

# 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.

*Spring* 2006

## Joel Guptill: improving his speech with the help of Kenny Kids Pediatric Rehabilitation Program

At the age of two, Joel Guptill was diagnosed with developmental apraxia, a neurological disorder that has affected his speech.

But thanks to his speech therapy sessions at Kenny Kids Pediatric Rehabilitation Program at Mercy Hospital in Coon Rapids, training at school four times a week, and a strong will to succeed, Joel's speech is steadily improving.

In 1998, when Joel was two, his expressive language skills were at the level of a four-month-old. He quickly learned signing to communicate.

"He was so frustrated," said Tammy Guptill, Joel's mother. "We had no idea what he wanted and needed."

She recalls the first time he spoke. He was 2 1/2 years old. Joel chimes in with the telling of the story. He doesn't remember the incident, but he's heard the story so many times, he knows it by heart.

The family was fishing at Lake Carlos, near Alexandria, when Joel snagged a bass. Tammy reeled it in. That's when he blurted the long awaited words: "Ma-a. Ma-a," he said.

His timing couldn't have been more perfect. It was Mother's Day.

Joel practiced his newly learned sounds. M-m-m-m, then B-b-b-b. His speech progressed in slow steps. He continued signing.

"He has come a long way," Tammy said.

Apraxia of speech is a disorder of the

nervous system that affects a child's ability to sequence sounds, syllables and words.

Children with apraxia might understand speech, but their own speech might be unclear, deficient or absent.

With the help of his supportive family, including his 11-year-old brother, Jacob, the school speech-language pathologist and the Kenny Kids speech therapist, Joel is making great gains.

Here's the drill. Every Friday morning, Joel wakes up at 6 a.m. He arrives at Kenny Kids for his speech therapy appointment by 7:25 a.m.

There he practices his sounds with Mary Lundt, a speech therapist at Kenny Kids who has worked with Joel since birth. He uses boxes of cards with pictures and words to

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*Joel Guptill recently raised more than \$500 for a specialized swing and mat for the Kenny Kids gym at Mercy Hospital.*

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## A Message from the Board of Directors



*Ann Dayton, chair  
of A Tale of Two  
Treasures event*

As chair of this year's Sister Kenny Foundation benefit event, I am excited to share with you the details of *A Tale of Two Treasures*, which will be held on Thursday, May 18. *A Tale of Two Treasures* includes the celebration of the 63-year history of the Sister Kenny Rehabilitation Institute and the unveiling of the 2006 American Society of Interior Designers (ASID) home of John and Susan Stielow.

This newly renovated 12,000 square foot English Cotswald home is situated on 2.5 acres of Lake Minnetonka shoreline. The home showcases the talents of some of the most sought-after interior designers in the Twin Cities. Some of these designers will be

on hand to lead small group home tours for our guests.

In addition to private showings of this renovated treasure, the evening will also include a social hour for mingling and bidding on a limited selection of silent auction items. A sit-down dinner accompanied by fine wine will include a brief program and musical performance.

The Sister Kenny Foundation extends its heartfelt gratitude to John and Susan Stielow for the generous use of their home for this event. Their commitment to the Institute is personal: John received intensive rehabilitation services at the Institute after he experienced a stroke in 2001.

I hope you'll join us at this wonderful event. If you'd like more information about *A Tale of Two Treasures* or would like to hear about sponsorship opportunities for the event, please call 612-863-4145 or email [janelle.m.shiner@allina.com](mailto:janelle.m.shiner@allina.com).



### A TALE OF TWO TREASURES

May 18, 2006

5:30 pm – Cocktail Reception,  
Silent Auction and Home Tours

7:30 pm – Dinner and *A Tale of Two Treasures*

*For more information or to  
volunteer, call 612-863-4145 or  
email [janelle.m.shiner@allina.com](mailto:janelle.m.shiner@allina.com).*

## The Dog Days Open Charity Golf Tournament: August 14

The second annual event, presented by Charities in Action, will benefit Sister Kenny Rehabilitation Institute's Golf Program for Golfers 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.

Charities in Action was formed to make

a difference for non-profit organizations that support our communities. Their goal is to raise money for local charities by organizing events throughout the year.

The 2006 Dog Days Open Charity Golf Tournament will be held on Monday, August 14 at Valley View Golf Club in Belle Plaine.

Many sponsorship levels are available. For more information on the golf tournament, visit [www.CharitiesinAction.org](http://www.CharitiesinAction.org).



For more information about the program, visit [www.sisterkennyinstitute.com/ahs/ski.nsf/page/pr](http://www.sisterkennyinstitute.com/ahs/ski.nsf/page/pr).

The Kenny Kids Pediatric Rehabilitation Program at Mercy Hospital in Coon Rapids provides personalized treatment for children from birth through adolescence who have medical conditions or syndromes that may interfere with normal development. The program's staff includes occupational and physical therapists and speech-language pathologists who have extensive, specialized training in pediatric rehabilitation. They treat approximately 200 children each week.

"At Kenny Kids, we work hard to empower families to be an active part of their child's rehabilitation," said Sara Rohde, OTR/L, coordinator of the Kenny Kids program. "In addition to traditional therapies, we use play to connect with children, as well as to motivate and engage kids in activities to improve their gross motor, fine motor and speech-language skills."

## Support Kenny Kids

Proceeds from Mercy Hospital's Crystal Ball on April 1 will be used to purchase handicap-accessible playground equipment for Kenny Kids' patients.

The event's theme is "Under the Sea" and will be held at the Courtyards of Andover, located in Andover, south of Bunker Lake Boulevard and Jay Street. Tickets are \$120 each.

Sponsorships are available and donations for a silent auction are gratefully accepted. For more information, call 763-236-8199.

*Continued from cover*

practice his articulation. Sometimes he pronounces words; sometimes he uses words in a sentence.

Lundt uses foods to strengthen the tongue and to motivate kids. The kids choose a specific food, like Cheerios®, Fruit Loops® or Goldfish® Crackers, for their textures and tastes. The children then scoop the food with their tongues from the left to the right sides of their gum lines.

"It highly motivates them," Lundt said. "It helps in learning those patterns that help in speaking as well."

Other times Joel will take the infinity walk, where he follows along two, three-foot wide circles, while he practices different sounds. Sometimes, the high-energy fourth-grader will skip, hop or ride a scooter around the circles.

The exercise improves balance and coordination that helps the left side of the brain communicate with the right side, Lundt said.

When he is finished with his session, it's a quick romp in one of his favorite places: the gym. There, he swings, plays ball or drives a two-wheeler crazy car. He practices his speech sounds at the same time.

Tammy sums up the essence of her son. "He's animated. He's fun. He has a good sense of humor and a lot of compassion," she said. "He doesn't feel sorry for himself. It (apraxia) slows him down a bit, but it doesn't stop him."

"I think he's going to be OK."

*Written by Elyse Kaner*

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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).*

## Breck School students visit the Institute to learn about rehabilitation

Fourth grade students from Breck School in Golden Valley recently visited Sister Kenny Rehabilitation Institute to see first-hand how rehabilitation is helping to “make lives work.”

The students — all members of two reading clubs (mother-daughter and mother-son) — had read *Small Steps: The Year I Got Polio* by Peg Kehret, who received treatment at the Institute. In the book, the author describes

her battle against polio when she was 13 and her efforts to overcome its debilitating effects.

The students met with Richard Owen, MD, former medical director of the Institute, who discussed the book in detail and recounted his own experience with polio.

“It is fortunate that most of the children today can only learn about the struggles caused by polio through books like *Small Steps*,” said Lew Zeidner, Sister Kenny Foundation board member and parent of one of the Breck School students. “But books can only take the story so far! The disease became real in a very different way through hearing Dr. Owen talk about his treatments.”

The students toured Independence Square, a realistic environment in which patients practice daily tasks, and the gym where patients undergo physical therapy. They also eagerly tried one of the Institute’s computer-based technologies, the IREX, which is a virtual reality system that allows users to interact with a virtual environment like a ski hill, soccer field or volleyball court.

“Thanks for telling us about Sister Kenny and showing us all the new ways to help injured people,” said one student. “I loved it!”

Another visitor wrote, “Thank you for sharing your stories of healing and your passion for your work. We learned so much.”



*One student said of the IREX, “This is fun and it helps you exercise. I want one at home!”*

*One of the students, Elisa Villafana, said, “I loved trying on the leg brace. It was the coolest!” Other students are pictured with crutches called “Kenny Sticks.”*



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