

Possibilities

Spring 2008

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.

Tom Paulus: One step at a time

Tom Paulus is thankful that he never heard the news that his family did in April 2007. After suffering serious injuries from a three-story fall during a construction accident, doctors told his family that he would most likely be paralyzed from the waist down for the rest of his life.

“At the time, I couldn’t move my feet or legs,” explained Paulus. “But the good news was that I did have some feeling in my feet.”

Paulus spent 11 days at Regions Hospital and then elected to be transferred to Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital. “It was a wonderful experience to arrive at Sister Kenny, especially when I saw my therapy schedule,” said Paulus. “The care from everyone — nurses, doctors, therapists and others — was outstanding.”

A 40-year-old married father of three, Paulus spent the next month in intense inpatient therapy.

Paulus quickly learned to sit up and then balance himself. The small milestones kept him moving forward day after day. He credits the staff and doctors for taking the time to really listen and setting him on a path for success.

Every couple of weeks, his therapists would introduce a new technology into his therapy. He benefited from partial weight bearing gait therapy on the LiteGait® and the Lokomat® — a highly specialized piece of equipment that automates therapy on a treadmill. The simulated walking helped prepare him for his first few steps he took with the aid of parallel bars. “A week later I started walking with a walker,” he said. “Those were exciting days.” Aquatic therapy also helped in his recovery.

Through Abbott Northwestern’s Institute for Health and Healing, he also received integrative medicine services including massage therapy,

Continued on page 4

Physical therapist Tiffany Trelstad, left, works with Tom Paulus on balance exercises at Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital.



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A letter from the Institute's executive director

It's hard to believe that it has now been more than a year since I joined the Sister Kenny Rehabilitation Institute team. I am very proud of our many accomplishments during 2007 and the first quarter of 2008, including hiring a new medical director to lead the Institute's clinical services (see related article on p. 3).

The Institute's leadership team and I also recently completed a strategic plan that will shape our work moving forward. I'd like to share with you our 2008 goals, which fall in five categories: Care, Service, People, Financial Health and Growth.

Our **Care** goals include achieving a Functional Independence Measure (FIM) of 60 percent for each inpatient. FIM is an assessment tool that objectively measures how a patient functions after medical rehabilitation. We are also working on CARF accreditation for our comprehensive inpatient rehabilitation services, and our stroke and spinal cord injury programs. CARE, or Commission on the Accreditation of Rehabilitation Facilities, is an independent national organization that grants accreditation to facilities that meet the highest patient care standards. We will also optimize all Sister Kenny therapies across the system and continue our work to return our patients home or to another community setting

after inpatient rehabilitation.

For **Service**, our patient satisfaction goal is to maintain the high number of inpatients who rate their care as excellent.

For **People**, our 2008 goal is to maintain our employee engagement at 68 percent.

For **Financial Health**, our goals are to continue to strengthen our earnings and to raise \$860,000 through the Sister Kenny Foundation.

For **Growth**, our goal is to determine the feasibility of expanding the number of patient beds on our inpatient unit at Abbott Northwestern Hospital in Minneapolis from 38 to 48. Outpatient clinic services will expand to more locations this year, including the new Musculoskeletal Center at Bandana Square in Saint Paul that opened in February. A new collaborative service of the Institute and Aspen Medical Group, the Musculoskeletal Center offers physical therapy, orthopedic and podiatry services, and health and wellness care. Learn more at www.sisterkennyinstitute.com.

I plan to report more on these goals in future issues of *Possibilities*. Until then, thank you for your continued support of the Sister Kenny Rehabilitation Institute.

Next *Insights and Innovations in Rehabilitation* luncheon on May 5 focuses on cancer rehabilitation

For more information, call 612-863-4145.

Nancy A. Hutchison, MD, will present "Developments in Cancer Rehabilitation" at the next *Insights & Innovations in Rehabilitation* luncheon on May 5, from noon to 1:30 p.m. in the Minnesota Room at Allina Commons in Minneapolis.

Hosted by the Sister Kenny Foundation, *Insights and Innovations in Rehabilitation* luncheons are designed to give the public access to rehabilitation experts in a small group setting.



Purchase unique artwork by artists with disabilities at the Institute's annual art show April 17 – May 16

All are invited to the Sister Kenny Rehabilitation Institute's 45th Annual International Art Show by Artists with Disabilities. The art show, with free admission, runs April 17 through May 16 on the second floor of the Sister Kenny Building of Abbott Northwestern Hospital at 800 E. 28th Street in Minneapolis.

The show will feature artwork that is judged in six categories: graphic, watercolor, sculpture, photography, mixed media, and oils and acrylics. Proceeds from each piece sold benefit the individual artists, with a percentage supporting the Sister Kenny Rehabilitation Institute.



For more information, call 612-863-4466, visit www.sisterkennyinstitute.com or send your question to sisterkenny@allina.com

A grand opening event for the Art Show will be held on Thursday, April 17 from 5-8 p.m.

The opening night reception is an opportunity for visitors to meet many of the artists, view and purchase artwork.

Karl Sandin, MD, MPH, named medical director

Karl Sandin, MD, MPH, is the new medical director of Sister Kenny Rehabilitation Institute. Sandin is a national leader in medical rehabilitation with experience in directing and developing multiple medical programs.

He previously held the medical director position at the Rehabilitation Institute at Santa Barbara and was an adjunct professor at Westmont College, both of which are in Santa Barbara, Calif. He also is a co-founder of the Center for Innovative Therapies, a program that provides clinical and social services to allow people with Alzheimer's disease to continue living safely in their own homes.

As a governor of the American Academy of Physical Medicine and Rehabilitation (the national specialty society of physiatrists), Sandin leads the academy's efforts in quality, policy and

medical practice. He authored *Manual of Stroke Rehabilitation* and more than 20 peer-reviewed papers. His clinical interest is neurological rehabilitation, and his recent research has focused on quality of care and health services administration in the rehabilitation setting.

"Dr. Sandin's proven leadership and rehabilitation experience will help us continue the Institute's tradition of providing exceptional, innovative patient care. We are very proud and excited to have him on our leadership team," said Lori Knutson, executive director of the Institute. "I'd also like to thank Jennine Speier, MD, who served as the Institute's medical director for many years. Jennine is an exceptional physician, and we're very happy that she will continue to care for patients at the Institute."



As medical director, Karl Sandin leads the Institute's rehabilitation team in pursuit of even higher visibility and prominence, focusing on processes and outcomes in all areas of care.

Sister Kenny Research Center update

Over the past several months, there have been many advancements in establishing the new Sister Kenny Research Center. Construction is underway to create research and administrative space for the center on the Abbott Northwestern Hospital campus in Minneapolis. Lars Oddsson, PhD, Research Center director, has also been building relationships with research and business leaders in the community, including meeting with University of Minnesota faculty regarding research collaborations, and sponsoring the Seventh Annual Design of Medical Devices Conference in April.

Oddsson is also working to organize current research across the Institute and recruiting Research Center faculty.

Mary Radomski, PhD, was recently hired as the Research Center's first junior faculty researcher. Radomski joined Sister Kenny Rehabilitation Institute more than 28 years ago as an occupational therapist specializing in brain injury rehabilitation. More recently she was the Institute's coordinator of outcomes, quality and research. Radomski's current research addresses issues facing returning soldiers with traumatic brain injuries.

Sister Kenny Research Center's Vision:

To be an internationally recognized institution of excellence across a broad area of rehabilitation research with a focus on neurorehabilitation with a technology emphasis; to produce related experimental, clinical and translational research that can enhance patients' quality of life through effective evidence-based treatment procedures.

To provide a rewarding environment that attracts top research scholars, clinicians and staff to work effectively and collaboratively in an interdisciplinary manner, with excellence in mentorship and access to research tools required for a perpetually successful research legacy.

Paulus *Continued from cover*

acupuncture and reflexology. "All of those services helped me recover," he stated. "It was very unique to have them available."

Near the end of his hospitalization, Paulus was still in a wheelchair for his daily activities, but becoming more independent each day.

The question of how he would manage to return to his family's two-story home was answered by a Sister Kenny Rehabilitation Institute social worker. She shared with him the good news that someone had just contacted the Institute to donate a home elevator. Paulus had one of his construction workers take a look at the elevator to see if it would work in his home,

where accessing living space would be difficult. The answer, fortunately, was yes. "My family, co-workers and friends worked hard to install that elevator in our house," explained Paulus. "It was a great blessing."

Today, Paulus spends three days a week at the Institute for outpatient therapy sessions. He is able to walk with a cane and hopes to walk on his own by summer. "Luckily, I never heard the words 'you're paralyzed,'" said Paulus. "Nobody ever told me that I couldn't walk, so I just did."

And as for the elevator? Paulus is looking forward to the day when he can return the favor and donate it to someone else.

Relatives
need
money.

Now
what?

The benefits of a charitable gift annuity

In the January 6, 2008 edition of the *Wall Street Journal*, “Love & Money” columnist Jeff Opdyke wrote about his grandmother asking him for money. In the article, Opdyke asked, “When providing financial assistance to a family member, is it fair to say the money comes with constraints on how it is spent? Or, is financial assistance an exercise in unconditional love?”

funded by appreciated assets.

If you are like me — with parents aged 75 and 73 who need additional monthly income and who also want to assist a charity like the Sister Kenny Foundation — establishing a gift annuity with stock in your parents’ name would accomplish both of these goals.

Using the example of a stock value of \$100,000 with a cost basis of \$25,000, your parents will receive fixed quarterly payments totaling \$6,200 annually for life. In addition, \$3,689 of each year’s payments will be taxed at the lowest rate — the 10 percent capital gain rate. In addition, you will qualify for a federal income tax deduction of \$36,522 in the year of the gift and the Sister Kenny Foundation will receive a gift of over \$100,000 at the end of your parents’ lives.*

This same technique will also work with children, siblings and grandparents (e.g., a 90-year-old grandparent would receive \$11,300 per year from the same gift annuity example). Although the people you choose to benefit might change, what is important to making this type of gift is a desire to benefit a charity with a gift at the end of a loved one’s life.

If you would like to talk more about gift planning needs that would benefit the Sister Kenny Foundation and a loved one through a charitable gift annuity, please contact Richard Olson, director of gift planning, at 612-262-6063; or Sandy Landberg, executive director of the Sister Kenny Foundation, at 612-863-4618.

**These calculations are for illustration purposes only and should not be considered legal, accounting or other professional advice. Your actual benefits may vary depending on the timing of the gift.*

If you are like me — with parents aged 75 and 73 who need additional monthly income and who also want to assist a charity like the Sister Kenny Foundation — establishing a gift annuity with stock in your parents’ name would accomplish both of these goals.

Let’s face it. With the economic uncertainties in today’s market, financial requests from children, siblings, parents and grandparents will not be the exception, but more than likely the rule.

Many of us have worked hard throughout our lifetimes and, in most instances, will earn more than our parents ever dreamed of making. We have also had the benefit of a bull market for many years, which has resulted in low basis, highly appreciated stock portfolios.

Without getting into the issues surrounding family dynamics and the need to control the gift like Opdyke discussed in his column, there is one method where you and a family member will both benefit from providing the requested assistance: establishing a charitable gift annuity in their name and



Address Service Requested

Campaign funds a new bus for therapeutic community outings



Thanks to the generous contributions of our donors, Sister Kenny Rehabilitation Institute now has a new bus that is used on therapeutic outings.

Therapeutic outings — which involve going to a mall, visiting a museum or dining at a restaurant

— are valuable learning opportunities for patients who have experienced a disability.

“The old bus used for therapeutic outings was outdated, had heating and air conditioning problems, and no longer met ADA (American’s with Disabilities Act) requirements for accessibility,” said Susan Hagel, a certified therapeutic recreation specialist at the Institute.

The new bus has an ADA wheelchair accessible lift that accommodates most sizes of wheelchairs. The interior has more space than the old vehicle, which allows easier access to safely seatbelt passengers and their wheelchairs. The new vehicle also has two heaters and air conditioners to keep patients comfortable and safe, as well as better shocks to allow a smoother ride and increased comfort for passengers.

“We are grateful to have the new bus which has really enhanced the therapeutic outing program at Sister Kenny,” said Hagel.