



ON WITH LIFE

BRAIN INJURY + STROKE + NEURO

headway

FALL 2022



WE EMPOWER HOPE

THE POWER OF **THREE SMALL WORDS.**

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ON WITH LIFE, INC.

headway magazine

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ABOUT THE COVER:

Mark Wilson works on coordination and strength at On With Life's outpatient clinic in Coralville with physical therapist, Paula Duve, and occupational therapist, Kate Thompson.

PHOTOGRAPHY BY:

Jessica Schroeder Photography

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Letter from the CEO

LIVING OUT OUR PRINCIPLE OF EMPOWERING HOPE

We use words to communicate what we think, what we feel, and who we are, yet, our voices can be something we easily take for granted. Can you imagine losing your voice? To know what you want to say without the ability to form the words, to live among so many voices without your own?

There are more than 171,000 words in the English dictionary, but at On With Life, we understand how significant just one word can be. It may not matter what that one word is when the production of this one word signifies the reclaiming of one's voice, which is why our team recently celebrated via a company-wide email when a person served said just one word. The flurry of emails and congratulations was amazing to see!

Our team of experts knows the importance of words not just as a means of communication, but as an important aspect of expressing who you are. This one word was worth celebrating because while the person served was present,

attentive and engaged, he had lacked his voice. For months he had been working on saying that one word and upon hearing it, his team at On With Life understood one essential truth – that words bring forth the nuance and subtlety that a head nod cannot convey. And, most importantly, one word can lead to two words, then three, then many more.

This is just one example of how “We Empower Hope” at On With Life; several other examples are sprinkled throughout this edition of Headway. I am so proud to see our team living out this core principle, and I hope these stories give you a glimpse into what I have the pleasure of witnessing on a daily basis.

Sincerely,

Jean Shelton, CEO

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DID YOU KNOW?

From participating in therapy sessions to cuddling up next to persons served, Boo has an active role as the therapy dog at On With Life's long-term program in Glenwood. Here, Boo and Jeff enjoy each other's company while enjoying a beautiful view.



NEW COUNSELING SERVICES

On With Life is proud to announce full-time counseling services are now available through the outpatient clinic in Ankeny. Hannah Vestal joined the On With Life team in March 2022 and is available to address emotional and cognitive changes that can accompany catastrophic injuries and illness for both persons served and their families.

Learn more about available counseling services at [ONWITHLIFE.ORG/COUNSELING](https://onwithlife.org/counseling).



IN-PERSON SUPPORT GROUPS

In-person support groups are back! After two years of virtual meetings, On With Life's various support groups and person served classes now offer the option to meet at On With Life's Ankeny campus. Groups such as the stroke support group, LSVT meet up and aphasia group meet once or twice a month.

Learn more and sign up for email notifications at [ONWITHLIFE.ORG/OWLACADEMY](https://onwithlife.org/owlacademy).

INTRODUCING ANGIE JACKSON

Angie Jackson joined the On With Life team as the Director of Referrals and Admissions in February 2022. She has spent more than 30 years in the healthcare industry, working that last 18 years at Pate Rehabilitation in Dallas, Texas. In her new role, she will support the growth of On With Life's referral base through relationship building while also sharing the organization's expertise both locally and nationwide.





Groundbreaking

Several members from the community joined On With Life staff and board members as they officially broke ground on the new outpatient building in May. The new building, which will sit just south of On With Life's Ankeny facility, will house the Ankeny outpatient program as well as education and event space. The project is expected to be completed by June 2023. +





To learn more about
On With Life's brain
injury services, visit
[ONWITHLIFE.ORG/BRAIN-INJURY](https://onwithlife.org/brain-injury).

Proudly Progressing

POST-ACUTE INPATIENT REHABILITATION

Admit: September 2021

Discharge: November 2021

GREG

Greg Carlson wasn't at On With Life for long – his stay in the inpatient program only lasted 28 days. However, Greg made immense progress in those four weeks, so much so that his wife Marlys described it as “almost unbelievable” how quickly he improved. This came as a shock upon initially hearing it may take a year for Greg to recover and would possibly need at-home care.

In August 2021, a deer hit Greg while he was riding his motorcycle in the middle of the afternoon. Greg tells everyone, “I'm still breathing, and the deer is not so I won!” He was lucky to survive, thanks to the helmet he was wearing, but suffered a traumatic brain injury and serious bodily injuries. He was life flighted to MercyOne Hospital in Des Moines where he spent 31 days with no recollection of the accident and making little progress. Greg left the hospital in a wheelchair, having not been able to walk or stand, but as he arrived at On With Life, his memory returned and in just 48 hours he was taking his first steps since the accident.

“I didn't walk well, but I walked,” said Greg.

From there the progress began. Therapy initially started with walking, balance and simple cognitive exercises, but before long Greg was completing tasks that were catered to his life as a pork producer. His therapists had him climbing fences, walking through uneven grounds and even grilling pork burgers for staff.

“Everybody kept saying I was accelerating quickly because I was working hard,” said Greg. “But I didn't feel like I was the one working hard – I was just doing what my therapists told me to do.”

A year after the accident, Greg is back to where he wanted to be. While he no longer raises his own pigs, he began a new job at Iowa State University working on the animal science teaching farms. He remembers the staff he worked with at On With Life fondly and is eager to share his story in hopes of bringing awareness to the organization.

“He is truly a miracle and we're so thankful,” said Marlys. +

Working Toward Independence

POST-ACUTE INPATIENT REHABILITATION

Admit:

February 2018

Discharge:

September 2018

RESIDENTIAL NEURO REHABILITATION HOUSE

Admit:

September 2018

Discharge:

October 2019

SUPPORTED COMMUNITY LIVING SERVICES

Admit:

November 2021 -

present



TONY

While a new resident of On With Life's Owl Creek Independent Living Apartments, Tony Rhoda is no stranger to On With Life. He was first admitted to the inpatient program in February 2018 following a stroke that affected the right side of his body. He then lived at the Residential Neuro Rehabilitation home for a year before eventually moving in with his brother.

Tony's relationship with On With Life recently continued as he moved on to using Supported Community Living (SCL) services. Several days a week, an On

With Life SCL specialist comes help Tony with chores around the house, getting groceries or just taking trips out into the community. He loves to ride around town and hit up the nearby Tasty Tacos during his sessions.

"These services are brilliant," said Tony.

Through these SCL services, Tony works toward goals he has determined for himself. One of these goals is walking, often taking trips to Merle Hay Mall to do so, and another goal is living

independently, which he was recently able to accomplish.

"I have been working with Tony for awhile and one day I showed him the apartment my son lives in at the Apartments of Owl Creek," said Veda Bergeson, one of Tony's SCL specialists. "After seeing it he told me he wanted to fill out an application."

A space opened up and Tony was able to move into his own apartment on May 14, 2022. He loves the quiet atmosphere and being in control of his own space! +



Finding Purpose

OUTPATIENT NEURO REHABILITATION - ANKENY

Admit: March 2020

Discharge: April 2020

MEGAN

"Teaching wasn't your purpose; it was your platform. It's how you lived out what you wanted to do with your life. It was a job, and now that you can no longer use that platform, what is your purpose?"

This conversation with On With Life Neuropsychologist Dr. Allison Logemann was a pivotal moment in Megan Schmelzer's recovery from a traumatic brain injury. Megan had always dreamed of being a teacher and had been teaching at Southeast Elementary in Ankeny for the last 12 years. But after a fall in an icy parking lot, her future in teaching was brought into question.

Megan attended outpatient therapy at On With Life's Ankeny campus for two months where her therapists worked with her on vision, balance, memory and ability to multitask – a very important quality needed in a classroom. "Anything my therapists could tie into my life as a teacher and mom was huge," said Megan.

Even still, it became reality for Megan that going back to a classroom with 30 kids to teach just wasn't realistic anymore. It was with the help of Dr. Logemann that a new possibility came to light.

"My purpose was to work with and help children," said Megan. "I have always been passionate about teaching and education and have loved kids, so tutoring became my new platform. From there I started The Little White Schoolhouse."

The Little White Schoolhouse opened in August 2021 with the belief that every child is smart and can learn. Several teachers quickly jumped on board to join Megan's mission making the tutoring business a greater success than Megan could have imagined. The Little White Schoolhouse has given Megan the opportunity to turn her experience into a positive and use it to connect with children who find challenges in learning. +



To learn more about
On With Life's
outpatient services

ONWITHLIFE.ORG/OUTPATIENT

People Making a Difference

On May 5, 2022, former person served Dave Russell became emotional while watching the dirt turn during On With Life's groundbreaking event for the new outpatient building.

Ever since his time at On With Life following a stroke in July 2015, Dave has believed On With Life needed to and was capable of helping more people. The day of the groundbreaking, he watched as his hope became reality.

"I am so proud of this place and what they do, and how they do it," said Dave.

After his discharge from Ankeny's inpatient program in 2015, Dave came back to On With Life ready to give back and help others. He volunteered his time talking with persons served who

were about to be discharged home in hopes of sharing his experience and positive mindset with them. He was also recommended by On With Life staff to be part of the Governor's Council on Brain Injury which he sat on for four years, sharing his experience where he might be helpful.

Most recently, Dave joined the Celebrate Life committee helping to plan Ankeny's annual fundraising event. Being involved in sales and marketing his entire life, he enjoys getting to share his opinions on everything from design to logistics, but he mostly enjoys sharing in the overall happiness the event creates and awareness it brings to On With Life's programs.



DAVE RUSSELL

"I love being even a small part of more people getting help," said Dave.

Even as On With Life grows before his very eyes, Dave continues to stay involved and advocate on behalf of On With Life, hoping that every little effort put forth will make On With Life's services available to more and more people. +

"I am so proud of this place and what they do, and how they do it."

It was almost a decade after Andrea Woodard moved to Des Moines that she first heard of On With Life, but it didn't take long for it to become an important part of her life once she did.

Andrea's younger brother, Ryan Jansa, was admitted into On With Life's inpatient program after suffering a traumatic brain injury in May 2016. He spent four months at On With Life while his mother stayed in the family house and Andrea visited frequently. After Ryan's initial discharge, Andrea stayed connected with the organization and today serves as a member of On With Life's Foundation Board of Directors.



ANDREA WOODARD

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

My brother would not be where he is today without the support of On With Life.

Beyond the therapy, they not only taught him how to move on beyond his accident, but they motivated him to do it and they continue to motivate him through the relationships they maintain.

WHAT MAKES ON WITH LIFE SO SPECIAL AND UNIQUE?

Hands down, the most special aspect of On With Life is the staff - the commitment and care they bring to the organization and to each and every person served. Staff live out the mission to help people get "on with life" every day they walk through the doors.

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

Not only do I get to support the organization through my time, skills and financial support, but I get to influence the giving strategy and that means supporting families like mine for many years into the future. +



CASEY'S INTERNS

Casey's has been a long-time supporter of On With Life and has made several donations to its facilities over the years. This year, their support continues in a new way – through service!

Every year Casey's hosts a "Best-in-Class" summer internship for college students who are looking for real-world business experience. Because serving the community is at the core of Casey's mission, a service project is a tradition of the annual internship. This year, the intern class spent a day landscaping at On With Life's Residential Neuro Rehabilitation Home, a transitional setting for persons served working toward returning to home.

"Having the Casey's interns come out and do the landscaping for our residential rehabilitation home was a truly amazing thing to watch as they went through the steps while also engaging with the person served," said Shaylee Cheers, residential support lead.

Organizing these service projects for both employees and interns encourages those individuals to give back while also introducing them to organizations they may have not had a connection with otherwise.

"Our Summer Intern Program partnered with On With Life because of its unwavering dedication and remarkable service to neighbors and guests of our community," said Casey's Associate Talent Acquisition Specialist, Meredith DeGroot. "We hope our interns were able to reflect on the importance of giving back to the community, gain a better understanding of the life-changing work happening within On With Life and see how just a few hours of their time can positively impact so many." +

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

THE POWER OF
THREE WORDS

When Mark Wilson first entered On With Life's outpatient clinic in Coralville, he knew he had a

**long
journey
ahead
of him.**



He walked through the front doors on his first day of therapy and was greeted by three words painted on the wall – “We Empower Hope,” but didn’t think much about it. The meaning became more clear as Mark continued on with his therapy sessions and now, two years later, he fully understands the power those three words hold.

Mark, an Iowa City native and avid Hawkeye fan, suffered a right brain

stroke on August 5th, 2020. He began his recovery at the University of Iowa hospital and was then transferred to their rehabilitation hospital for two weeks. From his room there, Mark had a perfect view of On With Life’s newest outpatient facility. Although he had not heard of the clinic before, the word *stroke* in the logo stood out to him. Upon visiting, his wife, Pam, was immediately impressed with the facility and staff. Just weeks after the

initial stroke, Mark began therapy at On With Life.

“Seeing the words ‘Brain Injury, Stroke, and Neuro’ on the building sign of On With Life from my hospital window was a blessing,” said Mark.

Up until his stroke, Mark had kept active and busy through workouts, outdoor chores, various projects, volunteering, serving on committees, attending social events and traveling. The change of pace in his life and inability to complete simple everyday tasks were a struggle for Mark and led to a lot of fear and negative thoughts. It was his three initial therapists at On With Life – Paula Duve, Matt Easley and Kate Thompson – who helped him develop hope and see a brighter future.

In occupational therapy, Kate helped Mark work on the skills and strength needed to complete day-to-day tasks. In

lifestyle, preparing him for yard work, social events and even Iowa football games.

Mark recalls once when he showed up to a physical therapy session and Paula had a ladder set up for him. He had recently mentioned to her that there was one chore at home Pam wasn’t eager to take over, and that was the attic critter check. He spent that session climbing the ladder and placing objects on top of a shelf all in preparation for that one chore.

“Their sincere words of comfort, the tasks they had me do at the clinic and the exercises they recommended for me at home, specific to my needs, motivated and encouraged me to regain increased mobility in my arm and leg,” said Mark. “The small steps of progress led to giant strides of success and still do.”

Eager to share his progress and stroke journey at On With Life with others,

“HOPE CAN COME IN MANY FORMS - AN ACTIVITY SOMEONE ENJOYS, BUILDING RELATIONSHIPS WITH OTHERS OR FINDING CONNECTIONS. ON WITH LIFE STANDS OUT BECAUSE WE INCLUDE THIS IN ADDITION TO QUALITY REHABILITATION.”
- PAULA DUVE

physical therapy, Paula worked with Mark to improve his balance, coordination and mobility of his left leg. In speech therapy, Matt helped Mark work through some of the cognitive and mindset challenges he was facing. Each of his therapists catered Mark’s therapy sessions to his unique

Mark collaborated with On With Life staff as they planned an event at the Big Grove Brewery in Iowa City that would bring together his friends and family in an effort to raise awareness about the new clinic in the area. It was a successful event that helped raise both awareness and funds for On With Life, but what really stood out was the speech Mark was able to give to his peers. Watching him stand in front of a group of people to share his story is a memory his therapy team won’t forget.





“EMPOWERING HOPE MEANS NEVER GIVING UP ON FINDING VALUE IN YOUR LIFE RIGHT AFTER AN INJURY. I WORK TO GUIDE INDIVIDUALS TOWARDS REGAINING OR FINDING NEW MEANINGFUL LIFE ROLES AND ACTIVITIES. ON WITH LIFE STRIVES TO MEET THE INDIVIDUAL GOALS OF OUR PERSONS SERVED INSTEAD OF GENERIC COOKIE CUTTER GOALS.” - KATE THOMPSON

“I sat nearby him in case his arm became too tired to hold his notes or turn the page, but I knew he wouldn’t need the help,” recalls Matt. “He used all the skills he worked on in therapy – the endurance to stand, the coordination to turn the page, the memory and focus to follow his script, and the emotional regulation skills to save some happy tears for the end. It made all of us feel proud to be a part of his story.”

Within the last year, Mark came back to On With Life for another stint of therapy. Even though he is no stranger to the

facility, he continues to be amazed by the progress he makes. At the end of every session he walks out and tells Pam and Laura Carlson, the clinic coordinator, “you’ll never believe what I did today!”

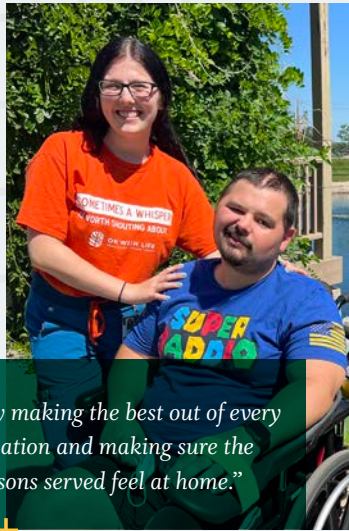
Now, as Mark walks past the words “We Empower Hope” as he enters and leaves the clinic, he knows the significance of them. Through his recovery journey at On With Life, Mark felt empowered to commit to goals he once didn’t think possible; to change his mindset and stay positive. He felt empowered to work hard, overcome obstacles and have courage

even in the toughest of moments. Most importantly, he felt empowered to move ‘on with life.’

“Hope is a small word, but its power to support and inspire affects attitude and responsiveness,” said Mark. “Why is hope so important to me? To have hope is to want an outcome that makes your life better in some way. It not only can make a tough situation more bearable, but hope can also improve lives because a better future motivates you to take steps to make it happen. It keeps us going when we want to quit and makes victories that seem unattainable possible.” +

I empower HOPE

How On With Life's team of experts empower hope through their various roles.



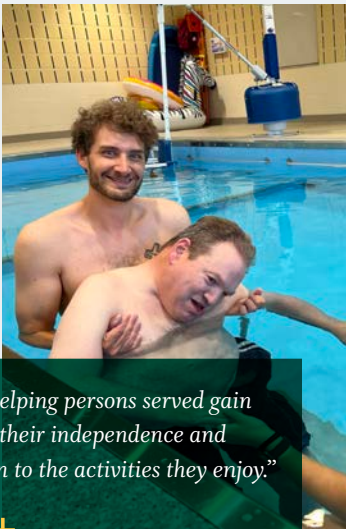
...by making the best out of every situation and making sure the persons served feel at home."

ALYSSA CRAWLEY
ANKENY CNA



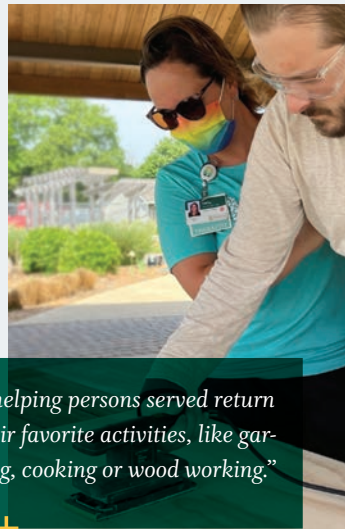
...by sharing a warm greeting and helpful information to all of our callers."

CAROL MURKEN
ANKENY INPATIENT
ADMINISTRATIVE ASSISTANT



...by helping persons served gain back their independence and return to the activities they enjoy."

RYAN BLUMER
ANKENY OUTPATIENT
PHYSICAL THERAPIST



...by helping persons served return to their favorite activities, like gardening, cooking or wood working."

OLIVIA WOLF
ANKENY INPATIENT SPEECH
LANGUAGE PATHOLOGIST



.. by putting my heart into providing nutritious meals for each person served that can remind them of a home-cooked meal."

KELSEY MESSERSCHMIDT
ANKENY COOK



...by helping persons served sort through and process difficult emotions while planning ways to make positive life changes, and feel understood and supported."

TAWNY CHAMBERLAIN
CORALVILLE OUTPATIENT
CLINIC COUNSELOR



...by not giving up on the dreams of our persons served."

JEREMY DAVIS
GLENWOOD THERAPEUTIC
ACTIVITY SPECIALIST



...by helping others to pursue their goals and to believe in themselves while making sure they know I believe in them as well."

KIM CUNNINGHAM
SUPPORTED COMMUNITY
LIVING SPECIALIST

Get to Know

SAMANTHA BRAUNE

ASPTA, MSOL, CBIST



TITLE:

Residential Services Manager

EXPERIENCE:

At On With Life: Inpatient therapist for seven years and Residential Services Manager for one year. Prior background with special needs children.

EDUCATION:

BA in Psychology, AS in Physical Therapist Assistant, MS in Organizational Leadership, Certified Brain Injury Specialist Trainer

FAMILY:

I have a husband (Mike), two kids: Adeline (3) and Annabelle (6), and a dog named Josie.

INTERESTING FACTS:

- + I love music- it's an instant pick-me-up!
- + I've been skydiving.
- + I enjoy traveling.

Q+A

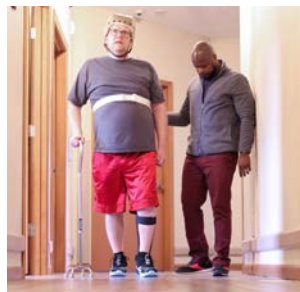
On With Life is passionate about helping persons served get 'on with life,' which is why all programs incorporate finding purpose into their care. Samantha Braune, Residential Services Manager, discusses how this looks within On With Life's unique Residential Neuro Rehabilitation program.



SAMANTHA BRAUNE

HOW WOULD YOU DESCRIBE THE CONCEPT OF "FINDING PURPOSE"?

After brain injury, some individuals feel a loss of identity or grieve the life they had prior to brain injury. The concept of "finding purpose" through our Residential Neuro Rehabilitation program is the idea that, while participating in the program, we provide support, strategies and encouragement to facilitate modification of or return to life roles.



You can see this concept explored and carried out through all of On With Life's programs and can look very different from person to person. At the house, "finding purpose" is explored in a home and

community-based setting that allows persons served to experience real life scenarios while obtaining support from our team members. A collaborative effort is made by all other On With Life programs to engage each person served in returning to their life roles and find their "purpose."

HOW IS ON WITH LIFE'S RESIDENTIAL NEURO REHABILITATION PROGRAM UNIQUE IN ACCOMPLISHING THE GOAL OF "FINDING PURPOSE"?

This program is unique in many ways but the program itself is designed to provide home and community-based rehabilitation to facilitate transition to a more independent living situation. Individuals each have their own conceptualization of what life should look like after their injury. In some cases it's the desire to return to independent living, working, driving,



parenting, etc. On occasion, an individual may find an entirely new calling or purpose they didn't have prior to their injury. These are some of the roles that can engage and drive individuals through their rehabilitation journey. This program provides individuals who want and/or need an intermediate rehabilitation step additional time to return to their home and community, and explore different ways to accomplish their goals. Providing assistance with volunteering, home and community-based goals, return to work efforts, engaging with their support systems, and trying to help persons served navigate through their personal journey, are among some of the ways we help persons served progress and achieve their goals. +

On With Life is unique in many ways, one of which is the disorders of consciousness (DoC) program for persons served who present with low levels of consciousness. Many in the medical community are under the misconception that, because of the severity of their injuries, individuals with DoC have a universally poor prognosis and are not viable candidates for rehabilitation.

DISORDERS OF CONSCIOUSNESS (DoC)

Although the rehabilitation approach is different for this special population, there is a growing body of evidence that supports the benefits of early and intensive rehabilitation for individuals with DoC.

On With Life clinical director Dave Anders says it takes specialized environmental considerations and staff trained with DoC-specific competencies to serve the unique medical, diagnostic, neurobehavioral and physical challenges persons served in the DoC program often present with. Fortunately, On With Life has just that. The first

individuals with DoC were admitted in 1996, with more than 250 individuals and families served through the program since that time. Persons served with DoC receive an average inpatient rehabilitation stay of 131 days.

When working with persons served in the DoC program, On With Life's team uses multisensory stimulation-based interventions to elicit responses and work towards consistency. Multisensory stimulation involves structured presentation of a combination of visual (sight), auditory (sound), olfactory (smell), gustatory (taste), proprioceptive (movement) and/or tactile (touch)

based stimulation to increase the person's served arousal and awareness.

As a person served improves, they may begin to show more complex responses, lower levels of distress, or improvement in physical and medical stability and function. To classify as having emerged from a minimally conscious state, a person served must demonstrate functional communication as evidenced by verbal or gestural yes/no responses, and/or functional use of two or more objects (e.g., hairbrush, cup). More than 75% of individuals served through On With Life's DoC program have achieved these milestones. +

Background photo: Occupational therapist Heidi Sharp aids a person served in the DoC program in drumming to stimulate auditory and proprioceptive senses.

Learn more about On With Life's DoC program at ONWITHLIFE.ORG/DOC.

A NOTE FROM OUR DEVELOPMENT DIRECTOR



SARA WILSON

My son participated in our middle school's track and field program this year. Throughout the season, I watched several different steps and strides from him, his teammates and his competitors - some were small, some were giant, some were beautiful and a few were stumbles. Regardless, each stride took the student athlete forward and closer to the finish line.

With each stride we take, literally or figuratively, we are moving forward. We might falter but that will move us forward stronger. I believe this rings true in everything from work, school and relationships to brain injury rehab, fundraising and sports.

Forward stronger, forward together. Thank you for helping the On With Life community make giant strides. Each step, even those small stumbles, moved us closer to our goal. And, with your continued support, our next steps will be even stronger.

To learn more about On With Life's advancement goals, you can reach me at **(515) 289-9611** or **sara.wilson@onwithlife.org**.

Sara Wilson

Sara Wilson, Development Director



Thank you for helping us make Giant Strides

On With Life is grateful to the following supporters as well as each individual, family or organization who helped exceed the \$5 million goal. Total support raised will be shared at this year's Celebrate Life event on Sept. 23.

With your help, the Giant Strides Campaign has been a giant success! The millions of dollars raised will help enable more individuals to benefit from the world-class, person-centered approach of On With Life. The plans include a new outpatient facility, remodeled inpatient building and various campus updates - all of which will increase the number of individuals and families who find hope in the therapy and treatment delivered by On With Life.

On With Life is making a significant financial commitment to make this dream a reality, but it could not have been done without community support. All levels of support for this huge undertaking are greatly appreciated!

Thank you to the following donors for helping lead the way.

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- Shelley and Jeff Wangsness
- Wendy Wintersteen and Robert Waggoner

A complete list of donors can be found at ONWITHLIFE.ORG/GIANTSTRIDES



Celebrate SUMMER

On June 5, On With Life “Celebrated Summer” during their annual fundraiser at Keg Creek Brewing in Glenwood. This year’s successful event included live music, a free helmet giveaway and several family fun activities. Funds raised will be used to purchase new technology and equipment for persons served at On With Life’s long-term care facility.

Learn more about On With Life’s
long-term care program at
[ONWITHLIFE.ORG/LONGTERM.](https://onwithlife.org/longterm)

THE KNIGHTS OF COLUMBUS



The Knights of Columbus present a donation to Development Coordinator Ronnie Wells

The Knights of Columbus were created to help support local communities with any means necessary.

“We believe it’s our responsibility to help when we can,” says Grand Knight of the Knights of Columbus Our Lady’s Immaculate Heart Council, Kit Jamieson. “Be it through financial, physical support or time from our members.”

On With Life has been fortunate through the years to have received support from several different Knights councils in Iowa. Our Lady’s Immaculate Heart Council in Ankeny has partnered with On With Life as part of its annual Campaign for People with Intellectual Disabilities (CPID).

Kit explains, “The CPID is very important to our organization as it helps support many of our fundraising activities which benefit our local partners. We choose partners that hold a special place in our hearts so that we can help with their causes.”

The campaign raises thousands of dollars each year by handing out Tootsie Roll candy at local retailers, and then each council disburses the proceeds to charities within their community. On With Life volunteers enjoy being a part of these efforts in September.

“On With Life is an organization that has helped so many,” Kit says. “Many people they serve align with the groups that we try to help in our organization. We love who they are helping and what they are doing. We just want to support in any way we can.” +

“WE CHOOSE PARTNERS THAT HOLD A SPECIAL PLACE IN OUR HEARTS SO THAT WE CAN HELP WITH THEIR CAUSES.” - KIT

MARY BROWER



Chris with his sisters L to R Karen, Jean and Mary

Mary Brower believes we all have a responsibility to give back to our community and that we all have something to give.

“Whether it’s our time, talent, encouragement or simply money, we all have something to contribute for the good of others,” says Mary. “When I give, I try to find

a balance between giving to the major organizations that work all around the world helping thousands of people and giving to the smaller groups that may not be helping as many people but are doing extremely important work. On With Life falls into the second category.”

Mary’s brother, Chris, suffered a stroke in 2016 and spent several months

in On With Life’s inpatient and long-term skilled care programs. Mary supports On With Life because their family believes Chris didn’t get his life back until he arrived at On With Life.

“After experiencing a traumatic brain injury, patients receive life-saving care from first responders, doctors and nurses at the hospital,” Mary says. “Yet it was the kind,

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KEVIN DOHERTY

In August 2009, Kevin Doherty's brother, Tim, suffered a brain aneurysm while out for dinner at a restaurant with family and friends. After 25 days in the hospital, Tim was referred to On With Life's inpatient program and began his rehabilitation journey.

Tim was admitted to On With Life on September 11, 2009, and to this day Kevin remembers his initial impression of the organization.

"Tim was admitted in a coma, and I remember thinking from the moment we arrived, that we were in great hands" said Kevin.

After four months of intense therapy, On With Life helped Tim get back to the things he loved doing most.

Kevin shared, "Tim can go out to play golf with his buddies and also do some traveling, which means the world to me." When asked what he

wants others to know about On With Life, Kevin responded, "If you bring your family member or friend to On With Life, they are going to have the best possible outcome in their rehabilitation. On With Life is a state-of-the-art facility with expert staff and the best equipment. It is an essential resource for our community."

On With Life was there for Kevin and his family when his brother needed it the most. Kevin wants to help continue that for others.

Kevin is an active supporter of On With Life in every way, giving both financially and volunteering his time. For the last two years, Kevin and Tim have served on the Celebrate Hope fundraising event committee. Kevin has financially supported the organization since 2009, giving to just about every campaign or ask that comes his way. In recent years, his charitable contributions to the

Empower Hope Fund have earned him recognition in On With Life's Circle of Life society. Kevin's decision to support On With Life is influenced by his desire to help the organization remain up-to-date and stay relevant to so many who need the help.

"I want On With Life to be a healthy organization," he said. Kevin believes in the transformative nature of On With Life and is dedicated to ensuring the organization has the resources necessary to continue to thrive. +



Kevin Doherty (L) with brother Tim

"IF YOU BRING YOUR FAMILY MEMBER OR FRIEND TO ON WITH LIFE, THEY ARE GOING TO HAVE THE BEST POSSIBLE OUTCOME IN THEIR REHABILITATION" - KEVIN

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caring, extremely competent therapists working in the nurturing environment at On With Life in both Ankeny and Glenwood that brought him back. For that, our family will always be grateful."

Chris's rehab journey is definitely a family affair. During his time at On With Life his sisters stayed in the family house, where they appreciated seeing him every day. Chris now lives in Harlan,

Iowa, with his niece and her husband who provide most of his care.

"On With Life calls their clients 'persons served,' but they could really say 'families served,'" says Mary. "A brain injury affects everyone in the

"ON WITH LIFE CALLS THEIR CLIENTS 'PERSONS SERVED' BUT THEY COULD REALLY SAY 'FAMILIES SERVED.'" - MARY

family. When we arrived at On With Life, we were still in shock, but the therapists, administrators and staff took us under their wings and gave us hope. The family house was invaluable to us, as we were not local. The opportunity to spend time with other families

that were going through the same thing continues to be a great resource for us."

While Chris continues to improve, Mary continues to support the On With Life Foundation. She says, "In the years since we were there, it has been really exciting to see that On With Life continues to grow, improve and expand. It feels wonderful to have a small part in helping those efforts." +



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On With Life has been recognized as a **TOP WORKPLACE** in the Des Moines Metro

10
times

80+

of On With Life's staff members are **CERTIFIED BRAIN INJURY SPECIALISTS**

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