

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.

Winter 2006

Introducing Sandy Landberg, new executive director

Sandy Landberg has joined the Sister Kenny Foundation staff as executive director. With nearly 20 years of development experience, Landberg was most recently the director of development at the Minnesota Medical Foundation where she developed and managed a comprehensive development and communications program that generated \$6 to \$8 million annually in private philanthropic support for the University of Minnesota's Department of Pediatrics. Prior to that, she was the director of annual giving at the Children's Hospitals and Clinics Foundation and a development associate at Children's Home Society of Minnesota.

"I am excited by the opportunity to advance philanthropic support of the Sister Kenny Foundation," said Sandy Landberg. "I believe in the Institute's mission of making lives work, and I look forward to helping make a difference for the more than 70,000 patients who are treated at the Institute each year."

"I am very happy that Sandy has joined the Sister Kenny Foundation team," said Pat Hoven, board chair. "Her enthusiasm and wonderful past experience with fund raising in a medical arena will serve the Foundation well."

As executive director, Landberg manages the Foundation's overall fund-raising program and budget, directs the distribution of funds and oversees the Foundation's communications. A key initiative for Landberg is to direct the Foundation's ongoing major gifts initiative to launch the Sister Kenny Research Center. She can be reached at 612-863-4618 or sandra.landberg@allina.com.



*Sandy Landberg,
executive director, Sister
Kenny Foundation*

Cheryl Smith: providing unique support to those recovering from a stroke

Five years ago, Cheryl Smith woke up one morning unable to walk or see. She had suffered a stroke, but she was so frightened by the prospect of going to the hospital that she waited more than a day before seeking help.

Today, Smith goes to the hospital several

times a week — as a volunteer for Sister Kenny Rehabilitation Institute's Stroke Peer Visitor Program, a unique program funded by the Sister Kenny Foundation.

"The whole idea behind the program is to let people know that there is life after

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A Message from the Board of Directors



Ross McGlasson

In 2000, I came to Sister Kenny Rehabilitation Institute on a gurney, battling a serious infection in my spine. I spent two months working to regain my strength and mobility. The infection had significantly weakened my vertebrae, so my rehabilitation program included aquatic therapy and learning to walk again. The nurses and therapists who took care of me forced me to work hard. But they also made sure I maintained a positive attitude, which helped me get through my rigorous rehab program. Today, I am back to playing golf and enjoying life.

Since joining the Sister Kenny Foundation Board of Directors three years ago, I have learned how philanthropy directly benefits patients. For instance, the Foundation supports:

- ***New technology used in patient rehabilitation*** — The cost of acquiring state-of-the-art technology is not covered by insurance companies. Rather, donors have supported the many technologies that have helped improve rehabilitative care, including the LiteGait system, the Interactive Rehabilitation Exercise (IREX) System and the biofeedback computer system.

- ***Professional education*** — Professional education not only advances our caregivers' knowledge and skills, it ensures that patients receive specialized, exceptional rehabilitative care. I know firsthand just how hard rehab nurses work for their patients. When I was at the Institute, they helped transfer me from bed to wheelchair and back, and worked round the clock to take care of me. That's why the first gift my wife and I made to the Sister Kenny Foundation was for education that would allow more nurses to earn their certification in rehabilitation (regular nursing education does not normally include rehabilitation training). The Foundation supports specialized training for therapists as well, which allows them to provide the highest level of rehabilitative care in a specific area.

The Foundation also supports clinical research and innovative patient services (like the stroke peer visitor program highlighted on the cover). These areas — all of which are funded by philanthropic dollars — make the difference between providing ordinary care and extraordinary care.

I cannot emphasize strongly enough that my recovery would not have been possible without philanthropic support. For instance, if generous donors hadn't given money to fund the Wasie Therapeutic Pool, it wouldn't have been there when I so desperately needed it. Continuing to support the Sister Kenny Foundation is vital to ensure that the outstanding care and services are there when you or your family needs it.

The Legacy is a quarterly publication of Sister Kenny Foundation, Minneapolis, Minn. Sister Kenny® is a registered trademark of Allina Health System.

Sandy Landberg,
executive director,
Sister Kenny Foundation
M. Patricia Hoven,
chair, Board of Directors
Sister Kenny Foundation

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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.

Patient care and equipment fund renamed in memory of “wheelchair guy”



Steve “the wheelchair guy” Alarik

The Foundation recently renamed its patient care and equipment fund in memory of long-time Institute employee Steve Alarik, better known among patients and staff as “the wheelchair guy.” Alarik passed away in June 2005.

Alarik had polio as a child and he walked with the help of a leg brace and crutches for much of his life before he started using a wheelchair. As a rehabilitation technician at the Institute on the Abbott Northwestern Hospital campus, Alarik spent much of his day with tools in hand to adjust, adapt and repair wheelchairs. He took pride in ensuring that patients had the best possible equipment for their needs.

“Steve knew firsthand what it was like to be a patient, to be scared, to face mobility and other issues,” said John Crist, supervisor of Abbott Northwestern’s Transport Services. “Steve knew how important rehabilitative equipment is to patients, and he worked tirelessly to make sure patients got the best equipment possible.”

“The Foundation is proud to recognize Steve’s legacy by naming the patient care and equipment fund in his honor,” said Pat Hoven, board chair. “He touched countless

lives of patients, families and colleagues with his enthusiasm, compassion and commitment to helping others become more independent.”

The Steve Alarik Patient Care and Equipment Fund pays for items like elevated toilet seats, tub benches, canes and other equipment typically not covered by medical insurance.

“Some patients need two, three or four of these items at a time,” said Jim Hanson, LICSW, a Sister Kenny social worker who manages patients’ equipment requests. “While these are not necessarily ‘big buck’ durable equipment items, the overall cost can add up quickly, especially for people living on fixed incomes. Patients who cannot afford these types of equipment on their own — but require them to assure safety and increased independence after they are discharged from the hospital — are very grateful for the help that the equipment fund provides.”

According to Hanson, the fund pays for an average of 60 equipment requests a year. For more information on the Steve Alarik Patient Care and Equipment Fund, call 612-863-4145.

Save the Date

Sister Kenny Foundation’s Spring Event will be on May 18, 2006.
Look for more information in the next *Legacy*.

Original Whelihan artwork now on display at the Institute

Sister Kenny, an original art piece created by local artist Anthony R. Whelihan specifically for the Foundation’s 2004 Art Gala and Auction, is now part of the Sister Kenny Rehabilitation Institute’s permanent art collection. The piece hangs on the second floor of the Institute where it can be viewed by patients, staff and visitors.

Sister Kenny was created in Whelihan’s signature bold, 3D style and depicts Sister Elizabeth Kenny and modern day scenes

featuring patients.

“*Sister Kenny* is a very interesting piece because the longer you look at it, the more you see,” said Whelihan, who has donated his artwork for the benefit of the Institute for the past three years. “I was thrilled to create this piece for the Sister Kenny Foundation because it’s such a great organization that does amazing work for people in our community.”

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Stroke survivor Cheryl Smith now volunteers for the Stroke Peer Visitor Program, an educational program supported by the Sister Kenny Foundation.

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a stroke,” said Smith. “I remember how scared I was. I try to let people know that the feelings they have are the same feelings that others have had following a stroke.”

The Stroke Peer Visitor Program is offered at Abbott Northwestern and United hospitals. The peer visitors receive extensive education about stroke and also attend a four-part peer visitor training program. Nearly all inpatients recovering from stroke are asked if they would like a peer visitor and most welcome the visit.

An important feature of the program is that it also includes family members, such as a spouse or an adult son or daughter, as peer visitors. “Family members are part of the recovery process because everyone is affected when a person has a stroke,” said Smith.

Organizers of the program say that the peer visitors are not there to solve problems, but to listen and empathize.

“By simply being present, the peer visitors convey hope,” said Sue Newman, an occupational therapist at Abbott Northwestern Hospital. “When patients and family members see a peer visitor, they begin to realize ‘we won’t be here forever.’”

According to Leigh Bristol-Kagan, a social worker at United Hospital, the peer visitors can help patients reach a turning point in how they approach their stroke recovery. “Their role is to listen to the patient and validate their feelings. Rather than give solutions, the peer visitors help patients begin to think about what resources they have within themselves to face their challenges.”

“We are extremely grateful to the Foundation for supporting this valuable educational service for people who have experienced a stroke,” said Newman.

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The Foundation thanks the following individuals who collectively purchased the Whelihan piece at the 2004 Art of Living Gala and Auction and gifted it to the Institute’s permanent collection:

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|-------------------------------------|--|--------------------------------|
| <i>Robbie and Michele Keith</i> | <i>John and Barbara Greving</i> | <i>Kristin Anderson-Beaver</i> |
| <i>Mary Lee Dayton</i> | <i>Dorie Gallagher</i> | <i>Jane McCoy</i> |
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| <i>Beth and Steve Sjoblad</i> | <i>Ellyn Wolfenson and Mick Belzer</i> | <i>Ruth and Jerry Levine</i> |
| <i>Lew and Nicki Zeidner</i> | <i>Barry Rubin and Amy Silvermann</i> | <i>Bill and Robbie Klein</i> |

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