



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

headway

SPRING 2020



Watch Me.

ON WITH LIFE
INTRODUCES
NEW BRAND

2019 YEAR
IN REVIEW
P. 4

PEOPLE MAKING
A DIFFERENCE
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ON WITH LIFE, INC.
headway magazine

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ABOUT THE COVER:

Evie McLeish, person served, and Gina Beecher, outpatient physical therapist, enjoy On With Life's new therapy grounds.

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Letter from the CEO



FORWARD TOGETHER

You've no doubt noticed the new look and feel of our magazine. This is part of our rebranding campaign that launched in June. While we are busy updating our logo and materials, many things have – and will – stay the same: our mission and vision, our strong belief that together more is possible, our person-centered approach and the opportunity to be extraordinary.

The Coronavirus/COVID-19 pandemic has brought many opportunities for us to be extraordinary – many more than we ever imagined. Now, more than ever, we have had to look to our mission to guide us during this difficult time. For the safety of our persons served, we have had to adhere to guidelines that go against all we know about what makes us a great brain injury rehabilitation center. Halls, while pristine and sanitized, are empty. Our cafeteria, usually bristling with activity, is empty. Families, who have

been at the heart of many of our services, are absent. Yet we persist.

Our team has stepped up in a multitude of ways. There are countless examples of ways our team thought outside of the box to continue to engage our persons served. I hope you follow us on Facebook and Instagram to see the ways our team collaborated to make their rehab experience meaningful and memorable during this incredibly difficult time. We are grateful, too, for the support of our community. We have had hundreds of homemade masks donated, cards mailed to our persons served, food delivered for our staff and notes of encouragement to our team. Together, more is possible.

Sincerely,

A handwritten signature in black ink that reads "Jean".

Jean Shelton, CEO

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CELEBRATE LIFE
2019

Our long-term program incorporates the passions of our persons served, and for Harold (pictured above), that meant getting back into his kayak. To make this happen, Harold worked with his therapy team to plan the outing, and our teams collaborated together to help Harold spend time on the lake.

2019 YEAR IN REVIEW

In fiscal year 2019 (July 1, 2018-June 30, 2019), On With Life's continuum served 807 individuals. The following is a snapshot of On With Life's outcomes; visit onwithlife.org/outcomes to see a complete overview of outcomes achieved.

POST-ACUTE INPATIENT NEURO REHABILITATION

PERSONS SERVED WERE FROM



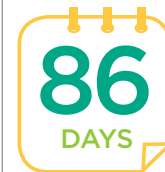
AVERAGE THERAPY PER DAY



82%

OF PERSONS SERVED DISCHARGED TO HOME

Average Length of Stay



83 NET PROMOTER SCORE

A MEASURE OF CUSTOMER LOYALTY AND REPRESENTS THE PERCENTAGE OF CUSTOMERS WHO PROMOTE ON WITH LIFE. HEALTHCARE AVERAGE 49

103 PERSONS SERVED

OUTPATIENT NEURO REHABILITATION



OF THE 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%

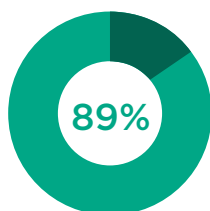
OF PERSONS SERVED MAINTAINED OR IMPROVED THEIR RANGE OF MOTION, THE MEASUREMENT OF THE AMOUNT OF MOVEMENT AROUND A SPECIFIC JOINT OR BODY PART.

SUPPORTED COMMUNITY LIVING

17,619 HOURS



PROVIDED TO 41 INDIVIDUALS



OF GOALS WERE MET IN

FY19

NEUROPSYCHOLOGICAL SERVICES



79%

OF PERSONS SERVED ARE BETWEEN THE AGES OF 11-70

Total Persons Served = 134

98.57% ★★★★★

SATISFACTION RATE OF PERSONS SERVED AND FAMILIES



Care. Fully crafted around you.

Our experts are known in Iowa and throughout the Midwest as the leaders in brain injury, stroke and neuro rehabilitation. Our expertise, combined with the environment and technology available to our team, has created a world-class program with five specialty innovation centers.

OUR INNOVATION CENTERS

Brain Injury

Our extensive neurological services, combined with specialized expertise in brain injury rehabilitation, offer you the optimal opportunity to achieve your goals and get your life back on track.

Stroke

We deliver a comprehensive program of medical, nursing and therapy care that successfully addresses the individual needs of each person served. Our trained staff and state-of-the-art facility will help restore physical and cognitive function.

Parkinson's

Our specialized programs and team of neuro-rehabilitation experts focus on slowing the progression of Parkinson's disease, preventing falls and helping you get the most out of each day.

Concussion

Our transdisciplinary team of clinicians specializes in treating concussions with evidence-based approaches that will get you on the fastest road to recovery. The treatment at the outpatient concussion clinic relies on scientifically proven research designed to focus on your unique injury.

Complex Neuro

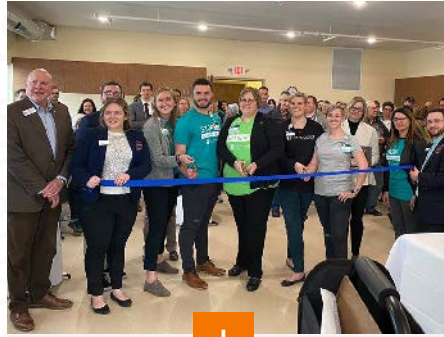
There are a wide variety of neurological diseases affecting the brain and nervous system. Diagnosing and detecting the specific issues you or your loved one is dealing with is where we shine. We have a dedicated team of neuro rehabilitation experts who are here to give you the best path to living the best life possible. +

To learn more about each of the innovation centers, including the levels of care, visit our website:
ONWITHLIFE.ORG/PROGRAMS-SERVICES.



GREAT IOWA NURSES

Congratulations to two of our nurses, LeAnne Bradley and Thao Nguyen Huyn, who were recognized at the 2019 100 Great Iowa Nurses Celebration! Nurses Thao and LeAnne (center) were both recognized for their courage, competence and commitment to their profession and those they serve.



CORALVILLE CAMPUS OPENS

Few can do what we do, and our expertise is now in Eastern Iowa! On With Life has opened an outpatient location in Coralville to serve those in the Iowa City and surrounding areas. The clinic opened January 15, 2020. Call 319-259-6224 for more information on this program.



NEW ACCREDITATION

On With Life is now accredited by CARF as a stroke rehabilitation center! With that accomplishment, On With Life is now the only free-standing skilled inpatient rehabilitation program in the world accredited by the Commission on Accreditation of Rehabilitation Facilities as a comprehensive integrated inpatient rehabilitation program for adults and children for both brain injury and stroke specialty.



TOP WORKPLACE AWARD

On With Life was named a Top Workplace for the seventh time! We're proud of our staff and their compassion and expertise. Read the top seven reasons we think On With Life is a top workplace on our website: onwithlife.org/topworkplace.

HELMETS SAVE LIVES



RAYGUN PARTNERSHIP
HELMET HAIR, DON'T CARE



PROCEEDS BENEFIT
ON WITH LIFE
August 2019



TOGETHER WE ADVOCATE

We encourage Iowans to have helmet hair - from their bike helmets! Last summer, On With Life raised awareness for Iowa's absent helmet laws by partnering with the Ankeny Police Department to hand out free helmets and ice cream to kids riding their bikes or scooters. In addition, On With Life handed out 1,000 helmets at the Iowa State Fair and had custom-designed t-shirts sold by Raygun to raise funds for helmet awareness initiatives coming next spring.

[#HelmetHairDon'tCare](#)

ETHAN MILLER



To learn more about
On With Life's stroke
rehabilitation programs, visit
ONWITHLIFE.ORG/STROKE.

Embracing the Challenge

POST-ACUTE INPATIENT REHABILITATION

Admit: 10/22/18

Discharge: 2/11/19

OUTPATIENT NEURO REHABILITATION

Admit: 1/7/20



Ethan Miller didn't know that a stroke at the age of 26 could change his life – for the better. But after spending four months at On With Life following his stroke in September of 2017, he knows wholeheartedly that On With Life was the right place for him to be.

“They go above and beyond in every department,” said Ethan. “The therapists are not only the most knowledgeable, but the hardest working in the industry.”

On With Life staff pushed Ethan out of his comfort zone, balancing the challenging and intensive rehabilitation with outings that peaked his interests, like adaptive skiing and escape rooms. And he didn't let anything get in the way of accomplishing his goals.

“I told my hometown outpatient therapist I wanted to run, and he started telling me the reasons I wouldn't be able to,” said Ethan. “My On With Life physical therapist, who weighs much less than me, literally threw her arms around me and carried me while running, forcing my legs to try and keep up. It was quite the scene at Target, but that truly is the On With Life difference.”

He continues to push himself to accomplish the goals he set for himself at On With Life – like returning to school. Since his discharge, he's returned to community college, earned straight As his first semester and has transferred to Iowa State University.

“I attribute so much to On With Life; they helped build a solid foundation that is carrying me through this next phase in my life.” +



KYLE
GRAVEN



To learn more about On With Life's Disorders of Consciousness program, visit ONWITHLIFE.ORG/DOC.



No Better Place

POST-ACUTE INPATIENT REHABILITATION

Admit: February 2002

Discharge: December 2003

Kyle Graven's mom wasn't sure if she'd ever hear her son speak again after a horrific car accident nearly took the 20-year-old's life. After Kyle spent more than seven months in On With Life's Disorders of Consciousness (DoC) program, a specialized program for individuals in low levels of consciousness, he said his first word - Mom. The importance of On With Life's DoC program is not lost on Kyle.

"I'm thankful there was a facility like On With Life when I needed it. They are truly my second family," said Kyle. "I'd never be where

I am without the experts at On With Life. There is no better place."

And he's sharing that message weekly with On With Life's Wellness Group in the post-acute inpatient program, something he's volunteered to do for the past six years.

"If I can help make someone's journey easier - sharing resources, sharing my experience - I want to do that," said Kyle. "I get a lot out of it too. The fact that I might be helping means a lot to me."

While he enjoys coming to On With Life each week to participate in group sessions, he's looking forward to even more this fall.

"Before my accident, I was an avid outdoorsman," said Kyle. "Adaptive hunting equipment allows me to still pursue my passion for hunting. I'll be in the timber this year and I can't wait." +



"I'm Back"

OUTPATIENT NEURO REHABILITATION

Admit: December 2016

Discharge: April 2017

Lori Abendroth led a busy life. She was a project manager at Iowa State, which involved overseeing a team of 140 individuals spread out over 10 states, and was also working towards her PhD in Crop Physiology. But Lori's busy life came to a halt when she sustained a concussion in July 2016 while playing tag with some children from her church.

"I went through the typical timeline where I thought I would be back to work in a couple of weeks," said Lori. "I tried but then eventually had to take medical leave from the University that fall and start back very slowly in the spring."

It was during that time when Lori found herself at On With Life for post-

concussion syndrome. For four months Lori worked with On With Life therapists, who she says used their gifts and skills to help her work through exercises and therapy sessions. It was a difficult and confusing time for Lori and she struggled both mentally and emotionally, but it was her team of therapists that kept her going.

"It was slow progress but having their expertise and perspective helped me feel like I was doing everything I could to get better," said Lori.

And she did get better. Not only has Lori returned to work, she recently finished her PhD and walked through graduation. She hopes to find a faculty position in Crop Physiology so she can contribute to science, support farmers, and mentor the next generations of scientists.

"I am now 'back' and feel like myself again!" said Lori. +

LORI
ABENDROTH



To learn more about On With Life's complex concussion programs, visit ONWITHLIFE.ORG/CONCUSSION.



ON WITH LIFE INTRODUCES NEW BRAND

WHEN YOU ASK SOMEONE WHO HAS EXPERIENCED THE REHABILITATION JOURNEY AT ON WITH LIFE, YOU HEAR A COMMON THEME OVER AND OVER:

“They gave me hope. They said nothing was impossible.”

THE NEW ON WITH LIFE BRAND, LAUNCHED IN JUNE 2019, HIGHLIGHTS THIS THEME.

“Our brand is truly a reflection of the experience families have with us and will always include our unique approach to rehabilitation and a philosophy of care that solidifies our person-centered approach,” said Jean Shelton, CEO. “We believe in the powerful impact of every interaction, and our persons served and their families will always be first.”

The new brand re-focuses and highlights the organization’s commitment to innovation and technology while keeping the person-centered approach at the core. The brand identity, with new messaging and a redesigned website, logo and tagline, elevates On With Life and highlights our expertise, innovation and research as well.

In addition to the person-centered approach, the brand highlights stories of individuals who made remarkable recoveries with the support and expertise of the On With Life team in a new branding campaign called, “Watch Me.” The following highlights just three of many inspirational stories which show that together, more is possible.

YOU FIRST. WE INSIST.

Evie McLeish was diagnosed with a brain tumor at the young age of 8. She underwent brain surgery and radiation, which left her unable to walk, among many other things. The outpatient therapy team began using age-appropriate activities like the scooter, trampoline, and swimming to work on progressing Evie’s movement.

“Evie comes to therapy after a long day at school. Because of that it is important to make it fun for her to get the maximal effort possible out of her sessions,” said Gina Beecher, physical therapist at On With Life. “I was a swimming lesson teacher in high school and am able to use my skills to do some adapted swimming lessons in our therapeutic pool with Evie. Swimming not only helps her to become stronger and more coordinated but also to be safe in the pool when spending time with family and friends.”

“They have great resources here, like the pool, the equipment and the outdoor therapy grounds,” said Eric and Ali McLeish,

Evie’s parents. “But more importantly, they have an amazing staff. Evie has gained strength and determination through lots of hard work from both Evie and her therapists.”

“We work with Evie to help her to move as independently as possible so that she can participate and interact with her peers at school and take care of herself at home,” said Gina. “Recently she mixed up a batch of cookies and I was able to help her to bake them. During our session we worked on standing endurance and balance while dropping the cookies on the cookie sheet. The best part for me, however, was to see Evie’s face of pride when her dad and sister came to pick her up.”

“They said I may never walk or ride my scooter again, and I said, ‘Watch me.’ I beat brain cancer and I learned to walk again,” said Evie. “On With Life is awesome.”

BY FAMILIES, FOR FAMILIES

Joseph Hanson suffered an aortic dissection and series of strokes at just 46 years old. His family had made the difficult decision to end life support and began packing up his house. But in a miraculous turn of events, Joseph became medically stable. He then spent 30 days in On With Life’s post-acute inpatient program and three months in the outpatient program, where his primary goal was to teach his daughter to ride a bike.

“Our founders ingrained the importance of family engagement, and that carries through our rehabilitation today,” said Sarah Jeffries, physical therapy assistant. “Joseph’s rehabilitation focused on his daughter, and she was an important part of his rehabilitation.”

The team worked with Joseph on running, then pushing a therapist on a bike, riding with his daughter on a tandem bike, and finally running with her as she rode her bike around On With Life’s therapy grounds.

“They said I may never walk again. I said, ‘Watch me.’”

“They said I may never walk again. I said, ‘Watch me.’ The On With Life staff helped me regain my ability to run and be a dad again, and that means the world to me,” said Joseph. “I’m running alongside my daughter, teaching her to ride her bike. This is a dream come true.”

WE EMPOWER HOPE

When Zuhayr “Z” Ghaffar suffered a stroke at the age of 13 that paralyzed his left side, intense inpatient rehabilitation wasn’t how he envisioned spending his summer break.

“I came to On With Life, and I couldn’t even sit up on my own,” said Z. “I didn’t know if I’d ever get to play sports ever again – that was really tough for me.”

Z spent many hours in the aquatic therapy pool as part of his inpatient and outpatient rehabilitation at On With Life. As he gained strength and movement in his left side, he also found a new passion in swimming.

This year, Z joined the high school swim team, and the entire gym cheered him as he finished his first race.

“After my injury, they didn’t think I’d ever be able to move my arm, and I said ‘Watch me,’” said Z. “I swam the 100-meter freestyle at my last swim meet and had my best time yet.”

But Z’s mom, Shamir, knows this couldn’t have happened without the On With Life team walking this journey along with them and showing Z what was possible.

“They helped us overcome the social, mental and physical concerns that follow a brain injury,” said Shamir. “But they did more than that – they brought us back together as family.” +

The new On With Life brand highlights our expertise and focuses on the things that make us unique. Learn more and watch our special brand commercials at ONWITHLIFE.ORG/WATCHME.

People Making a Difference



JEFF LAMBERTI

The On With Life Foundation has supported many exciting projects in the last twenty years, including the development of our therapy grounds, the expansion of our inpatient program, the addition of cutting-edge equipment and the growth of our outpatient program. Key to this support was our foundation board president, Jeff Lamberti.

WHAT MAKES ON WITH LIFE SO SPECIAL AND UNIQUE?

The people who work at On With Life are what makes this organization so special. They are highly skilled but, more importantly, they care deeply about the people they serve.

WHAT DREW YOU TO SUPPORT THE ON WITH LIFE MISSION AND WHAT INSPIRES YOU TO CONTINUE DOING SO?

My parents were some of the early supporters of On With Life. As such, On With Life has been a part of my life for many, many years. It is not hard to remain inspired

about being a part of On With Life, as it continues to improve lives on a daily basis. As On With Life has grown and added more services, the potential to help even more people is within reach, and I'm excited to be a part of that growth.

WHAT ARE YOUR GOALS FOR ON WITH LIFE IN THE NEXT FEW YEARS?

I believe the next few years will be a time of growth for On With Life, and we will need a Foundation that is strong and capable to support this growth. Our Foundation board continues to grow, and it's an honor serving with such a remarkable group of individuals. +

"I want to see the On With Life Foundation continue to grow and to be in a position to better support all aspects and services of On With Life."



CHUCK STANTON

“I was by myself one year at Christmas and that was a terrible feeling,” Chuck said. “I don’t want anyone to experience that feeling.”

Chuck Stanton was introduced to On With Life in 2007 after a family member had a stroke. He set out to learn as much as possible about brain injury by attending support groups at On With Life, and his passion for the organization and their mission grew. So much so that he left his career in management at a large corporation to become an On With Life Supported Community Living Specialist in 2012.

Chuck also served on the Board for the Central Iowa Support Group of the Brain Injury Alliance of Iowa (BIA-IA) and was awarded the BIA-IA Volunteer of the Year in 2015. But he’s not in this role for the accolades.

Chuck Stanton is known at On With Life for his selflessness and sense of humor, along with his mission to make sure no one spends a holiday alone. In fact, Chuck provides meals to two persons served on Thanksgiving, two the day after Thanksgiving, and makes meals for three persons served on Christmas Day.

“Today I continue to work at On With Life because I know that I can make a difference in people’s lives,” said Chuck. “It’s so rewarding to see the joy of the persons served, whether they are completing a daily task, getting out into the community or doing something they enjoy.”

He also wants to encourage others to give back to the community.

“Get out and volunteer somewhere,” Chuck said. “Whether it is two hours a month or three hours a week, you can and WILL make a difference!” +

“It is hard not to share enthusiasm for what On With Life is today and what it can be in the future.”



MARCIA FLAUGH

After seeing multiple friends served at On With Life for brain injury or Parkinson’s disease, Marcia Flaugh felt drawn to give back to the organization that helped others get back to the things they loved doing.

“Ankeny is lucky that On With Life has chosen to locate here and provide the community and surrounding areas with an extremely valuable service,” Marcia said. “It is truly a one-of-a-kind facility.”

Marcia started volunteering in On With Life’s Outpatient program when it opened its doors in 2011 and has watched the program grow with a major building expansion and a large increase in persons served. But she notes the positivity and passion have been there from the start.

“Every time I come into the building, I am greeted by friendly staff who call me by name and I also see firsthand how the therapists seem to genuinely care about each person served,” Marcia said.

Marcia and her husband are excited to give back by also donating to the On With Life Foundation.

“I feel that my life has been full of blessings and my faith inspires me to give back,” Marcia said. +

For more information on volunteering at On With Life visit ONWITHLIFE.ORG/VOLUNTEER.

Get to Know

Joanna Judd

MA, CCC-SLP, CBIS



Joanna's Family

EXPERIENCE:

Inpatient acute, inpatient rehabilitation, and outpatient neuro rehabilitation.

EDUCATION:

Bachelor of Arts in Communication Sciences and Disorders and a minor in French studies from the University of Northern Iowa in 2012; Master of Arts in Speech-Language Pathology from the University of Northern Iowa in 2014

FAMILY:

Husband Colin and one-year-old daughter, Elaina

THREE INTERESTING FACTS:

- + In the last 10 years, my two siblings and I have hardly lived in the same country at one time.
- + Favorite hobbies include biking, hiking and playing soccer.
- + I enjoy traveling, including studying and doing an internship and research project in Brazil.



Mild traumatic brain injuries (mTBI), also known as concussions, aren't really mild after all, and getting the right rehabilitation following a concussion is important. Joanna Judd, speech language pathologist at On With Life, discusses the unique approach On With Life takes in concussion rehabilitation.

Q+A

WHAT IS A CONCUSSION?

A concussion is often caused by a bump, jolt, or blow to the head, causing the brain to move rapidly back and forth within the skull. This sudden movement can result in damaged brain cells. Individuals who have sustained a concussion may experience dizziness, headaches, light sensitivity, noise sensitivity, changes in thinking skills, changes in mood, difficulty sleeping and vision problems. In 85-90% of cases, the symptoms resolve within two to four weeks. The remaining 10-15% experience persistent symptoms, which can negatively impact their ability to participate in school, work and life activities.

WHY IS CONCUSSION REHABILITATION IMPORTANT?

"Concussion" has become a buzz word in the fields of sports and medicine. Once seen as a standard, run-of-the-mill injury, concussions are starting to be taken much more seriously given the potential longer-term effects on an individual's overall function. Our team is committed to giving an individual the tools to recover properly right from the start. Several of our persons served aren't aware that concussion rehabilitation services even exist until two or more years post-injury. We strive to reach individuals in the early stages of their recovery to give them the best chance to have a complete and timely transition back into work, school, and life in general.

HOW DO WE APPROACH CONCUSSION REHABILITATION AT ON WITH LIFE?

On With Life's outpatient therapy team works with individuals in any stage of their recovery, ranging from the acute stage (two to four weeks post-injury) to the post-acute stage (beyond four weeks). Each individual receives a comprehensive assessment using the On With Life Seven Domains of Concussion Care, a classification system used to drive treatment based on each individual's greatest area of need.

WHAT IS THE SPEECH LANGUAGE PATHOLOGIST'S ROLE IN CONCUSSION REHABILITATION?

Speech therapy typically addresses cognitive-communication skills, including memory, attention, and executive function. As the tools in our clinical toolbox have expanded, our speech therapy team started incorporating treatment programs targeting emotional regulation. Some individuals have trouble with managing their emotions following a concussion. Helping individuals effectively identify and influence emotions through therapy makes a positive difference in their relationships and emotional health. +

“We’ve used the fit light as a tool to bring healthy competition to an individual or group by setting goals to reach lights faster each time around. We can adjust the fit light settings at any color and speed, thus providing a task that can be accomplished by all persons served.”

- LESLIE OBA
RECREATION THERAPIST

IDEAS + SOLUTIONS

The equipment at On With Life enhances the intensive rehabilitation our persons served receive. Our highly trained staff use the equipment to help the persons served achieve their goals — like playing basketball or driving a car.



“The interactive metronome focuses on improving neuronal connections within the brain to improve cognition, communication, sensory and motor performance, all important as we help our persons served return to work and driving.”

- ASHLEY COOP
OCCUPATIONAL THERAPIST



“The driving simulator allows us to challenge many different areas – vision, cognition, divided attention, dual tasking, stamina/endurance, reaction time and coordination — all the functions required to drive.”

- GAIL MCGAUGHY
PHYSICAL THERAPIST



“The outdoor musical equipment is a great way to improve engagement by getting outdoors and doing something different. We can target cognitive skills in many ways including attention, sequencing and memory.”

- MEGAN IHRKE
SPEECH LANGUAGE PATHOLOGIST

A NOTE FROM OUR DEVELOPMENT DIRECTOR

We would like to express our gratitude and appreciation for your continued partnership and commitment to our programs and our persons served. It has been a pleasure to get to know our supporters and collaborate on how we can make a difference together. As you know, On With Life is a special place, and we are excited to continually work to grow our Foundation so we can make an even bigger impact for those that we serve today and in the future.

It is an exciting time at On With Life, and we know philanthropy plays an important role in achieving our organizational goals and our vision of becoming the



SARA WILSON

provider of choice in brain injury rehabilitation. I would welcome the opportunity to connect with you in regard to how your individual passions might align with On With Life's fundraising initiatives. I can be reached at (515) 289-9611 or sara.wilson@onwithlife.org.

MAKE A DIFFERENCE AND HELP US REACH OUR GOAL! WWW.ONWITHLIFE.ORG/DONATE



On With Life Appreciates:

- + The **W.T. and Edna M. Dahl Trust**, which granted \$50,000 to On With Life in support of the purchase of loaner medical equipment for persons served.
- + **Joyce Chapman** who contributed to the On With Life Endowment Fund through the Community Foundation of Greater Des Moines.
- + The **Chris Norton Foundation**, which granted \$17,000 to On With Life to help purchase a drive simulator.
- + **Prairie Meadows Racetrack and Casino**, which awarded On With Life a \$10,000 grant to support assistive technology initiatives.
- + **The Polk County Board of Supervisors, Kreg Tool Company and Cindy and Tom Friedrichsen** who made gifts in support of an outdoor workshop, which will be built as part of the therapeutic grounds.
- + **Nancy Aldera Charitable Trust, Susan and Kevin Funke, Jacque and Mo Grotjohn, Louise and John Grzybowski, Sharron Martin and Pam Otto** who continue to make significant contributions to the On With Life Foundation.
- + New supporters such as **Kinetic Edge Physical Therapy, Travis Sisson and Windsor Heights Lutheran Church**
- + **St. Paul Evangelical Lutheran Church**, which donated proceeds from its annual golf outing to On With Life.
- + **Kwik Trip, Inc.**, which made a \$1,000 donation to support helmet initiatives upon opening a new Kwik Star store in Ankeny.
- + The **Granger Assumption Knights of Columbus and Knights of Columbus - Our Lady's Immaculate Heart** which recently supported On With Life.
- + **National Association of Insurance and Financial Advisors**, which chose On With Life to receive proceeds from the silent auction as part of its statewide convention.
- + **All volunteers** who give an average 15-20 volunteer hours each month. Congrats to Corliss McDonald for reaching 1,000 volunteer hours!

NEW COMMUNITY EVENTS FOR 2020

AS OUR PROGRAMS GROW, OUR FUNDRAISING AND COMMUNITY AWARENESS EFFORTS DO AS WELL!
THE ON WITH LIFE FOUNDATION IS EXCITED TO BRING TWO NEW EXCITING EVENTS TO THE COMMUNITY IN 2020

GOLF OUTING

Monday, June 8, 12:30 p.m.*

SADDLEBACK RIDGE GOLF COURSE IN SOLON

We will be looking for foursomes, hole sponsors and pin prizes to support our new Coralville clinic. For now, save the date!

Learn more at ONWITHLIFE.ORG/GOLF.

CELEBRATE SUMMER

Sunday, June 14, 4-7 p.m.*

KEG CREEK BREWING IN GLENWOOD

Mark your calendar to celebrate summer with food, music, family activities and fun in support of On With Life's long-term program!

Learn more at [ONWITHLIFE.ORG/CELEBRATE SUMMER](http://ONWITHLIFE.ORG/CELEBRATE%20SUMMER).

*On With Life will be continuing to evaluate our events in light of the COVID-19 pandemic. Please watch your email, our website and our social media for updates.



CELEBRATE LIFE 2019

SMALL STEPS. GIANT STRIDES.

SAVE THE
DATE FOR
September 25
2020*
ANKENY



To view all event photos, visit
ONWITHLIFE.ORG CELEBRATELIFE.



SCHEELS

Throughout the past three years, On With Life has fostered a relationship with SCHEELS, an American sporting goods and entertainment chain headquartered in Fargo, North Dakota. SCHEELS is passionate about On With Life’s mission because it directly aligns with its own philanthropy goals.

The organization’s philanthropy philosophy focuses on giving back to the customers who give to them. When asked why it is important for SCHEELS to give back to the community, Christy Christensen, the public relations and marketing leader at SCHEELS in West Des Moines explained, “We don’t want to be known just for our services and products offered in the store – we want to be known as a business that cares about the community and strives to make it a better place to live.” Therefore, SCHEELS believes that On With Life exemplifies those same values that makes the community a better place to live.

The decision to support On With Life specifically stems from a mutual commitment to making those served the top priority.

“On With Life believes in putting people first, and that customization demonstrates the level of commitment to the patients as well as acknowledges that every person is affected differently,” said Christy. “Similarly, at SCHEELS, we believe in putting our customers and our community first.”

SCHEELS supports the work of On With Life because of the personalized treatment it provides. The inherent relationship between the persons served, staff and the community at On With Life resonated with the philosophy at SCHEELS and has encouraged a partnership between the two organizations for the betterment of the greater Iowan community as a whole. +



SHELLEY + JEFF WANGNESS

Jeff Wangness, business owner of VO Concrete and JMT Trucking, has experienced the On With Life difference in a variety of ways throughout his life. Jeff first learned about On With Life through a former administrator, Gerry Fehn. Gerry built a lasting relationship with Jeff and his company that, in turn, resulted in Jeff’s

desire to support the efforts of On With Life wherever he could.

In 2011, Jeff and his family were shocked to experience first-hand the services of On With Life. Jeff’s cousin, Gary, sustained a severe head injury on Labor Day.

“Gary arrived at On With Life in a coma, and six months later was able to

walk out,” said Jeff. “It truly was a miracle. That experience reinforced my belief in On With Life’s mission and made it easy to continue to help when Gerry called.”

Several years later in 2017, Jeff’s family experienced, yet again, another reason to need On With Life’s services. Jeff’s sister, June,

continued on next page

DOUG + BONNIE BROWN

In February of 2016, Doug Brown suffered a right brain stroke that paralyzed his left side. After three weeks in the hospital, Doug was referred to On With Life and began an intense therapy program.

“It was easy to become discouraged, but the therapists would lift my spirits and that helped in my recovery,” said Doug. “Sometimes it was hard for me to see improvement in myself, but it was encouraging to see improvement in other persons served.”

The communal support of the therapy team and other persons served that Doug experienced during his time at On With Life made a lasting impact on his life.

When asked why others should care about On With Life, Doug responded, “Life is uncertain and can change in a blink of an eye. We never know when an acquaintance or a relative will need the services of On With Life, and the

resources need to be available to help everyone. On With Life is an essential resource for our community.”

On With Life was there for Doug when he needed it most and as a result, Doug wants to help continue that for others.

Doug and his wife, Bonnie, have supported the Celebrate Life event annually for the past four years. Additionally, the Browns made a significant contribution to help bring a driving simulator to On With Life. The Browns’ decision to support On With Life is influenced by their desire to help the organization stay relevant.

“I want On With Life to be a healthy organization,” said Doug. The Browns believe in the transformative nature of On With Life and are dedicated to making sure that each person served has the same fulfilling experience that Doug did. +



was hit by a truck while walking alongside a county road and was admitted to On With Life. As a result of her care needs, June’s family started a fundraiser selling tumbler cups which read, “Fight for June.” It was Jeff’s idea to give buyers the option to add \$5 per tumbler to support On With Life.

“It was well received and turned into a nice donation on June’s behalf to On With Life,” Jeff explained. “It was pretty cool to see her present the check on the day of her graduation.”

June’s success is yet another reason why Jeff and his wife, Shelley, continue to give to On With Life.

“We feel everything we have is a gift from God and should be used not only for our personal needs but for the needs of others as well,” Jeff said.

The Wangsness family has been valuable supporters of On With Life through their personal experiences with brain injury and their passion for building a better tomorrow

for their community. Jeff said he believes that community growth doesn’t happen by accident, and On With Life has been an important part of the growth Central Iowa has experienced and will continue to experience in the future. +

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, 2019, and December 31, 2019. 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.

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WAYS TO GIVE

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- 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

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THANK YOU TO ON WITH LIFE'S
2019 VOLUNTEERS, A GROUP OF
INDIVIDUALS WHO GIVE UNSELFISHLY
OF THEIR TIME AND TALENTS TO
THE ON WITH LIFE MISSION.

Individuals:

Kelly Athay
Anneliese Barton
Jeff Becker
Natalie Bohenkamp
LeAnne and Dennis Bradley
Zach Caldwell
Kiana CarlsonSather
Katelyn Chumbley
Todd Cleghorn
Kathy and Al Cole
Janelle and Jim Conley
Libby Crimmings
Laura Crist
Braden Cunningham
Angela Deputee
Abby Eckert
Jessica Edmiston
Tom Elston
Jo Marie Evans
Steve Evans
Don Fitzpatrick
Marcia Flaugh
Nance Fleming
Kory Ford
Tom Friedrichsen
Abigail Gerth
Sydney Ginkens
Kyle Graven
Kallie Hiri
Ryan Jansa
Deb Jaspers
Sean Jenkins
Joy Johns
Kiara Johnson
Chad Kain
Pastor Seth Kaiser
Mary Kennedy
Lily King
Mary Lawyer
Becky Lenz
Stacey Lewis
Sam Longner
Charles Love
Cheryl Lowe
Louis Lucero
Phillip Maas
Courtney Maire
Ian Malaby
Anita Mautz
Corliss McDonald
Deb McEachron
Landon McPike
Alli Meinecki
Allison Merritt
Hamza Miari
Michele Miller
Jaden Mueller
Jacque Mulholland
Jerry Nail
Brian Near

Judith Oldham
Zoe Ollendick
Alex Ort
Rick Overton
Kinsey Philips
Kelsey Pogatzetz
Susie Quigle
Jim Ralston
Georgene Raver
Sue Reeves
Donna Rice
Britta Robran
Andrea Rothruck
Kiana SatherCarlson
Gladys Sawyer
Kaitlin Schmitz
Haaris Shahid
Father Dan Siepler
Brianna Stevens
Ron Strah
Kristina Sturdevant
Layla Sturdevant
Deb Sutton
Deb Syverson
Travis Taylor
Karen Tylka
Tausha Vannatta
Father Michael Voithofer
Caren Vogel
Karen Waddell
Joyce and Darrel Webb
Douglas West
Janet Wilson
Katie Woodward
Travis Zhang

Groups:

AATI
Ankeny Centennial High School
Army Corp of Engineers Christmas Carolers
EMC Risk Management Gardening Group
Greater Des Moines Partnership
Iowa Vocational Rehab
Iowa Western Spirit Squad
Kuhns family
Our Lady's Immaculate Heart Youth Group
Shazam
Trinity Lutheran Church Youth Group
Walnut Creek Church



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

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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January

February

March

April

May

June

July

August

September

October

November

December

On With Life will be continuing to evaluate our events in light of the COVID-19 pandemic. Please watch your email, our website and our social media for updates.

Save the Dates for

2020!



June 8

GOLF OUTING
Saddleback Ridge
Solon



June 14

CELEBRATE SUMMER
Keg Creek Brewery
Glenwood



August 9

ON WITH LIFE REUNION
Ankeny



September 11

ON WITH LIFE'S
20TH ANNUAL
NEURO REHABILITATION
CONFERENCE
Ankeny



September 25

CELEBRATE LIFE
Ankeny