



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

headway

FALL 2023



The Journey Forward

NEXT STEPS FOR
GROWTH AND EXPANSION

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THE COMMUNITY
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ON WITH LIFE, INC. headway magazine

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ABOUT THE COVER:

Speech Language Pathologist Maren Tuttle and person served Jean Bair in front of On With Life's new outpatient center, located in Ankeny.

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Letter from the CEO

HERE AND READY WHEN YOU NEED US

Since opening the new outpatient building this summer, we have hosted several community events to both showcase the beautiful new space and spread the word about our services. I have enjoyed hearing stories from those who have been touched by On With Life in one way or another, as well as sharing more about our organization with others who are not as familiar.

In one particular conversation, I was sharing how every one of our persons served was once living their life without expecting to ever need our services. But in an instant, their lives change due to an accident, stroke, or other neurological diagnosis. That's when we want that person and their family to know that we are here, eager to help them get 'on with life.'

We don't want you to need our services but if you do, we want you to know that



we are here. Not only that, we want to make sure we have the necessary resources and space needed to serve you well. That's why we just opened a new outpatient center in Ankeny, why we are building a brand-new long-term care facility in Polk City, and why we are expanding our family housing in 2024.

We would love for you to share your own On With Life experiences and connections with others so they, too, know we are here. You never know when that conversation might lead someone to On With Life when they need it most.

Sincerely,

Jean Shelton, CEO

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PROGRAM SPOTLIGHT:
STUDENT PROGRAM

In July 2023, On With Life 'Celebrated Summer' one final time in Glenwood, IA. Funds raised through this family-fun event will be used to create a sensory garden for persons served at the new Long-Term Skilled Care facility in Polk City. Thank you to all those in the Glenwood community who attended this year's event and supported On With Life for the past thirty years!





INPATIENT CONSTRUCTION UPDATES

In addition to the new outpatient center, funds raised through the Giant Strides capital campaign were used to make improvements to On With Life's inpatient person served rooms and nursing area. Updates included in-wall oxygen and suction in each room, four new private bathrooms, and an updated nurse's station.



CONGRATULATIONS, LAMBERTI FAMILY

Don and Charlene Lamberti and family were inducted into the 2023 Iowa Volunteer Hall of Fame this past spring. The Lambertis, who were instrumental in the creation of On With Life, were nominated for their leadership and dedication in supporting On With Life and several other nonprofits in Iowa. Don and Charlene are pictured above with Lieutenant Governor, Adam Gregg, at the award ceremony.

ON WITH LIFE

ACADEMY

COMING SOON FROM THE ON WITH LIFE ACADEMY:

On With Life is excited to host the National Herman & Wallace Pelvic Floor training course, the global LSVT BIG training, and a Certified Stroke Rehabilitation training session in the brand-new training center in Ankeny within the next year.

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

TATE LITTLE

Graduated from On With Life's outpatient clinic in Coralville in June 2023



CAEL SAMUELSON

Graduated from On With Life's outpatient clinic in Ankeny in September 2022

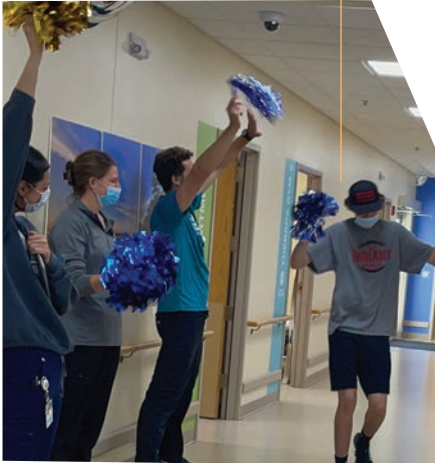
**A WHISPER IS
SOMETIMES WORTH
SHOUTING ABOUT**

Progress looks different for every person served and no matter what that progress looks like, it deserves to be celebrated. From graduation parties in the inpatient program to celebratory walks out of one of the outpatient clinics, On With Life staff members are there to cheer on persons served as they continue their rehabilitation journeys.



TOBY BOWER

Graduated from On With Life's outpatient clinic in Ankeny in May 2023



MICHAEL WHITTAKER

Graduated from On With Life's inpatient program in March 2023



THERESE ROFF

Graduated from On With Life's outpatient clinic in Ankeny in January 2023



BRIAN CONLEY

Graduated from On With Life's inpatient program in March 2023

CHERYL HOUSMAN

Graduated from On With Life's inpatient program in March 2023





MICHAEL & ALYSSA

A Perfect Fit

LONG-TERM PROGRAM

Admit: October 2020

Alyssa Miller has seen firsthand how On With Life's Long-Term program is different than any other facility in Iowa. As a psychiatry mental health nurse practitioner at the University of Iowa Hospital and Clinics, she knows finding appropriate long-term placement for challenging cases can often be extremely difficult. But it wasn't until her father, Michael Lindo, experienced a traumatic brain injury in 2019 that Alyssa truly understood the difficulty from a very personal perspective.

"My father spent eight months in the hospital as we navigated the challenges of finding an appropriate placement option," said Alyssa. "I had spent endless hours and received multiple denials to other facilities when On With Life's Long-Term program gave us hope and accepted my father for admission."

Michael was admitted to On With Life in October 2020, still in a somewhat

critical condition. However, during his time at On With Life, Michael began to make progress that doctors had not thought possible. He is now able to talk, recall long-term memories, and eat food by mouth, rather than with a tube.

"It was On With Life's facility, staff and determination that made all of this possible," said Alyssa. "In my nine years of nursing and three years as a provider, I have never seen an individual get this level of care at any other facility in the state."

That care has included On With Life staff taking Michael out into the community and making sure he is able to spend time with his family. With their help he has been able to attend his granddaughter's cheerleading competition and watch as his grandchildren play at the Omaha Children's Museum. +



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

DAVE

Discovering Hope

OUTPATIENT PROGRAM - CORALVILLE

Admit: July 2020

Discharge: July 2020

When Dave Powers was first diagnosed with Parkinson's disease in January 2019, he felt hopeless. He was living in California at the time but his daughter Courtney, who lives in Coralville, Iowa, invited him to attend On With Life's Neuro Rehabilitation Conference in Iowa City that fall. He made the trip back to Iowa and sat with his daughter as he listened to On With Life staff members Gail McGaughy and Courtney Huber talk about "living your best life with Parkinson's disease." It ended up being a life-changing moment.

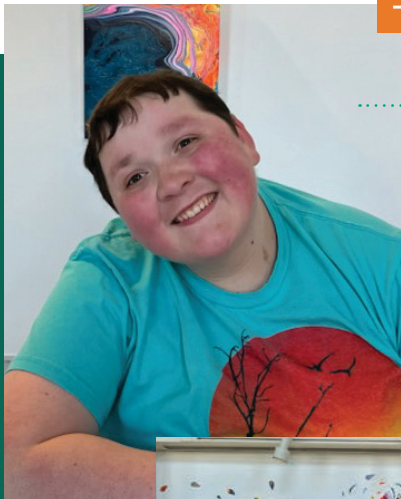
"I got emotional listening to Gail talk at that conference," said Dave. "She was talking about hope for the future and in that moment, I had hope for the first time since my diagnosis."

He signed up that very day to be a part of the LSVT BIG and LOUD program at On With Life's outpatient clinic in Coralville. He attended in-person sessions that spring and kept up through the various Parkinson's-based classes and support groups that were offered virtually while back in California. He had found the confidence he needed to fight back against Parkinson's disease and live a better life,

and started his own support group in California to encourage others to do the same.

"My dad went from not being able to tolerate talking about his diagnosis to becoming a leader in his Parkinson's community," said his daughter.

Just recently, Dave moved back to the Iowa City area to be close to family. He looks forward to being able to attend On With Life's Parkinson's disease support group and wellness classes in person and continue fighting alongside the On With Life community. +



JACK

Dream. Dare. Do.

SUPPORTED COMMUNITY LIVING PROGRAM

Admit: October 2018

From May 1 – June 16, 2023, the Polk County Heritage Gallery featured the "Freedom of Expression" project, a curated art show featuring pieces from local artists who are living with disabilities. One of the ten artists featured was Jack Marren, a young man who is served through On With Life's Supported Community Living (SCL) program.

Jack, who was diagnosed with a brain tumor at the age of three, first started using the SCL program in hopes of getting out into the community more. While he enjoys the outings this program provides him, he has also been able to incorporate his love of art into sessions. His SCL specialists often take him to buy new supplies, watch him create, and sometimes purchase his abstract pieces.

"Abstract painting is my favorite; it allows me to create bright art and lets me go beyond my limitations," said Jack. "It also helps me deal with any curveballs in life."

Several On With Life staff members made their way to the Polk County Heritage Gallery this past summer to support Jack and view his work. His brightly colored, multi-media display was inspired by three words Jack lives by: dream, dare and do.

"Being a part of the art show was a successful and thrilling experience," said Jack. "I was excited to see the reactions from individuals who purchased my pieces from it."

Looking forward, Jack hopes to use his talent and passion for art to become more involved at On With Life. His goals include leading art activities as a way to inspire and connect with other persons served. +



To learn more about On With Life's Supported Community Living program, visit ONWITHLIFE.ORG/SCL.

People Making a Difference

On a Thursday afternoon at On With Life, you may see John Allen wandering the hallways, seeking out persons served and family members who could use some uplifting conversation.

After his own On With Life experience, he knows how beneficial human connection and a sense of hope can be at a difficult time.

John's family was told he would likely never walk or talk again after a car accident in August of 2019 that resulted in a traumatic brain injury. He arrived at On With Life's inpatient program unable to do either, but was able to progress to walking, talking, and eventually reading and writing with the help of his team. He then followed his stay with a few stints of

outpatient therapy at On With Life, building upon his progress.

"I call this place Hogwarts because it is a magical building filled with magical people, both persons served and staff," said John.

Ever since his accident, John's outlook on life shifted and he has become passionate about helping others and doing as much good as he can. As soon as he was physically able, he began volunteering once a week at both the Central Iowa Center for Independent Living and On With Life.

"I love the feeling I get from sharing my story and knowing it is helping others," he said.

In addition to his regular Thursday afternoon visits to On With Life, he volunteers



JOHN ALLEN

at events such as the annual Sweetheart Dinner, using his experience from his previous bartending and barista jobs to mix mocktails for persons served to enjoy. John appreciates how these volunteer tasks allow him to further his own rehabilitation, bringing his On With Life journey full circle. +

"I love the feeling I get from sharing my story and knowing it is helping others."



ANKENY SOCCER PROGRAM

Every year, the Ankeny High School soccer program uses their annual game against Ankeny Centennial to fundraise for a cause of their choosing.



This past year they chose On With Life not only to be the recipient of funds raised at the game, but also as a volunteer project for the team.

The team was familiar with On With Life as their soccer community has been touched by the organization in various ways over the years. It became the obvious choice for their annual cause when a teacher and JV soccer coach for Ankeny High School, Greg Lage, was served at On With Life following a bicycle accident the previous summer.

“The staff at On With Life were instrumental to his recovery and nearly all of our boys have either had him as a teacher, coach, or both,” said Kyle Ragusin, the varsity assistant coach. “We wanted to give back to the place that had done so much for him.”

In the weeks leading up to their big game, the boys

spent a day volunteering in On With Life’s therapy grounds, cleaning up and laying new mulch so others could enjoy the outdoor space. Throughout the day they were told stories from staff members about various persons served and their experiences, which, coupled with their own personal connection through Greg, really hit home for them.

“It was great to see the boys take an interest in the work they were doing,” said Kyle. “I believe we grew as a team that day. It really was a great experience.”

Greg was also the inspiration behind the t-shirts the program designed and sold in order to raise money for On With Life. Between t-shirts sales and a portion of ticket and concession sales, the Ankeny High School soccer program donated more than \$1,000 to On With Life. +

Diana Hoogestraat was working as the social work administrator and admissions director at the Glenwood Resource Center when On With Life’s Long-Term Skilled Care program came to the campus in 1996.

She was unfamiliar with the organization when she was offered a seat on the program’s board ten years later, but after a tour through the facility with Julie Fidler Dixon, CEO of On With Life at the time, she felt a connection with On With Life’s mission and the stories from the persons served. The decision to join the board became an easy “yes.”



DIANA HOOGESTRAAT

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

I have personally grown as a human being and a mental health professional because of my experiences with this organization. Over the years, I have met countless dedicated and caring staff,

at all levels, and have never seen such insightful, creative, patient, respectful people in my life. A brain injury, whatever the reason, is a tremendous life-changing event, but the hope and innovative care persons served receive here is immeasurable. I am proud to be on this board!

WHAT ARE YOUR GOALS FOR THE LONG-TERM CARE PROGRAM AS IT TRANSITIONS TO POLK CITY?

I was heartbroken when the decision was made to close the Glenwood Resource Center, subsequently causing the move of On With Life off of the campus. I believe every effort was made to try to preserve the presence in Glenwood; however, it was not meant to be. In moving forward, I have every confidence that the facility in Polk City will live up to the high standards that everyone has come to expect of On With Life, a recognized leader in brain injury, stroke and neuro care. +

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



When On With Life was founded, it was because the eight founding families had identified an unmet need they were determined to find a solution for. Today, On With Life continues to grow for that same reason. The needs of persons served and their families are at the core of On With Life's mission and continue to be the main drivers for the organization's growth and expansion. Right now, those needs have set On With Life up for three major projects that will allow for the organization to further expand its services and footprint.

the Journey Forward

NEW OUTPATIENT FACILITY IN ANKENY

On June 12, 2023, On With Life officially opened the doors of its brand new 22,466 square foot outpatient center in Ankeny. On With Life's outpatient program has seen exponential growth since first seeing persons served in 2011, warranting the need for it's third home over the span of 12 years. The new building not only gives staff, persons served and their family members more space to spread out, it was designed to accommodate the unique needs of the neuro rehabilitation population with a state-of-the-art gait track system, practice apartment,

garage and workshop, space dedicated to return-to-work activities, and more.

"Having this new building and the opportunity to serve even more people who need our services was important to us," said Tammy Miller, director of outpatient services. "The training and education center, as well as the large and small gym, will allow us the opportunity to educate the community, better accommodate persons served and their families, and provide opportunities for further collaboration and socialization."

"The size of the building accommodates every person served but really, it's the people that make this place so great. They are so kind and I always leave happy."

LORI PRICE
PERSON SERVED

JUNE 2023

On With Life opens new outpatient center in Ankeny



LONG-TERM SKILLED CARE PROGRAM RELOCATION TO POLK CITY

When the State of Iowa announced they would be closing the Glenwood Resource Center Campus, On With Life knew they had to figure out the best way to continue serving their long-term care population.

After reviewing multiple options, the organization made the decision to purchase and remodel a former skilled nursing facility in Polk City for its Long-Term Skilled Care program.

“The largest focus of our Long-Term program is maintaining the best quality of life for persons served,” said Pat Stilwill, executive director of programs and services. “Part of

the appeal of this new building in Polk City is the community and natural environment in which it is located, as well as its proximity to our Ankeny campus. This will enable us to collaborate more easily and enhance the lives of persons served at multiple locations.”

The new building will feature plenty of therapy and

recreation space, eight additional beds for a total of 40, and an outdoor sensory garden for persons served to enjoy. Renovation of the new facility has started and On With Life plans to officially relocate to the new location in the spring of 2024.

SPRING 2024

On With Life relocates Long-Term Skilled Care program to a new facility in Polk City, Iowa



“My son Joey will move to the new facility in Polk City, and I am excited for the additional opportunities this can offer him. He will have more privacy, additional storage and windows, and I look forward to the synergy that can be achieved by being closer to On With Life’s main Ankeny campus. Joey is going to have all the things I want for him, including everything that made us choose On With Life in the first place.”

LISA JOHNSON
FAMILY MEMBER

REOPENING AND EXPANSION OF FAMILY HOUSING IN ANKENY

On With Life has always believed that family participation is an important part of the rehabilitation and recovery process, which is why the small home that previously housed On With Life's outpatient program was converted into a family house in 2016. The family house provided temporary housing for families outside of central Iowa, a need that was so great that the house averaged a 96% occupancy before it closed due to the pandemic.

"Family housing is beneficial for so many reasons," said Carla Dippold, director of case management. "It can provide financial relief for families outside of central Iowa, allow for a more comfortable environment to stay and learn new skills for providing care and assistance for their loved ones at home, and simply allow persons served and their families to remain close during a difficult time."

Thanks to the hard work of many staff and volunteers this past summer, the home will be converted back into family housing for the first time in three years. Not only do families

have the option available once again, but more families will eventually have family housing access thanks to a partnership with Hubbell Realty Company. Next fall, Hubbell Realty will build two brand-new, five-bedroom family houses on the Ankeny campus as their 2024 Hubbell Extreme Build project.

"We can't wait to have an additional 10 bedrooms for families to utilize as they support and participate in their loved one's rehabilitation process," said Carla. +

"When we needed a place to stay because we lived so far away, On With Life provided us with a housing option. It allowed us to spend more time with our 16-year-old son, Tate. It also gave us life-long friendships with others living in the house as we shared our story and talked about our journeys."

JOYCE LITTLE
FAMILY MEMBER



FALL 2024

On With Life builds two new family houses on Ankeny campus in partnership with Hubbell Realty Company

GRAND OPENING JUNE 2023



On With Life staff, persons served, supporters and community members celebrated the grand opening of the new outpatient center in Ankeny in June.



our expert

Get to Know

SAM WILLIAMS

OTR/L, CBIS, CSRS



TITLE:

SCI/DME coordinator

EXPERIENCE:

13 years

EDUCATION:

Bachelors in Psychology
Masters of Occupational Therapy,
St Ambrose University Davenport, IA

FAMILY:

Husband Chris, Son Maverick (9),
Daughter Hailey (6)

INTERESTING FACTS:

- + I originally became an OT because I wanted to work in pediatrics but fell in love with neuro inpatient rehab during a three-week clinical rotation.
- + I moved to North Carolina with two friends after graduation from OT school. I lived there for four years before moving back to Iowa and brought the NC boy (now my husband) back with me!
- + I love the Iowa State Cyclones and live for Iowa State football and basketball seasons!

Q+A

In order to meet a growing need, On With Life is further developing its spinal cord injury program in both inpatient and outpatient settings. Spinal Cord Injury Coordinator Sam Williams dives into how this program fits within On With Life's expertise.

WHY IS THERE A NEED FOR ADDITIONAL SPINAL CORD REHABILITATION IN IOWA?

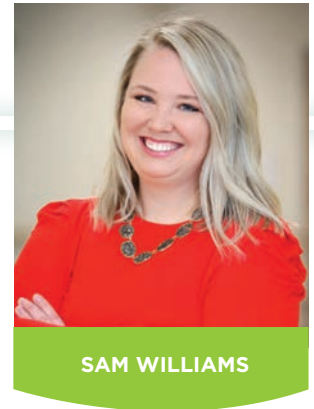
On With Life has identified a need for additional spinal cord care in Iowa due to ongoing trends with shortened lengths of stays in the hospital and inpatient rehabilitation settings. We recognize that persons served with spinal cord injuries require ongoing rehabilitation, family training and education that is not typically available in other traditional post-acute settings. We believe On With Life can assist with bridging that gap, as we continue to do with our other neurological programs, in order to help maximize independence and quality of life.

HOW DO SPINAL CORD INJURIES DIFFER FROM OTHER NEUROLOGICAL CONDITIONS?

Spinal cord injuries often result in other life-altering body system changes that can affect daily living. Some examples include bowel and bladder control, blood pressure management, temperature regulation and sensation. Education on how to physically manage these tasks independently, or how to direct a caregiver to assist, plays a major role in early rehabilitation and post-discharge, more so than it does with other neurological conditions.

HOW ARE ON WITH LIFE STAFF EQUIPPED TO TREAT SPINAL CORD INJURIES?

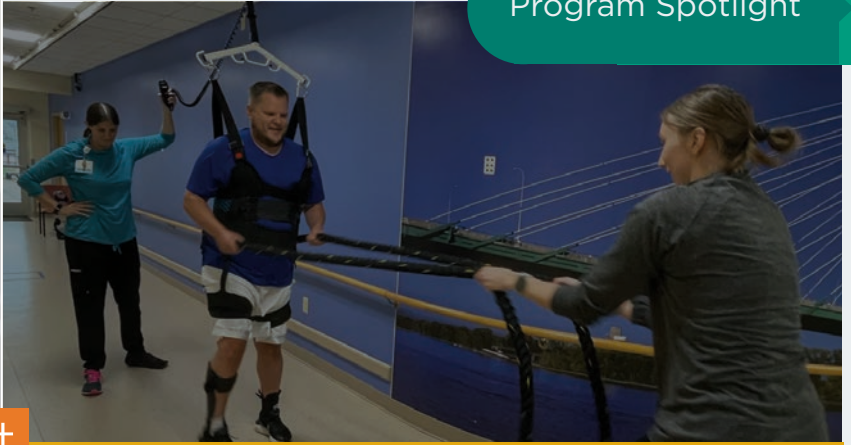
There are many tools our staff use to treat persons served with spinal cord injuries. Our nurses and therapists use a wide array of adaptive equipment to assist persons served with daily self-cares and transfers in their rooms or the therapy gym. In addition, our therapists will work on strengthening and mobility using simple equipment like mat tables and weights, as well as larger equipment like the pool, e-stim bike, platform walkers and overhead harness. Staff are also always engaging in educational opportunities to stay up to date on trends in spinal cord rehabilitation. +



SAM WILLIAMS



Sam Williams works with a person served recovering from a spinal cord injury in On With Life's adaptive wellness gym.



BRIGID HANLEY
certified occupational
therapy assistant

I was a student at On With Life in the spring of 2022. I loved being able to collaborate with so many different therapists, learn about different styles of treatment and various ways to approach situations. As I transitioned into my full-time role, I felt confident knowing I was surrounded by therapists who prioritize quality while working with persons served.

KAITLIN STROEBELE
physical therapist

When I was a student at On With Life in the spring of 2023, I really appreciated their emphasis on patient-centered care. I was exposed to this concept in school, but seeing and putting it into action was an important part of becoming the physical therapist I want to be. I learned a lot about how to be creative and incorporate person's served goals and interests into their sessions.

student program

From the very beginning, On With Life has been passionate about sharing its expertise with students. From high school students trying to get a feel for their career interests to graduate students finishing up their final clinical hours, On With Life has mentored more than 700 individuals through both observation hours and clinical internships.

Students who either need to fulfill observation hours or are interested in a career within the medical field can observe the differing roles at On With Life anywhere from one day up to two weeks. On With Life is a popular observation site for students as there are

a variety of jobs and several unique roles all in one facility.

Clinical internships, on the other hand, are a more formal experience, with students interviewing for spots from a university or college On With Life is accredited with. These students typically spend two to three months at On With Life under the supervision of their clinical instructor, gaining hands-on experience while fulfilling clinical hours for their program.

While clinical internships and observations are popular among nursing and therapy roles, On With Life has also hosted students with an interest in counseling, nutrition, social work, and

several other fields. Sometimes, students make their way back to On With Life to take on a full-time role after graduation.

By offering these student experiences, On With Life is able to provide awareness about its unique role in neuro rehabilitation and advocate for the need of resources (including skilled employees) in the field. It's a privilege to share this passion with so many young, talented minds and educate individuals about On With Life in the process. +

Learn more about clinical internship and student observation opportunities at [ONWITHLIFE.ORG/CAREERS](https://onwithlife.org/careers).

A NOTE FROM STEVE VAN OORT



STEVE VAN OORT

Wow: The word that comes to mind when I stand in the new outpatient center – in awe of the beautiful building, the magic that will happen inside the walls and the gratitude for the hundreds of donors who made the space a reality.

Wow: The word that comes to mind when I think about each one of On With Life’s programs, volunteers, staff members and supporters.

Wow: The word that comes to mind when I hear about the vision to come and the work that still needs to be done to meet the needs of those On With Life is privileged to serve.

At On With Life, we are forever thankful to the group of brain injury survivors and their families that came together more than 30 years ago to dream of their own “wow” moment... when they would open a facility where they and so many after them would receive the critical and compassionate rehabilitation services that would help them get “on with life.”

Because of your support through the years, lives have been and continue to be changed. Thoughtful and generous gifts of all sizes truly transform the lives of the people we serve, and we continue to take pride in being good stewards of the gifts entrusted to us. This next year will bring new endeavors – relocating our Long-Term Skilled Care program and persons served, growing our spinal cord injury program and partnering with Hubbell Realty Company to construct two new family homes as an extreme build – and we hope you will join us in these endeavors and others as we work to create more “wow” moments for those living with brain injury, stroke, Parkinson’s disease and other neurological conditions.

I would welcome the opportunity to connect with you in regard to how your philanthropy goals and individual passions might align with On With Life’s fundraising initiatives. Reach out to foundation@onwithlife.org, and the On With Life Foundation team can connect you and me.

From the bottom of my heart, thank you.

Steve Van Oort
On With Life Foundation, Board President



PLEASE JOIN
ON WITH LIFE
FOR THEIR NINTH
ANNUAL FUNDRAISING
AND RECOGNITION EVENT

CELEBRATE LIFE

Individuals and businesses are invited to help make Celebrate Life a success by joining On With Life for the evening! It will be a true celebration and an evening full of food, fun and powerful stories. Funds raised through Celebrate Life enhances On With Life now and into the future through unrestricted support of innovative program development, specialized therapy equipment and healing environments.

Friday, September 22, 5:00 PM
FFA Enrichment Center, Ankeny



HONORARY CO-CHAIRS

Kason Judisch and
mom, Kelli Judisch

\$150 per person
\$1,000 Table of 8

cocktails + hors d’oeuvres
raffle ticket drop
wine + whiskey pull
dinner + recognition program
live auction + fund the need



ONWITHLIFE.ORG/CELEBRATELIFE

VOLUNTEERS

On With Life is grateful for the incredible network of volunteers who assist at events, bring in their pets, work in the therapy grounds, and so much more.



← Several individuals and groups helped clean, organize, and move into the new outpatient center

Stephanie, a person served in On With Life's Long-Term Skilled Care program, snuggles with a dog brought in by a volunteer ↓

Waukee APEX students spend a day cleaning up the therapy grounds in Ankeny →



← Janelle and Jim Conley share their musical talents while performing at the 2023 Sweetheart Dinner for persons served and their families

Volunteers help prepare the family house for families →



If you are interested in volunteering at any of On With Life's locations, visit ONWITHLIFE.ORG/VOLUNTEER

David J. Noble Foundation



Cindy Noble, her daughter Elizabeth Anderson, and sister Joni Noble

“WE ARE PROUD OF THE LEGACY THAT OUR PARENTS HAVE LEFT AND HOPE TO CONTINUE HELPING THOSE WHO SHARE THE SAME VALUES.” - CINDY



David J. Noble

THE NOBLE FOUNDATION

“A successful business is not a charter or a building, it is the people.”

This was a strong belief of Dave Noble, the founder of American Equity and the David J. Noble Foundation, and he carried this belief as he grew his own business and through his philanthropic endeavors. After he passed, Dave’s children have strived to carry on his legacy by supporting organizations that align with Dave’s values. Knowing On With Life’s

mission of always putting people first made the non-profit an easy pick.

On With Life board member Carl Harris was a long-time friend and business associate of Dave Noble and was able to help On With Life connect with the Noble Foundation. The Giant Strides capital campaign was still running at the time, so On With Life

applied for a grant through the David J. Noble Foundation to help support the construction of the new outpatient clinic in Ankeny.

“The variety of therapy provided by On With life is amazing,” said Dave’s daughter, Cindy Noble. “From music therapy to the LSVT programs for Parkinson’s disease, On With Life does an excellent job at leaving a positive impact on the lives of those they serve every day.”

Now, upon the completion of the capital campaign, the functional therapy gym in the new outpatient building proudly displays “David J. Noble Foundation” on the wall. This was the perfect way to honor the late Dave Noble and the generous donation the family made to On With Life.

“We are proud of the legacy that our parents have left and hope to continue helping those who share the same values,” said Cindy. +

THE SIGLER FAMILY



The Sigler Family

Michelle Sigler and her family have always been a family who serves; they have been on many mission trips with their church and volunteer often. Their most recent philanthropic pursuit has been at On With Life, both through volunteer time and a generous donation.

Michelle’s son, Luke, was served at On With Life’s outpatient clinic in Ankeny beginning in November 2020, as part of his fight against brain cancer. During a difficult time, On With Life quickly became a special place for Luke and Michelle. Luke loved coming to therapy to see his therapists and continue challenging himself. As an artist, several

of his occupational therapy sessions included some type of art, often in attempt to restrengthen his right hand through sketching.

After Luke passed in February 2022, the Sigler family knew they wanted to donate to On With Life in his honor. Between their large support system and the many lives Luke touched in

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JOHN AHROLD

After a skiing accident in Colorado in 2018, On With Life's outpatient clinic in Ankeny became the place that helped John Ahrold get his life back. On his first day of therapy, he was unable to walk without assistance, read or write. He specifically remembers a therapist handing him a clock and asking him to move the hands to 6:30. He couldn't do it. But with the help of his therapy team, he was able to accomplish his goals and get to where he is now, which includes being an advocate for On With Life and its services.

"I want others who have had an experience like mine to have the support they need to get around what, at the time, seems like an impossible barrier," said John. "That's what On With Life did for me."

Since his own therapy experience, John has had two wishes for On With Life. One is that more people know about the organization, and the other is that On With Life has the resources necessary to expand upon what they are already doing. When the Giant Strides capital campaign kicked off in effort to grow On With Life's facilities and footprint, John was eager to participate as a campaign committee member.

"Just as the therapists encourage persons served to take the next step in their recovery journey, On With Life has the passion for taking the next step for what they can provide for persons served," said John.

Upon the completion of the capital campaign, John continues to

support On With Life and is excited for what is to come. Right now his focus is enhancing return-to-work therapeutic activities, and to continue building awareness.

"I tell you my story, and then you tell someone my story, and then that person remembers On With Life at a time when they know someone who needs it," said John. "In your lifetime, you will know someone who will benefit from this organization." +



John Ahrold

"ON WITH LIFE HAS THE PASSION FOR TAKING THE NEXT STEP FOR WHAT THEY CAN PROVIDE FOR PERSONS SERVED."

- JOHN

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his 21 years, they quickly raised \$15,000.

"At first we were going to donate art therapy supplies, but then our numbers started growing and we decided to dream big," said Michelle. "We agreed to designate the funds to artwork for the new building. We know Luke would have loved that."

During time at both the University of Iowa Hospital and

On With Life, Luke and Michelle often sought out artwork to admire. These moments helped bring them peace amongst the chaos, and they hope the nature-themed pieces in On With Life's outpatient center lobby will do just that for others.

"We are so thrilled that Luke is going to be a part of the new building even though he never got to have therapy there," said Michelle.

In addition to the artwork, the family has also planted a tree that was gifted to them in honor of Luke within the landscaping of the new building. A local metal artist will be working with them to build a bench by the tree in the near future. +



Luke Sigler





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ON WITH LIFE HAS PARTICIPATED IN SEVERAL RESEARCH STUDIES?

Learn more about On With Life's involvement in multiple research studies, including a study published in the Archives of Physical Medicine and Rehabilitation in February 2023 about the role level of effort plays in post-acute brain injury rehabilitation, at

[ONWITHLIFE.ORG/STUDIES](https://onwithlife.org/studies)

