



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

headway

SPRING 2022



Giant Strides

AND THE SMALL STEPS IT
TOOK TO GET HERE.

PEOPLE MAKING A
DIFFERENCE

P. 8

RETURN TO DRIVE
PROGRAM

P. 13

ON WITH LIFE
FOUNDATION

P. 16

ON WITH LIFE, INC.
headway magazine

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ABOUT THE COVER:

*Volunteer and Foundation Board Member
Janelle Conley stands in front of what will be the
new On With Life Outpatient Facility in Ankeny.
Photos by Images by Brice.*

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Letter from the CEO

WHERE DO WE GO FROM HERE?



I am proud to say we have come far since opening our doors in 1991. What started as an inpatient-only facility has grown to include several programs and locations. Through these thirty plus years of growth, the achievement I am most proud of is our ability to maintain culture. Growth often comes at the expense of company culture; organizations may lose track of who they are and the reason they exist. At On With Life, we hold our mission and values in our hearts, and this is as true today as it was over thirty years ago.

Joining hands, hearts, and minds to help persons living with brain injury get on with life is why we exist and why we grow. We know there is an increasing demand for our services, and we know our community deserves the best possible care. Care that embraces our principles of 'You First' and 'Raise the Bar.' This leads us to our next chapter of growth, supported through the Giant Strides capital campaign.

Funds raised through the campaign will allow us to expand our services while also improving the experience for those we serve. We will update rooms for inpatient persons served, enhance technology needs, and expand our outpatient program to include a new building on our Ankeny campus. Thanks to a hardworking committee, generous community and leading gift made by Herman Meinders, we are well on our way to breaking ground this spring.

As we continue to grow now and into the future, know the heart of our organization remains strong. We are here for our persons served, and we are excited for the opportunity this next chapter brings them.

Sincerely,

Jean Shelton, CEO

Spring 2022

2

LETTER FROM
OUR CEO

14

Q&A

4

HAPPENINGS

15

3-D PRINTING

6

REPORTS FROM THE
COMMUNITY

FOUNDATION FEATURES

8

PEOPLE MAKING A
DIFFERENCE

17

HOLIDAY
CELEBRATIONS

10

SMALL STEPS.
GIANT STRIDES.

20

2021 DONORS

13

PROGRAM SPOTLIGHT
RETURN TO DRIVE

24

UPCOMING
EVENTS



Brad Bergan, a person served in On With Life's Supported Community Living Program, competed in the West Central Special Olympics bowling competition last October.

WELCOME NEW BOARD MEMBERS!

On With Life is excited to introduce you to the three newest members of the On With Life Board of Directors.



RUDY FORS
ON WITH LIFE, LTD.
Chairman,
President & CEO
*Palm Grove
Bancorp, Inc.*



CHAD LANG
ON WITH LIFE, LTD.
Director of School
Improvement and HR
*Glenwood Community
School District*



STEVE GIVENS
ON WITH LIFE, INC.
Former partner
*Ryun, Givens and
Co., PLC*

DYNAVISION ADDED TO CORALVILLE

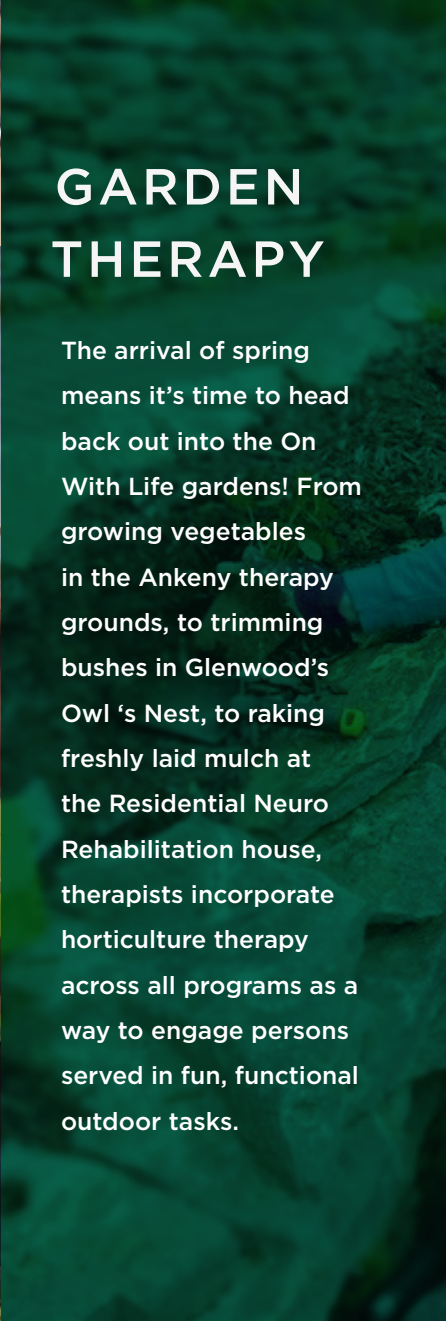
On With Life recently hosted Celebrate Hope, an annual fundraising event in Iowa City to support the Coralville outpatient clinic. The funds raised through this event allowed the clinic to purchase a new piece of equipment - a dynavision. This piece of equipment can be used in a variety of ways to help with core balance, stability, reaching, motor skills and more. For example, a person served recovering from a concussion might use the dynavision to work on visual tracking.



NEW MURAL IN ANKENY

In 2021, artist Ally Frame brought her talents to On With Life's Ankeny campus where she created a mural depicting the journey of persons served. The landscape she painted not only shows the tough times and obstacles persons served face, but also the learning opportunities, growth and hope for a brighter future that come with it. The new mural will serve as inspiration and as a therapy tool for persons served, families and staff.





GARDEN THERAPY

The arrival of spring means it's time to head back out into the On With Life gardens! From growing vegetables in the Ankeny therapy grounds, to trimming bushes in Glenwood's Owl 's Nest, to raking freshly laid mulch at the Residential Neuro Rehabilitation house, therapists incorporate horticulture therapy across all programs as a way to engage persons served in fun, functional outdoor tasks.

NATHAN BECKER



To learn more about On With Life's
Brain Injury program, visit
ONWITHLIFE.ORG/BRAIN-INJURY.

Embracing Positivity

POST-ACUTE INPATIENT REHABILITATION

Admit date: May 2019 | Discharge date: July 2019

“What once seemed doubtful is now not only possible, but reality.”

If Nathan Becker could sum up On With Life and his experience during his two months in the inpatient program, it would be “wonderful.” The facility, the staff, the way his family and interests were incorporated into his therapy sessions - Nathan talks very highly of it all despite the life-changing situation that brought him there.

In March 2019, Nathan was hit in the head by a large tree branch, resulting in a hematoma and mini strokes within his brain stem. He was hospitalized for two months before heading to On With Life where he focused on relearning to speak and using the right side of his body.

Even during a difficult time, Nathan was able to find positivity in his experience. He was able to spend time with his family, who either stayed in the family house or visited often. He was able to be outside and utilize the therapy gardens not just during sessions, but for recreation on the weekends. And his therapists knew him well and committed to getting him back to not just the basics, but the things he loved to do.

“I am a teacher, so my therapists had me doing math problems and teaching them lessons,” said Nathan. “I loved basketball and was a coach, so they always tried to find ways to involve the hoop and a ball.”

These therapy techniques helped Nathan to get where he is today. While he is still working toward being able to run up and down a basketball court, he recently had the opportunity to teach once again.

“I started substitute teaching some and had an opportunity to teach junior high math for a semester,” he said. “It has been great! It has given me a purpose and made me feel like I belong again.”

What once seemed doubtful is now not only possible, but reality for Nathan. On With Life may have played a role in this success but Nathan knows it took two other important factors – “attitude and effort.” He can’t wait to see where life takes him next! +



KARLA
ADAIR

To learn more about On With Life's post-COVID program, visit ONWITHLIFE.ORG/POST-COVID.

A New Normal

OUTPATIENT NEURO REHABILITATION - CORALVILLE

Admit: March 2021 | Discharge: August 2021

Through the course of the COVID-19 pandemic, it became clear there was a need to help individuals who were experiencing COVID symptoms long after contracting the virus. On With Life, having the knowledge and experience in helping with such symptoms through its work with neuro rehabilitation, developed a post-COVID clinic through its outpatient program to help people like Karla Adair.

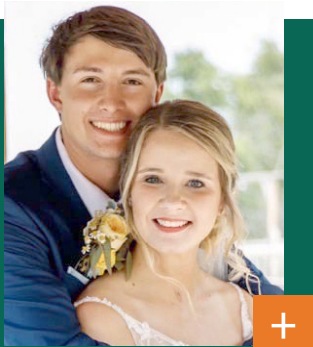
After her bout with COVID-19, Karla continued to experience headaches, severe fatigue and brain fog, among several other symptoms. Fortunately, a good friend of Karla's worked at On With Life and suggested Karla look into their new post-COVID program where she soon after started to attend physical and occupational therapy sessions to help with her symptoms.

"The best way I can describe it is that they treated me like I had post-concussion syndrome," said Karla.

The therapy wasn't easy. Karla struggled with the light glare in the big therapy gym, and she went home after her first few sessions with a headache and needing to sleep. However, thanks to her therapists slowing building up Karla's tolerance, her therapy got easier and her symptoms more manageable.

"With my therapists' help, I have found what I call my 'invisible threshold' and I know how to adapt and pace my life around my new normal," said Karla. "This prevents my body from flaring, which contributes to my slow, overall healing."

One year ago, Karla struggled with walking up and down stairs, accomplishing household tasks and even playing with her kids. Today, she is able to confidently accomplish all of the above and continues to work towards more goals and further improve her quality of life! +



BETH
LEES

Building Confidence

OUTPATIENT NEURO REHABILITATION - ANKENY

Admit: September 2020 | Discharge: July 2021

After brain surgery to remove a tumor, it was hard for Beth Lees to imagine what life – upcoming graduation, an internship, vacations and her own wedding – would look like. But as she worked through almost a year of outpatient therapy at On With Life's Ankeny location, Beth found the confidence she needed with the help of her therapists.

"My therapies were centered on the different events going on in my life at the time, but the things I learned and progressed at also applied to my everyday life," said Beth.

During Beth's therapy sessions she worked on a little bit of everything. Cooking and laundry to get by day-to-day, walking on uneven surfaces for her upcoming travels, and even navigating rows of chairs for

her college graduation ceremony. As her discharge date from On With Life got closer so did her wedding. After months of therapy, preparation, and even a wedding shower thrown by On With Life staff, Beth was ready for her big day.

On August 6, 2021, Beth walked down the aisle to her new husband. She was able to balance through the ceremony, say her vows clearly, sign her wedding license legibly, and place her husband's wedding band on his finger without the worry of being uncoordinated. She was able to eat her wedding cake and dance at the reception, all thanks to the skills she worked on through therapy.

"My time at On With Life really helped give me the confidence to be a bride and enjoy my wedding," said Beth. "Even though your life may look different than the future you'd envisioned, remember that all things are possible and to not let a brain injury hold you back from moving forward." +

People Making a Difference



RYAN COMPANIES

Every fall, Ryan Companies' 17 offices across the country participate in the "RyanGivesBack" Campaign, a week focused on giving back to the communities in which they are located by volunteering and fundraising.

Last year, the Des Moines office chose to support On With Life in honor of an employee who was served there. Brian Clark, who has worked at Ryan Companies for six years, suffered a stroke on May 27, 2021. After surgery and several weeks in the hospital, he was admitted

into On With Life's inpatient program where he began his rehab journey.

"Before that fateful day in May, many of us didn't understand what a stroke was or the impact it could have on an individual, their family, friends and loved ones," said Heidi Pollmann, the Senior

Marketing Manager for Ryan Companies' Midwest Region.

"Even fewer of us understood the amazing resource our community has in On With Life."

During Brian's inpatient stay, a few of his fellow employees were able to visit him. Brian introduced them to staff

members, showed them around the therapy grounds, and explained to them the different ways the grounds are used for therapy. Help was needed in the grounds so as it came time to plan the 2021 RyanGivesBack Campaign, On With Life was the perfect fit!

"We wanted to honor our friend and give back to an organization that has given him, and thus us, so much," said Heidi.

On October 19, 2021, the team spent the day in the On With Life Ankeny therapy grounds planting, making repairs and landscaping. In addition to their work, they also planted a Northern Red Oak, Brian's favorite tree. This tree symbolizes strength, resilience and adaptiveness, three words that not only describe their fellow coworker, but all of On With Life's persons served. +



Board of Directors member Meredith Lamberti can't remember a time in her life when On With Life wasn't a part of it. The granddaughter of founding donors Don and Charlene Lamberti, Meredith grew up going to On With Life events and seeing the impact the organization made. Years later she was looking for a way to give back to the community upon her return to Ankeny, and On With Life was the obvious choice.



MEREDITH LAMBERTI

As On With Life was gearing up to start the current capital campaign, it was important to find a strong committee who believed in On With Life's mission and had the means and drive to help accomplish the organization's future goals.



KIM BUTLER HEGEDUS

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

What drove me to support On With Life is, simply, its mission. What inspires me to continue to support On With Life is the fierce dedication I see from everyone involved to truly meet that challenge. Whatever it takes to ensure a person served can get on with their life and back to doing what is important to them, On With Life makes sure it happens.

The constant innovation and drive to rise to any challenge continue to amaze. I think about the driving simulator, the therapy gardens, and the

adaptive bikes in Glenwood. One of my favorite things to watch for are the Facebook posts with how everyday items are modified so that persons served can use them to meet their needs, like the 3D printer modification of a fishing pole to allow a person served in Glenwood to go fishing again (see the photo on page 15). Each individual's personal goals and needs are at the heart of everything that On With Life does.

WHAT DOES IT MEAN TO YOU TO BE ON THE ON WITH LIFE BOARD OF DIRECTORS?

Being on the Board means that I can be a part of On With Life's journey to change the future! On With Life's individual, person-centered, constantly evolving approach to rehabilitation is a model for change and it makes them a leader and innovator in the field. +

Kim Butler Hegedus, the Chief Lending Officer of Community State Bank and former board member of On With Life's Board of Directors, was an easy pick.

"Kim is such an asset to the Giant Strides Campaign Committee," said On With Life's Development Director, Sara Wilson. "Not only does she have extensive experience in fundraising, but her connections are plentiful and she is not afraid to reach out to them."

Kim has already helped generate more than \$250,000 to the current expansion efforts. Using her expansive network, she has opened doors for employees to educate others about On With Life and its vision for the future, a story Kim believes needs to be told.

"On With Life does amazing things for so many people who have had a sudden change in their life due to brain injury or other neurological condition," says Kim. "Helping persons served return to the best version of themselves is such a blessing and there are still many people who aren't aware of what a gem we have right here in Iowa." +

Learn more about the progress of the Giant Strides capital campaign at ONWITHLIFE.ORG/GIANTSTRIDES.

Follow On With Life on Facebook to see innovative therapy techniques at FACEBOOK.COM/IOWABRAININJURY



SMALL STEPS

Giant Strides.

It started as a small movement, a simple inquiry about a volunteer opportunity at On With Life. At the time, there was no way of knowing what this small gesture would mean for the organization. However, 11 years later, the giant wave of impact Janelle Conley has made at On With Life is evident.

Janelle first heard of On With Life while reading an article about the organization, which mentioned it was always looking for volunteers. She reached out and was given a tour of the facility in Ankeny. On her first day of volunteering, Janelle spent time with music therapist Amy Bishop, who opened Janelle's eyes to the impact of music therapy. Formerly a music teacher, Janelle greatly appreciated the ways music can be used to connect and communicate with the persons served.

"It took that one afternoon at On With Life, and I knew I had found a volunteer 'fit,'" said Janelle.

Since then, she has spent countless hours at On With

Life connecting with persons served and their families. She takes persons served for outdoor walks, writes them notes, plays piano for weekly chapel and assists with several celebrations throughout the year, such as the annual reunion, Valentine's dinner, and Cocoa and Carols celebrations around the holidays.

"The friendships I have gained from staff, persons served, and other volunteers are so gratifying," said Janelle. "It always makes my



Janelle with Rachel and her family

Janelle Conley stands in front of the field where On With Life will break ground this spring

day to receive a communication from a former person served or family member.”

One of the first persons served Janelle made a connection with was Rachel Clasemann, who was at On With Life in 2011 following a car accident that resulted in a traumatic brain injury. Spending time discussing music interests with Rachel and visiting with her family “sparked joy and made an everlasting influence on my volunteering” according to Janelle.

In her 11 years at On With Life, Janelle has continuously evolved her role at the

organization, building upon her impact. She has served

on various committees over the years, including the Celebrate Life fundraiser that she has helped with for the last six years, and began

Janelle poses in front of the Janelle Conley Butterfly Garden

servicing on the On With Life Foundation Board within the last year.

In 2016, the Janelle Conley Butterfly Garden was named in her honor as part of the Ankeny therapy grounds project; a tribute to the time, love and passion Janelle has dedicated to On With Life.

It was this passion that connected On With Life with Herman Meinders, the leading contributor to the current Giant Strides capital campaign. Janelle had met Mr. Meinders in 2002 through her brother, Mo Grotjohn, who has worked

for Herman for 30 years. When Mo came to Ankeny in 2014 to visit his sister and see On With Life for the first time, he was impressed not only with the facility and the work they do, but by the dedication and

love Janelle clearly had for the organization. He returned home to Oklahoma City



BOB DAVIS

BOB DAVIS, A PERSON SERVED WITH PARKINSON'S DISEASE, FIRST CAME TO ON WITH LIFE IN 2015. SINCE THEN, HE HAS BEEN ABLE TO EXPERIENCE ALL THREE STAGES OF THE GROWING OUTPATIENT PROGRAM.

I started the LSVT program in a modular home. It seemed small and crowded at times, but it worked. The atmosphere was that of a small family that had a common goal – get on with life!



We were given a tour when the new outpatient facility opened. It had grown from a modular home to a state-of-the-art facility that included a pool for water therapy, new equipment, and more room for new programs. New staff were added but they all had a caring, upbeat attitude that made the new facility feel like the small family atmosphere of the old trailer. On With Life had evolved, yet it had stayed the same!



I can only imagine how this next expansion will add new programs and treatments that were unheard of only five years ago, with the same caring people that started the facility in the very beginning.





Janelle was able to visit Herman and thank him for his generous donation to the Giant Strides campaign

“...he was impressed not only with the facility and the work they do, but by the dedication and love Janelle clearly had for the organization.”

with brochures, information, and stories to share with Mr. Meinders about On With Life.

“He agreed On With Life was definitely worthy of financial support from The Meinders Foundation,” said Mo.

Over the next handful of years, The Meinders Foundation became known as one of On With Life’s generous donors, including the funding for the Janelle Conley Butterfly Garden, and was a clear candidate for an ask to the Giant Strides campaign.

Upon this ask Mr. Meinders called Janelle to ask about the expansion project, wanting to know more about On With Life’s prior growth, current programs, and how the organization would benefit from the campaign. He was particularly interested in the Parkinson’s Disease programming, being a Parkinson’s patient himself.

“As soon as they hung up, Herman said to me, ‘Wow, Janelle is really passionate about this, isn’t she? She was able to answer every question I asked her!’” said Mo.

Just minutes later Mr. Meinders contacted Janelle again to let her know he would be personally contributing to the campaign – a one-million-dollar donation that gave the Giant Strides campaign an amazing start to its five-million-dollar goal.

“I will never forget that phone call or the trip to Oklahoma City in which I visited with and thanked Mr. Meinders on behalf of On With Life,” said Janelle.

A year later the impact of Mr. Meinders’ donation becomes more of a reality as groundbreaking is anticipated this spring for the new outpatient facility and inpatient room renovations. It is because of generous donors like the

Meinders’ that allow On With Life to continue offering the best care to more and more people and to continue raising the bar.

“As more people benefit from On With Life’s services, hopefully, the domino effect will transpire,” says Janelle. “Family members will share of their experience and On With Life will be a resource known to people from all corners of the country.”

What started as a simple inquiry about a volunteer opportunity helped bring On With Life to this moment. A time when On With Life can proudly look back on the services and care provided for more than thirty years, but also look forward to an exciting future that will allow it to further reach those who need it. On With Life is here in this moment, stronger than ever, because of the people who are passionate about and support its mission; people like Janelle. +

PROGRAM SPOTLIGHT

Return *to* Drive

On With Life's Return to Drive program began as many of On With Life's programs do; with a goal of meeting the needs of the persons served and community. For several years persons served have expressed a desire to get back behind the wheel as they work to gain back their independence, and until recently On With Life referred individuals to a third-party driving program. The demand for driver rehabilitation continued to grow and in 2021, On With Life officially launched return to drive programming through the outpatient clinics in Ankeny and Coralville.



“The ability to drive gives a person an abundance of independence they might not have had since their illness or injury. They once again have access to the community they live in now that they are able to transport themselves. They can participate in social events, complete daily tasks such as going to the grocery store, and even return to work now that they have a more accessible way to get there!”

MICHELLE KING
OCCUPATIONAL THERAPIST
ANKENY OUTPATIENT CLINIC



START HERE:

It starts with the want for independence and better quality of life. However, it also requires a physician's referral, recent eye exam, and active driver's license to schedule a session through On With Life's program.



NEXT STOP:

Before any driving takes place, an On With Life therapist will work with the driver to determine a driving history and any current limitations. The therapist will also conduct evaluations to determine vision, coordination, reaction time and cognition.



NEXT STOP:

Let's drive! Depending on the driver, the initial driving assessment will either take place with On With Life's in-house driving simulator or on the road in a specially fitted car. The return to drive vehicle includes both gas and brake pedals on the therapist's side to ensure full safety.



NEXT STOP:

Over the course of the driver's sessions, additional adaptations may be made to the vehicle to assist the driver. This could include hand controls, steering wheel modifications for driving with one arm, turn signal extenders, mirror adaptations and more. The therapist may also work with the driver on visual scanning techniques and other tips for safer driving.



FINAL DESTINATION:

Upon completion of sessions, the therapist will provide a written report of their observations and any recommendations and/or restrictions for the driver. If desired, this report can be sent to a physician for final medical clearance to return to drive!

Get to Know

Tammy Miller

COTA/L, MHS, CBIST, CCM



TITLE:

Director of Outpatient Services

EXPERIENCE:

I've been working in the rehabilitation field for 24 years; 18 of them at On With Life.

EDUCATION:

A.A.S. Degree in Occupational Therapy; Bachelor of Health Science, and Masters of Health Science with emphasis in Leadership.

FAMILY:

My parents Joe and Linda, sister Becky and her husband Ryan, and the most amazing nephews and niece - Xander, Kade, and Kenzie (they are the best!)

INTERESTING FACTS:

- + I love to travel. Near or far it doesn't matter.
- + I love being an aunt to my nephews and niece and enjoy spending my downtime with them!
- + I enjoy DIY projects or crafting.

Q+A



TAMMY MILLER

The word “neuroplasticity” is commonly used at On With Life. In fact, it’s even painted on the wall of the outpatient gym in Ankeny as a reminder of its importance to the persons served and staff. Tammy Miller, Director of Outpatient Services, explains the concept.

WHAT IS NEUROPLASTICITY AND WHY DOES IT MATTER?

Neuroplasticity is the brain's ability to reorganize and regenerate new connections and pathways. Our brain is constantly learning, taking in new experiences and information, and changing -- we can always learn new things and it can even physically change our brain!

Essentially, any brain, at any time, at any age, can change. This is particularly important when needing to learn how to do things again after damage to the brain (i.e. relearning to use an arm after a stroke).

HOW DO ON WITH LIFE THERAPISTS INCORPORATE THIS CONCEPT INTO THERAPY SESSIONS?

Utilizing the concept of neuroplasticity, therapists incorporate functional and salient activities (activities that you are interested in and that make sense to you) into therapy sessions to help organize, and reorganize, the neural pathways in our brains. Working on these tasks and repetition help to develop those pathways.

WHY IS EPISODIC CARE IMPORTANT IN REGARDS TO NEUROPLASTICITY?

Episodic care means you continue to build on the foundation you have formed and are proactive

preventing future issues. For instance, an individual may come to therapy and establish a home program that targets a certain area. Once they discharge from therapy, they take their home program and work with this for three to six months on their own. They would then return for a check-in and short period of therapy where new skills are targeted, and an updated home program is established based on any changes. The episodic care model also allows for the opportunity for us to head off any issues or concerns that may arise, such as issues with spasticity, skin integrity, or loss of function. +

3D PRINTING

@ ON WITH LIFE

Having access to a 3D printer has opened the door to several opportunities at On With Life. The assistive technology committee has worked directly with persons served to determine their needs and how 3D printed materials may be able to assist. Here are some examples of the latest projects.

- 1 | This 3D printed wheelchair attachment was On With Life's first project. It can be used in several ways, and is demonstrated here as a way to support a cell phone for a face-to-face call.
- 2 | Here, the same wheelchair attachment is being used in the kitchen. An attachable mirror can be used to watch over the stove, or the entire piece can be lifted out to be used to look through higher cabinets.
- 3 | When a fishing rod holder didn't fit the pole correctly, the team put their heads together to create a 3D printed insert that both fit the holder and made it easier for the person served to hold.
- 4 | While these 3D printed grips may have been specifically created to fit a person served's shower brush, they can be used to help hold a variety of items, including kitchen utensils. +



A NOTE FROM OUR DEVELOPMENT DIRECTOR



SARA WILSON

History has proven that communities come together during times of celebration as well as devastation – and we’ve certainly had our share of both in recent years. It’s refreshing to see our local communities come together to support each other, and it’s refreshing to see our On With Life community do the same. With your support, we are stronger and more resilient than ever. We are

grateful you have embraced the challenge and proven that good things happen when we come together. Looking ahead to the rest of 2022, we are excited about continuing to expand our footprint to make a difference for so many individuals who need us. Our donors, advocates and volunteers have been instrumental to the growth of On With Life, and your continued involvement means so much to our persons served, families and staff.

Thank you for being part of the On With Life community. Together we have, and will continue, to raise the bar. I’m confident that means we’ll continue to have a lot to celebrate along the way. Please feel free to reach out and connect!

(515) 289-9611 or sara.wilson@onwithlife.org



Support for the Giant Strides Campaign does more than add space in a building; it changes the lives of individuals and families living with brain injury and other neurological conditions. There are many different ways you can make your gift, and naming opportunities are available.

Learn more online at [ONWITHLIFE.ORG/GIANTSTRIDES](https://onwithlife.org/giantstrides) or visit with the following individuals sitting on the campaign committee.

CHAIRPERSONS

Jeff Lamberti
Andrea Woodard

HONORARY CHAIRPERSONS

Charlene and Don Lamberti

COMMITTEE

John Ahrold
Carmine and Steve Boal
Kim Butler Hegedus
Julie Fidler Dixon
Art Filean
Marcia and Rich Flaugh

Russ Hansen
Gail McGaughy
Jean Shelton
Steve Van Oort
Kerry Walter-Ashby
Doug West

YOUR SUPPORT IN 2021 IS APPRECIATED!

100%

BOARD MEMBERS
donated

1,073

total DONORS

66%

EMPLOYEES
donated

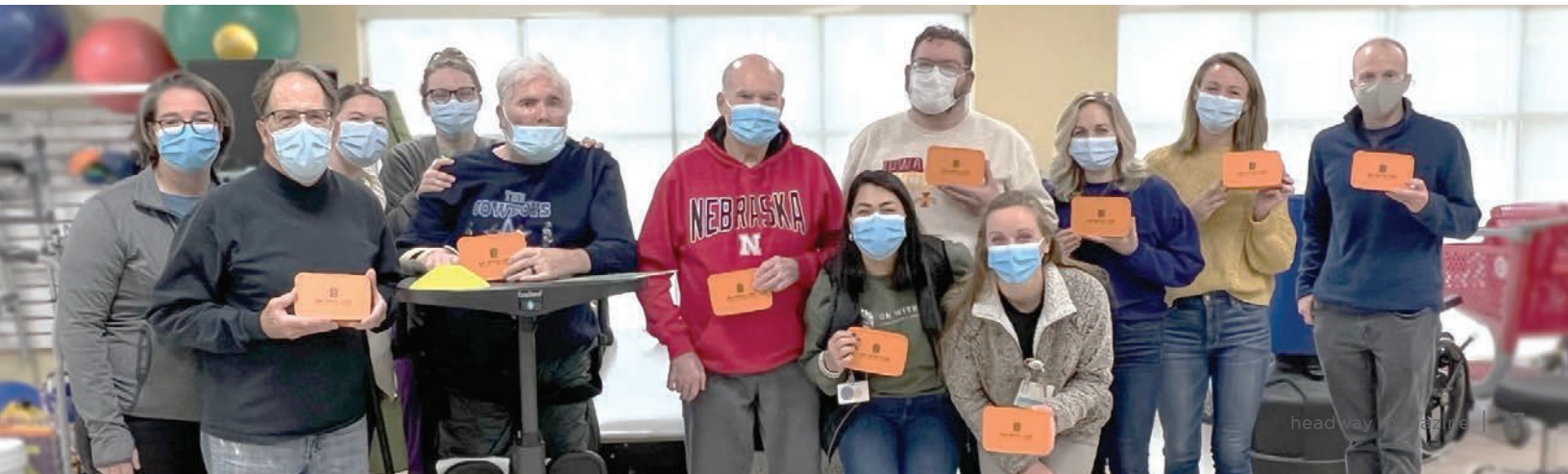
62

CIRCLE OF LIFE
members

giving

TUESDAY

On With Life raised more than \$1,000 to celebrate the holidays with persons served. Thanks to your support, persons served across all campuses were able to celebrate with delicious meals, holiday gatherings and games, and gifts!



GAIL AND SHAYNE MCGAUGHY



McGaughy family

Shayne McGaughy believes giving back and helping others is important, no matter your situation in life. He believes that even if you don't have much, you can still help others if you are thoughtful, and in the process, you will help yourself.

“Gail and I have worked hard to develop successful careers and a successful business over many, many years now,” says Shayne. “And with success, gratitude is a natural feeling if you'll ‘stop and smell the roses’ once in a while. Gratitude, for us, brings a clear realization that life is tenuous, and with success, it is especially important to be responsible and to be a force for good in the world.”

Shayne is district manager for ABB and Baldor-Reliance® Industrial Motors. Gail helps with the business and also is a physical therapist for On With Life's Outpatient Neuro Rehabilitation program in Ankeny. They have two boys, Max and Alek.

Together, the McGaughys support the On With Life Foundation in many ways. Not

only do they contribute financially to the Empower Hope Fund, but they sponsor the annual fundraising event, Celebrate Life, and have invested in the Giant Strides expansion project. Additionally, Gail serves on the Giant Strides Campaign Committee, offers tours of the facility for supporters and is a general advocate and “doer” of whatever she can to be helpful.

“I love On With Life,” Gail says. “I love the passion that each staff member, from facilities all the way to corporate, demonstrates to our persons served, their families/caregivers and our mission. I am proud to work for an organization that is person-centered and believes in the greater good for all. There is hope, love, laughter, pride and passion at On With Life.”

Shayne agrees. “We believe in On With Life's mission. We can see the benefit of our giving and know that every penny makes a difference for the persons served. Gail is fortunate to work and thrive within this mission.” +

DAVE COWMAN AND JOHN FLAUGH



Dave Cowman + John Flaugh

When John Flaugh was asked by his parents and volunteers for On With Life, Marcia and Rich Flaugh, if he would be interested in getting involved in the Giant Strides Campaign, there was no hesitation. For John, the connection to On With Life has been there since the doors first opened and the first person served, Matt Hanke, was admitted.

Not only did John want to get involved in supporting On With Life's growth, but he wanted to do so in honor of his friend and teammate, Matt.

Matt was injured in a car accident in July of 1990 then knocked unconscious during an Ankeny High School football game in August of 1990. The timing

and impact of these two injuries was significant – it is now referred to as “second impact syndrome.” Though Matt never fully recovered and unfortunately passed away in 2007, he continues to be an inspiration to everyone who knew him.

John asked his longtime friend and fellow teammate,

continued on next page

POLK COUNTY BOARD OF SUPERVISORS

In 1989, Polk County and Prairie Meadows established a partnership with the goal of investing a significant portion of Prairie Meadows' revenue back into the community. This investment allows the county to fund local non-profit and economic development initiatives through grant programs and sponsorship of community events. Over the past three decades, together with Prairie Meadows, the county has invested over \$1.8 billion to non-profits and local infrastructure projects.

“The Board believes that giving back to our community is a top priority,” says Sarah Boese, director of community relations for the Polk County Board of Supervisors. “Polk County is unique in that we have a strong philanthropic relationship with Prairie Meadows Racetrack & Casino which allows us to invest millions of dollars back into our community. The Board focuses these

investments on strengthening our non-profit sector, economic development and quality of life initiatives.”

The On With Life Foundation has been fortunate to have received more than \$225,000 from the various Polk County funding programs throughout the past five years. This support has been dedicated to larger projects such as the outdoor therapy grounds and Giant Strides expansion campaign, as well as to the annual Celebrate Life fundraising and recognition event and therapy equipment needs.

Polk County District 3 Supervisor Steve Van Oort was instrumental in helping the On With Life Foundation apply for and secure a grant for the outdoor therapy grounds in 2017. Since then, he has continued to get more and more involved in our mission. In addition to personally supporting our work, he joined the On With Life Foundation



(From right to left) Steve Van Oort presents a donation to Giant Strides Campaign Committee Co-Chairs Andrea Woodard and Jeff Lamberti and On With Life CEO Jean Shelton

Board in 2018 and the Giant Strides Capital Campaign Committee in 2020.

“On With Life is more passion than profession,” Supervisor Van Oort says. “They give each person served the confidence, courage and opportunity to get on with their life. They care about the individual impact each person has on our community, and Polk County is proud to support their hard work.” +

Dave Cowman, to be a co-sponsor in launching a fundraising effort to honor Matt by naming a room in the new facility after him.

“Our strategy was to get a bunch of people involved – even if they could give just \$50 - \$100,” John said. “We wanted to commit to a big number (\$50,000) to create impact around it, then just get as many people involved as we could.”

Matt was a superstar football player and team leader, and the circumstances of the tragedy really brought the guys together as a close-knit team. Dave said “Matt getting hurt really bonded the team together. Every Friday, before the game, 15-20 of us would go to the hospital to see him.”

Now, thirty years later, that experience continues to bond

Matt’s fellow classmates and football teammates together.

“We’re fortunate that we had more than twenty individuals come together to honor the memory of Matt with a contribution to the Giant Strides Campaign,” said John. “Giving in this way not only helps On With Life expand its programming and overall footprint, but we believe

it’s more meaningful to give directly to an organization that we’re personally connected to.”

Dave and John met their \$50,000 goal, and the Family Conference Room in the new facility will be named in memory of Matt Hanke and in honor of the connections that he brought to his fellow classmates, as well as the Ankeny community. +

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, 2021, and December 31, 2021. 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 EMPOWER HOPE FUND IN A CALENDAR YEAR ARE DESIGNATED AS CIRCLE OF LIFE SOCIETY MEMBERS.



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WAYS TO GIVE

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- Gifts made to the On With Life Empower Hope Fund
- Gifts designated to a specific fund
- Gifts in memory or in honor of friends or loved ones
- In-kind gifts benefitting our persons served/families or programs
- Employer-matched gifts
- Gifts of stock or distributions from your IRA
- Bequests in your will or trust
- Designating your United Way gifts to On With Life
- Sponsorship of our events
- Volunteering time

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