Rehabilitation Specialists™

The On With Life Foundation is grateful to the many individuals, corporations and foundations – those named below and those who have asked to remain anonymous – who supported On With Life’s mission through charitable donations and grants received between January 1, 2018, and December 31, 2018. It is the Foundation’s goal to be 100% accurate in the spelling and inclusion of all contributors. If you have any questions or concerns about a listing, please contact the Foundation office at **515-289-9611** or by email at **foundation@onwithlife.org**. More information on ways to give can be found online at **onwithlife.org/foundation**.

**Donors who contribute \$1,000 or more to the On With Life Annual Fund are designated as Circle of Life Society members.**



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 Bradley Voorhees

*in memory of Scott Holderbaum*  
 Linda and Michael Milder

*in memory of Dean Jansen*  
 Julie and Dennis Anderson  
 Marilyn and Bruce Bandstra  
 Georgienne Chalupa  
 Diana and Cecil Cumpton  
 Linda and Wade Dawley  
 Judy and Harry Dearing  
 Patricia and Dennis Evans  
 Darrell Jansen  
 Jolinda and Marlin Keller  
 Mary Jo and Jeffrey King  
 Diane and Steven Knight  
 Virginia Meredith  
 Elizabeth and Eric Petersen  
 Kathy Peterson  
 Betty Rhone  
 Jerry Schmidt  
 Theda VanHoosen

*in memory of Bill Kieffer*  
 Elaine and Frank Marsh

*in memory of Art Killian*  
 Pamela and Bruce Albrecht  
 Alma Bennett  
 Shannon and Brent Carlson  
 Jane Hansen  
 Lisa Hrdlicka-Phelps  
 Elaine and James Jones  
 Mary Ann and Jerry Jones  
 Jeanette and Nathan Killian  
 Julie Morgan Kopecky  
 Barbara and Stephen McIntire  
 Randy Miller  
 Marcia Munger  
 Norwesco, Inc.  
 Nugent Family  
 Connie and Rollin Pieart  
 Pomeroy Family  
 Dana Reed  
 Shirlene and Lamoine Rekemeyer  
 Jodi and Paul Rusch  
 Mary Beth and Robert Seidl  
 Kathy and Mike Shafer  
 William Streff  
 Christine and Bruce Summers  
 Judy Toye  
 Van Maanen Seed & Chemical, Inc.  
 Carla and Robert VanderLinden  
 Edyie and David Walther  
 Marilyn Warling  
 David Wetsch  
 Thomas Willwerth

**Ways to Give – Gifts to the On With Life Foundation can be made in person, online or through the mail and can include:**

- Gifts made to the On With Life Annual Fund
- Gifts designated to a specific fund (for example, the Therapeutic Grounds campaign)
- Gifts in memory or in honor of friends or loved ones
- In-kind gifts benefitting our persons served/families or programs
- Employer-matched gifts
- Gift of stock or bequests in your will/estate plan
- Designating your United Way gifts to On With Life
- Sponsorship of our annual fundraising and recognition event
- Volunteering time

**Thank you to On With Life's 2018 volunteers, a group of individuals who give unselfishly of their time and talents to the On With Life mission.**

**INDIVIDUALS**

Dave Allen  
Anneliese Barton  
Jeff Becker  
Eric Boeyink  
Natalie Bohnenkamp  
Dennis Bradley  
LeAnne Bradley  
Katelyn Chumbley  
Todd Cleghorn  
Al Cole  
Kathy Cole  
Janelle Conley  
Jim Conley  
Shalyn Donofro  
Laura Crist  
Abby Eckert  
Tom Elston  
Jo Marie Evans  
Steve Evans  
Don Fitzpatrick  
Marcia Flaugh  
Nance Fleming  
Kory Ford  
Tom Friedrichsen  
Abigail Gerth  
Kyle Graven  
Chelsie Hardesty  
Kallie Hirl  
Landon Jacobs  
Ryan Jansa  
Deb Jaspers  
Sean Jenkins  
Sheila Jenkins  
Kiara Johnson  
Megan Johnson  
Chad Kain  
Tim Kautza  
Mary Kennedy  
Dan Kurecker  
Devyn Lenaghan  
Becky Lenz  
Stacey Lewis  
Cheryl Lowe  
Courtney Maire  
Ian Malaby  
Anita Mautz  
Corliss McDonald  
Deb McEachron  
Jerry McElderry  
Landon McPike  
Derek Mehrl  
Alli Meinecki  
Allison Merritt  
Hamza Miari  
Michele Miller  
Jerry Nail  
Brian Near  
Zoe Ollendick  
Alex Ort  
Tyler Osmundson  
Rick Overton  
Kelsey Pogatzetz  
Pam Prescott  
Jim Ralston  
Georgene Raver  
Sue Reeves  
Donna Rice  
Britta Robran  
Andrea Rothrock  
Calab Rustan  
Gladys Sawyer  
Kaitlin Schmitz  
Patty Scott  
Haaris Shahid  
Natalie Stalsberg  
Brianna Stevens  
Kristina Sturdevant  
Layla Sturdevant  
Deb Sutton  
Deb Syverson  
Travis Taylor  
Karen Tylka  
Tausha Vannatta  
Caren Vogel  
Karen Waddell  
Darrel Webb  
Joyce Webb  
Joe Wiltgen  
Travis Zhang

**GROUPS**

AATI  
Ankeny Centennial High School  
Easter Seals  
EMC Risk Management  
Greater Des Moines Partnership  
Our Lady's Immaculate Heart Church Youth Group  
Progressive Insurance  
SE Polk Softball Team  
Walnut Creek Church  
Wells Fargo

**BOARD MEMBERS**

Kate Benson-Larson  
Gail Boliver  
Tracy Bollin  
Dr. William Campbell  
Libby Crimmings  
Art Filean  
Sybil Finken  
Tom Friedman  
Dr. Marc Harding  
Carl Harris  
Diana Hoogestraat  
Larry Kruse  
Jeff Lamberti  
Meredith Lamberti  
John Snyder  
Vilia Tarvydas  
Steve Van Oort  
Donna Walter  
Douglas West  
Eli Wirtz  
Andrea Woodard  
David Zielke

**Al Cole was recognized at Celebrate Life as the volunteer of the year.**



*in memory of Angela Klier-Brunk*  
Jill and Steve Brimeyer  
Raymond Brunk  
Rosemary and Maurie Cashman  
Jake Christensen  
Fidelity & Guaranty Life  
Jacquelyn and Donald Garrett  
Cynthia Housh  
Judith and Allan Kitten  
Elaine Kramer  
Kathleen and Thomas Lipovac  
Alex Mentzer  
Claudia Peyton  
Leona Preston  
Carolyn Ross  
Debra and Edward Schiller  
Dina and Daniel Smidt  
Shirley Stevens  
The Des Moines Register  
Erica Turner  
Two Rivers Marketing  
Visionary

*in memory of Doris Konkol*  
Cathy McCoy

*in memory of Blake Lehmkuhl*  
Margie Lehmkuhl

*in memory of Brian Logsdon*  
Marguerite Parsons

*in memory of Harold "Dick" Luke*  
Carol Luke

*in memory of Merle Martens*  
Kate Benson Larson and Ross Larson

*in memory of Virgil Maxwell*  
Jason Wery

*in memory of Joe A. McDermott*  
Martha Jo Barker  
Barbara Birkenholtz  
Robin and Jeff Brain  
Laura Britson  
Stella and Dennis Fleener  
Lou Ann and Thomas Hill  
Melissa and Richard Johnson  
Jennifer and Wayne Mann  
Barbara McDermott  
Ardis Morgan  
Margaret and David Morgan  
Kathleen Murphy  
Madelyn Murphy  
Judith and Charles Richmond  
Ruth and Paul Ross  
Mary and Edward Rozendaal  
Jean Schnell  
Marjorie Ver Schuur

*in memory of Michael McNamara*  
Barbara Alley  
Barbara Holm-Ellis  
Deb and Jim McNamara  
Debra and Steven Ruddick

*in memory of Lawrence Meyer*  
Janet Meyer

*in memory of Inez Romig*  
Jenna and Jason Ekstrom

*in memory of Inez and Don Romig*  
Donna and Terry Walter

*in memory of Carol Syverson*  
Phil Syverson

*in memory of Emery Thompson*  
Sarah and Jeff Becker  
Amy Bishop  
Abby and Jared Bogaards  
Jen and Andy Burke  
Kathy and Al Cole  
Janelle and Jim Conley  
Amy deBuhr  
Carla and Steve Dippold  
Michelle and Chris Doubleday  
Cynthia and Steven Ewald  
Tammy and Jim Foreman  
Cathy Glynn  
Kris Goodlin  
Courtney and Jacob Huber  
Ann and Matt Lenaghan  
Gail and Shayne McGaughy  
Corey and Patrick Morrison  
Sarah Pimlott  
Randy Reid  
Bobbi Jo and Ian Rinker  
Tara Rogers  
Kam and Steve Stupka  
Jacqueline and Mitch Thole  
Nicole Weidman  
Sara Wilson

*in memory of Verneal "Bunny" Traver*  
Carrie Huff

*in memory of James Underwood*  
RoseMarie and James Cunion

*in memory of Mary VanDusseldorp*  
Darcy Brown  
Class of 1953  
Megan and Matt Darbyshire  
Carl Edman  
FNNB  
Marta Ford  
Vikki and Chris Herbold  
Lori and Terry Hilker  
Ralph McGregor  
Regina and John McLaughlin  
Margaret and David Morgan  
Janet and John Oberhart  
James O'Halloran  
Patsy Partelow  
Nancy and Robert Rhone  
Marcia and Marvin Rorabaugh  
Karen and Keith Russell  
Jolane and Gary Snodgrass  
Erin Swalwell  
US Navy Seabee's of Iowa  
Van Wall Equipment  
Eben VanDusseldorp  
Karen and Reg VanDusseldorp  
VanDusseldorp, Inc.  
Walker, Billingsley & Bair - Attorneys at Law  
Kathryn and Timothy Wikert  
Nancy Winget

*in memory of Ashton Weaver III*  
Debbie Weaver



715 SW Ankeny Road | Ankeny, Iowa 50023

Joining hands, hearts and minds to help persons living with brain injury get **On With Life.**

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*Evie rides her scooter with physical therapist Jillian Jones.*

We'll make it easy:

# HELMETS SAVE LIVES

MARCH IS **BRAIN INJURY AWARENESS MONTH**

At On With Life, we know firsthand the importance of wearing your helmet. Helmet use has been estimated to reduce the odds of head injury by 50 percent, yet Iowa is one of only three states without helmet laws in place for bicyclists or motorcyclists. Prevention is just as important to us as rehabilitation, which is why we're challenging everyone to rock their helmet hair this spring and raise awareness for helmet safety.

## HERE'S HOW YOU CAN JOIN US:

**Wear your helmet when doing activities that put you at risk for head injury. This includes riding bikes, motorcycles, skateboards or scooters, riding and skiing or snowboarding.**

**Share a photo of your helmet hair on social media using the hashtag #HelmetHairDontCare**

**Visit the Brain Injury Alliance of Iowa's website to learn more about their advocacy for helmet usage in Iowa.**

**Watch for a helmet giveaway contest this spring on our social media!**

Take it from the experts – you should always wear your helmet when you ride. Watch for more information on our upcoming #HelmetsIowa initiatives this spring by liking us on Facebook or visiting [onwithlife.org/helmets](http://onwithlife.org/helmets).