

Possibilities

Summer 2007

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

Liz Munsen: a good chance I wouldn't survive

When Liz Munsen was 23 years old, she started to feel a sensation of what she describes as bugs crawling over her neck and left arm and shoulder, which eventually led to numbness and tingling.

After seeing a neurosurgeon and undergoing an MRI and an angiogram, Munsen learned she had a spinal arteriovenous malformation (AVM), a relatively rare condition that typically develops during embryonic or fetal development or soon after birth. An AVM is essentially a tangle of blood vessels in the spinal cord that sometimes can be surgically removed. Because of the location of her AVM, Munsen was told that surgically removing it could leave her paralyzed from the neck down. She chose not to have the surgery.

"From that point on, I lived with the knowledge that if the AVM ruptured, there was a good chance I wouldn't survive," said Munsen.

Sixteen years later, Munsen was driving when she started to experience excruciating pain in her neck and left arm. Realizing the AVM may have ruptured, she drove to a nearby fire department and asked them to call an ambulance. By the time the ambulance arrived just a few minutes later, Munsen could not move any of her limbs.

By the time she arrived at United Hospital, she was unable to breathe. She underwent coil embolization to stop the hemorrhage. Munsen's family was notified that the procedure went well, but the outcome at the time was she would more than likely be a quadriplegic for the rest of her life. Her doctor told her she was lucky to be alive. She remained in United's Intensive Care Unit for a week before she was transferred to Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital.

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Liz Munsen works with occupational therapist Matt White on increasing range of motion on her right arm and shoulder.



"When people ask me why I make the 76-mile roundtrip once a week, I say because the therapy at Sister Kenny is worth every mile," said Munsen.



An update from the Institute's executive director

As you may know, our Board of Directors has been working hard for the past two years to raise funds and create the infrastructure for the Sister Kenny Research Center.

Although research might seem like something that will only benefit future patients, it actually is critical to providing the best patient care today, as well. The center will help us provide our patients with immediate access to the newest, most effective rehabilitation breakthroughs. The center will also provide an opportunity to conduct innovative research that will help attract some of the best rehabilitation physicians, therapists and nurses to Sister Kenny.

Making the Research Center a reality

In the last issue of *Possibilities*, we reported on the successful completion of the Sister Kenny Research Center Campaign and that a nationwide search was underway for the research center director. I am very pleased to announce that we have named Lars Oddsson, PhD, research center director.

Oddsson is a nationally-recognized researcher with a strong background in rehabilitation research and a track record for securing research funding. All of us at Sister Kenny are thrilled to have Oddsson join our team. Read more about Oddsson and his new role on page 5.

Saying goodbye to a friend

I'd also like to acknowledge the tremendous work of Richard R. Owen, MD, who recently retired after 50 years of practicing physical medicine and rehabilitation at Sister Kenny and Abbott Northwestern Hospital. Over his remarkable career, he served as the Institute's medical director, helped and cared for countless patients and families, and left an indelible mark on every one he worked with at Sister Kenny. He is a skilled physician and a caring person, and we are very grateful for the many contributions he has made to the Institute and the Foundation over the years.

Liz Munsen *Continued from cover*

"When I arrived at Sister Kenny, I was able to move my left hand a little bit, but couldn't move my right hand or arm at all. I also wasn't able to stand on my own or walk. I had a long way to go," said Munsen. "My therapists told me to prepare for the worst, but hope for the best."

Munsen stayed at the Institute for three months undergoing occupational and physical therapy to improve her arm and hand function, and regain strength in her lower body.

"In addition to working with the Institute's great nurses and therapists, I was able to use a lot of the state-of-the-art equipment, like the LiteGait, biorehab system and the driving simulator," said Munsen. "The Institute has so

much to offer in terms of state-of-the-art technology, which I believe made a huge difference in my recovery."

Today, this busy mother of three can walk unassisted as well as use her right hand and arm. "The care I received had everything to do with my miraculous recovery," said Munsen. And even though she lives in Hastings, she continues to drive the 76-mile roundtrip to the Institute in Minneapolis every week for outpatient occupational therapy.

"When people ask me why I make the long roundtrip once a week, I say because the therapy at Sister Kenny is worth every mile," said Munsen.

Deferred charitable gift annuity

Summer is the season where the fruits of labor are displayed — flowers are in full bloom; lawns are manicured; and farm fields, after being tilled, fertilized and seeded, display the crops that will sustain us through fall and winter.

The strategy of doing work today for future benefit is at the heart of our American culture. Similarly, it is the basis of a giving technique that few people take advantage of — the deferred charitable gift annuity.

The deferred charitable gift annuity makes fixed annual payments to you and/or another beneficiary for life with payments commencing at a future date.

Two attractive features

Because of the deferral of payments, the Sister Kenny Foundation offers a higher payment rate for deferred annuities than for annuities whose payments start immediately. The deferral also provides a larger charitable income tax deduction than you could get from any other life-income gift plan.

These two features make the deferred gift annuity attractive to donors in their high-earning years and to those who are concerned about securing both current tax deductions and additional sources of retirement income.

Some donors establish a series of deferred annuities over several years, using funds that they had already set aside for retirement savings. They set the payment commencement date from these annuities to coincide with their or their spouse's retirement.

Benefits

The deferred charitable gift annuity offers the same benefits of simplicity, security and attractive income taxation that a regular gift annuity provides our donors. A deferred annuity is a contract between you and the Sister Kenny Foundation and your annuity payments are an obligation backed by our corporate assets.

You secure a charitable income tax

deduction based on the market value of the assets you contributed, minus the present value of the life-income interest you retained. There are no upfront capital gains taxes payable if you fund your deferred gift annuity with appreciated securities; only a portion of your gain is reportable over your annuity payments.

Part of each annuity payment to you comes tax-free as the return of principal. A deferred annuity may be created with a gift of \$10,000 or more. The balance remaining in your deferred annuity after the death of the beneficiaries will be available for Sister Kenny Foundation to use pursuant to your designation.

EXAMPLE: You've just turned 50, your spouse is 52, and your two children are now teenagers. You provide the bulk of your family's income and retirement savings. You and your spouse are in the 35 percent income tax bracket, and you have reached the maximum contribution limit for your group pension plan. You are looking for ways to offset your high taxable income and for additional sources of retirement income. You also want to make a gift of \$10,000 to Sister Kenny Foundation.

Therefore, you decide this year to create a \$10,000 deferred gift annuity. Payments from the annuity

will commence when your spouse turns 65, 13 years from now, and will continue for the balance of your lives.

Here are the income and tax benefits of the deferred gift annuity:

Donors	Ages 50 and 52
Amount contributed	\$10,000 cash
Annuity rate	10.8%
Annual payment or payout	\$1,080*
Year payments commence	2020
Charitable deduction	\$3,618

**This example is based on a factor that changes monthly. Contact our office for a personal illustration based on the latest rates.*

Thank you for thinking of Sister Kenny Foundation in your charitable plans. If you decide that the time has arrived to make a planned gift to Sister Kenny Foundation, please contact Richard Olson, director of gift planning, at 612-262-6063 to discuss your options.

New technology used to make wheelchair seating recommendations, reduce incidence of pressure sores

Earlier this year, the Foundation funded an electronic pressure mapping system for use in the Wheelchair and Seating Clinic at United Hospital in St. Paul (a similar system is used at Abbott Northwestern). Therapists use the pressure mapping system to evaluate patients both while sitting and performing everyday tasks like getting in and out of a wheelchair and wheelchair propulsion. The system can also be used to teach patients about proper skin management and pressure relief in an effort to minimize the risk of developing pressure sores.

“Pressure sores are a major medical concern in the elderly and disabled populations, and are often caused when skin with impaired sensation is pressed between a bone and a hard object like a wheelchair,” said

Christi Bluemle, a physical therapist with Sister Kenny’s Wheelchair Seating Clinic at United Hospital. “This new electronic pressure mapping system is the best technology to make seating recommendations for our patients, especially those who currently have pressure sores or a history of pressure sores. This technology not only benefits our patients, but it also helps us perform our jobs better.”



Projects funded by the Sister Kenny Foundation

- specialist certification for physical therapists
- a Wellness and Weight Management Program for individuals with spinal cord injury
- continued support of the Sister Kenny Rehabilitation Institute Research and Education Department

A tribute to honorary board members

The Sister Kenny Foundation would like to recognize three honorary board members who recently passed away:

Doris Engdahl was renowned for her business acumen and decades-long employment with the mechanical contractor Ruben L. Anderson-Cherne, Inc. She began her career as a bookkeeper and eventually became a partner in the business at a time that few women worked outside the home. She traveled the world for her work and helped renovate the White House during the Truman presidency. She was the first female honorary life director of the Sister Kenny Foundation, as well as a generous contributor to other charities and president of the Women’s Rotary Club of Minnesota.

Henry Haverstock Jr., was diagnosed with polio at age 17 and eventually became the first patient in the Twin Cities to be treated by Sister Elizabeth Kenny when she visited Minnesota in 1940. A year after his treatments began, Haverstock was standing and walking with crutches. In addition to serving on the Sister Kenny Foundation board, Haverstock practiced law, served as president of the board of Goodwill Industries, and was a tireless advocate of accessibility for the disabled.

Barbara Foss Markle was dedicated to her family and friends, and enjoyed sports and travel. In addition to serving on the Sister Kenny Foundation board, she served on the board at the Rehabilitation Institute of Chicago and she was on the board of directors of Abbott Northwestern Hospital’s Park House, a day health center for people with HIV and AIDS.

Lars Oddsson named director of Sister Kenny Research Center

Following the successful completion of the \$2.8 million Sister Kenny Research Center Campaign, the Sister Kenny Foundation is pleased to announce the appointment of Lars Oddsson, PhD, as research center director.



Oddsson has a broad background in physiology, engineering, rehabilitation sciences and technology development. He has also coached international level elite athletes to improve their performance.

“Improving the performance of an athlete parallels

in many aspects to the process of improving rehabilitation and quality of life of a patient,” said Oddsson. “You must understand and address the needs of the whole individual, based on the person’s physiology, psychology, home and work environment, and support from family.”

Prior to his role with the Sister Kenny Research Center, Oddsson was the supervisor of the Injury Analysis & Prevention Lab in the Neuromuscular Research Center of Boston University. Born in Iceland and raised in Sweden, Oddsson received engineering training at Linköping University and his doctorate in medical sciences at the Karolinska Institute, both in Sweden.

He has served as principal investigator and has authored numerous articles on a variety of biomechanical, sports medicine and rehabilitation studies. He has received funding from several private and federal

institutions. He has also established a unique graduate student exchange program with the Royal Institute of Technology in Stockholm, Sweden, and he has a broad national and international network of collaborators that will greatly benefit the Sister Kenny Research Center.

Oddsson says it will be critical for the research center to develop a strong academic affiliation with the University of Minnesota. He is also interested in exploring relationships with the business community to develop and build rehabilitation technology. His responsibilities include developing a formalized research program, seeking external funding and conducting research to enhance understanding of neurorehabilitation with a technology emphasis. He will also direct all research-related functions, supervise other researchers and monitor performance of the research center.

“You must understand and address the needs of the whole individual, based on the person’s physiology, psychology, home and work environment, and support from family.”

“Establishing a new research center is a challenge that will require many people working together. I am very impressed with the enthusiasm and atmosphere at Sister Kenny Rehabilitation Institute and I am thrilled to be part of this process,” said Oddsson.



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Sounds of Music gala event is on Oct. 6

October
6th
2007



The *Sounds of Music* gala event on Saturday, Oct. 6 at the Minneapolis Hilton, will include cocktails, hors d'oeuvres, dinner, and dancing to George Faber and The Icons featuring Debbie Duncan.

The fundraiser is a black tie gala co-hosted by the Sister Kenny and Abbott Northwestern Hospital foundations to benefit the Sister Kenny Rehabilitation Institute and Abbott Northwestern's Institute for Health and Healing. Bring empty pockets — your sponsorship and attendance will generously support our efforts. There will be no further solicitation at this event.

For more information, visit the Sister Kenny Foundation's web site at www.sisterkennyinstitute.com/skfoundation or call the Sister Kenny Foundation at 612-863-4145.