

# *The* LEGACY

MAKING LIVES  
WORK *Through*  
EXCEPTIONAL  
PATIENT CARE  
*and* INNOVATIVE  
RESEARCH.

## OUR MISSION

The Sister Kenny Foundation, a nonprofit, charitable organization, raises, stewards and distributes philanthropic funds to support the quality and innovative rehabilitation services of Sister Kenny® Rehabilitation Institute.

*Summer* 2006

## Grant Reiling: a stroke survivor shares his experience with Kenny Grad School

During a medical procedure in May 2003, Grant Reiling experienced a stroke that affected both sides of his brain. After extensive inpatient rehabilitation, Reiling went home knowing that the hardest part of recovery lay ahead of him.

“The thought of going home from the hospital was scary at first,” said Reiling. “I knew I’d have to learn how to do things differently. Plus, I wasn’t walking too well at the time, and the thought of living in a house full of stairs was a bit overwhelming.”

Once home, Reiling’s wife, Lynn, provided most of his care. One of the first things she did was convert their main floor dining room into a bedroom so Reiling wouldn’t have to try to climb up and down the stairs.

Reiling spent the next 18 months in outpatient therapy at Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital where he worked on improving his strength, independence and thinking skills. Reiling also participated in the Institute’s Constraint-Induced Movement Therapy (CIMT) Program, where he built up his upper extremity strength and use of his weak hand.

“Before going through the CIMT Program, I would get so frustrated by simple things like tying my shoes,” said Reiling. “I’d look at my shoes and think, I know I’ve done this before, I just don’t know how to do it now.”

Reiling’s experience and frustrations are fairly common for people who have experienced traumatic injuries like a stroke or a spinal cord

injury. That’s why the Sister Kenny Foundation supports the Institute’s Kenny Grad School, an educational series that provides information and support to stroke survivors and people with spinal cord injuries, as well as their families, care partners and friends.

“People who survive a stroke or spinal cord injury often have to deal with ongoing medical, physical, emotional and social issues, which ultimately affect their loved ones as well,” said Sue Newman, an occupational therapist and coordinator of the Kenny Grad School Stroke Program.

Kenny Grad School is designed to help people make the transition from their initial treatment and rehabilitation back into everyday life, which is usually different from what they knew before their spinal cord injury or stroke.

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*Grant Reiling shared his experience with the Kenny Grad School and the challenges of living with a stroke.*

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## Benson, Pluimer elected to the Board of Directors

At its annual meeting in May, the Sister Kenny Foundation Board of Directors elected Ruth Ann Benson and Edward Pluimer to its board of directors.

Benson's association with the Sister Kenny Rehabilitation Institute dates back to 1949 when she was a patient with bulbar polio. A native Minnesotan, Benson recently returned to Minneapolis after 30 years in California. She is active in the Twin Cities civic and philan-thropic communities. With a bachelor of arts degree in art history, Benson and her husband have been particularly active in the arts community from a philanthropic and creative perspective. She is committed to supporting the Institute because of its impact on her life and on the lives of many others.

Pluimer is a Minneapolis resident and partner in the trial group of Dorsey & Whitney LLP. In 2001, Pluimer received six weeks of inpatient therapy at the Institute after he experienced a serious hemorrhagic (bleeding)



*Ruth Ann Benson*



*Edward Pluimer*

stroke. The stroke left his right side essentially paralyzed, and he had minimal speech ability.

Today, Pluimer has regained much of these abilities, and continues work with the trial group and serves as mentor to the associate lawyers. He continues to benefit from outpatient therapies provided by the Sister Kenny Rehabilitation Institute. He has served as a member of the Institute's Advisory Committee, as director of the Kenwood Isles Area Association and as a member of the Walker Library Task Force.

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## Pohlad Family Foundation gives \$250,000 to Research Center

The Sister Kenny Foundation is grateful to announce a gift of \$250,000 from the Carl and Eloise Pohlad Family Foundation. This gift brings the funds raised for the Sister Kenny Research Center Campaign to nearly \$1.9 million.

"This gift is evident of the Pohlad family's commitment to participate in projects that positively affect the quality of life for people challenged by stroke, spinal cord or brain injury," said Mary Lee Dayton, co-chair of the campaign with Tom Borman. "We are very thankful to the Pohlads for their very generous gift."

In 2005, the Foundation launched a \$2.5 million campaign to create the infrastructure to support the Sister Kenny Rehabilitation Institute's research efforts. The first step toward creating the center is to hire a principal investigator who will oversee the clinical research

at the Institute and secure federal grants that sustain a long-term research program.

The research center will focus on evaluating and developing technologies to improve patient outcomes. An advanced research program will offer the added benefit of attracting and retaining the best, most innovative clinicians, enhance the skills of current clinicians, and establish a vital community resource. The center will also allow the Institute's staff to direct a research agenda that focuses on the clinical needs and associated benefits of our specific patient population.

"Supporting the campaign to establish the research center will allow the Sister Kenny Rehabilitation Institute to continue to bring realistic hope and improved quality of life to patients and their families," said Dayton.

## Stroke survivor shares his experience

*Continued from cover*

Each session includes a presentation by specialists who work with spinal cord injury and stroke survivors followed by group discussion.

“Kenny Grad School is a great forum to share experiences with others who are in the same boat,” said Reiling, who along with his wife, attended the spring 2006 stroke education series. “Lynn and I liked hearing how others’ outlooks have changed after experiencing a stroke. We also appreciated the program’s equal emphasis on stroke survivors and care partners.”

Reiling also said that the presentations covered topics relevant to the group and were presented in accessible terms easily understood by the attendees.

Kenny Grad School sessions explore living with a spinal cord injury or stroke, and provide information about the physical and emotional impact of a stroke or spinal cord injury as well as how to access community resources.

For more information about Kenny Grad School, visit [www.sisterkennyinstitute.com](http://www.sisterkennyinstitute.com) or call 612-863-4466.

## 2006 projects funded by Sister Kenny Foundation

*The Sister Kenny Foundation is proud to support innovative programs like the Kenny Grad School.*

The following projects were recently funded by the Foundation’s Board of Directors:

- assess patient and partner rehabilitation experiences in addressing sexual dysfunction after stroke
- purchase the IREX virtual reality system for pediatric patients at Kenny Kids Rehabilitation Program
- purchase Lokomat® Robotic Treadmill Training System for patients with brain and spinal cord injuries
- develop an outdoor therapeutic garden at United Hospital that offers a new environment for Sister Kenny Rehabilitation Institute patients to achieve their goals through physical, occupational, and speech therapy as well as therapeutic recreation
- fund the Sister Kenny Golf Program for Individuals with Physical Disabilities
- create the Kenny Library and Education Center
- purchase a pressure mapping system to evaluate wheelchair seating and educate patients on pressure sore prevention and healing
- provide specialist certification scholarships for physical therapists
- provide self-care habit training for recent stroke survivors

## Save the date: Dog Days Open Charity Golf Tournament



The second annual Dog Days Open Charity Golf Tournament (presented by Charities in Action) on Monday, August 14, will benefit the Sister Kenny Rehabilitation Institute’s Golf Program for Individuals with Physical Disabilities. The program makes it possible for people who have had polio, amputations,

arthritis, strokes, brain injuries, spinal cord injuries or other physical disabilities to enjoy golf with family and friends.

The tournament will be held at Valley View Golf Club in Belle Plaine. Many sponsorship levels are available. For more information, visit [www.CharitiesinAction.org](http://www.CharitiesinAction.org).

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*The federal government has adopted new regulations about the use of patients’ health information. To learn more, visit: [www.abbottnorthwestern.com](http://www.abbottnorthwestern.com).*

# A Tale of Two Treasures raises more than \$65,000 for Sister Kenny Rehabilitation Institute

More than 220 people attended the May 18 A Tale of Two Treasures event at the 2006 American Society of Interior Designers (ASID) home of John and Susan Stielow on Lake Minnetonka.

The event featured a reception with a silent auction and private tour of not one, but two homes — the 12,000 square foot main house as well as its charming carriage house. The recently renovated historic Tudor Revival home, built in 1919, showcases the talents of some of the most sought-after interior designers in the Twin Cities.

During the dinner, guests heard about the Tale of Two Treasures that included a brief history of the Stielow's home as well as the 64-year history of the Sister Kenny Rehabilitation Institute.

“During the program, stroke survivor John Stielow poignantly shared his recovery experi-

ence at the Institute with guests,” said Sandy Landberg, executive director of the Sister Kenny Foundation. “His expression of gratitude for the Sister Kenny Rehabilitation Institute is one mirrored by thousands of patients each year.”

The dinner program included a live auction that featured a one-week stay in the Stielow's three-bedroom home in Ibiza, Spain, which offers a panoramic view of the Mediterranean Sea.

The event raised more than \$65,000, which will be used to fund the Institute's innovative patient services, clinical research, advanced technology and professional education.

“On behalf of the Sister Kenny Foundation, thank you to everyone who attended, John and Susan Stielow for the generous use of their home for this event, our steering committee members, and the many businesses and private individuals who helped make the A Tale of Two Treasures a great success,” said Landberg.

*Left photo:  
Mary Lee Dayton,  
Mary Peterson and  
Betty Van Tassel (L to R)*



*Right photo:  
event co-chairs Ann (left)  
and Scott Dayton with  
Joan Dayton*



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