

Possibilities

Spring 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.

Sister Kenny Research Center Campaign a success *Search is underway for research center director*

The Sister Kenny Foundation is pleased to announce the successful completion of the Sister Kenny Research Center Campaign.

The campaign began in 2005 with the goal to create a research center that would enable the Institute to support and enhance evidence-based practice as it relates to rehabilitation. The Institute will serve as a learning laboratory for innovations in rehabilitative care and treatment with the ultimate goal of optimizing the care and service at the Sister Kenny Rehabilitation Institute.

The campaign raised \$2.8 million — exceeding the goal by 11 percent. These funds will be used to create the infrastructure to support the research center, which includes hiring an MD/PhD level director who will act as the

principal investigator of clinical research at the Institute and who will secure federal grants that sustain a long-term research program.

“I am so thrilled at the response we have had from the many donors who supported the Campaign,” said Mary Lee Dayton, co-chair of the Sister Kenny Research Center Campaign. “Research is a critical component of providing the best patient care, and we are now well on our way to creating a world class rehabilitation research center right here in our own community.”

Leaders from the Institute and other rehabilitation experts are currently interviewing candidates for the research center director position. Look for more information on the research center and its new director in future issues of *Possibilities*.

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Lori Knutson named executive director of the Sister Kenny Rehabilitation Institute

Lori Knutson was recently appointed the executive director of the Sister Kenny Rehabilitation Institute. A physical medicine and rehabilitation nurse who started at the Institute in 1984, Knutson most recently served as director of Abbott Northwestern Hospital's Institute for Health and Healing.

"Lori has extensive leadership experience and is truly gifted in her ability to form partnerships with patients, physicians, board members, donors, academic leaders and members of the community," said Mark Mishek, president

of United Hospital and executive sponsor of the Sister Kenny Rehabilitation Institute. "She is a skilled innovator, with a clear focus on accountability, collaboration and successful program development."

"I am thrilled to be back working with the many skilled and talented physicians, therapists, nurses and staff at Sister Kenny," said Knutson. "I look forward to continuing the Institute's tradition of excellence and making lives work for the thousands of patients who are treated at Sister Kenny each year."

Purchase unique artwork by artists with disabilities at the Institute's annual art show April 19 – May 18

All are invited to the Sister Kenny Rehabilitation Institute's 44th Annual International Art Show by Artists with Disabilities. The art show, with free admission, runs April 19 through May 18 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 a sneak preview of the art that will be available at this year's show, visit www.sisterkennyinstitute.com.

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 19 from 5 – 8 p.m. The opening night reception is an opportunity for visitors to meet many of the artists, and view and purchase artwork.

Giving to the Sister Kenny Foundation

Planned gifts can be a wonderful way to help others while helping yourself. By designating a planned gift to the Sister Kenny Foundation, you will be enhancing advanced technology, innovative patient services, professional education and clinical research at the Sister Kenny Rehabilitation Institute.

You don't have to use cash to make your gift. There are several ways to make your planned gift. You can:

- name the Sister Kenny Foundation in your will or trust
- make the Sister Kenny Foundation a beneficiary of an IRA or pension fund
- donate appreciated securities, real estate or a family business
- use one or more of these assets to make a gift and receive lifetime income for you and your loved ones.

“The key word in planned giving is planned,” said Richard Olson, planned giving director at Allina’s Office of Philanthropy. “A U.S. Appeals Court judge once said, ‘There are two systems of taxation in this country, one for the informed and one for the uninformed.’ The purpose of planning is to become informed. For example, the estate of the late Joe Robbie, former owner of the Miami Dolphins, paid 55 percent of the estate for federal estate taxes, forcing the family to sell the team to pay the tax debt. In contrast, the estate of the late Jacqueline Kennedy Onassis paid less than 2 percent of the \$164 million estate in taxes. The reason for the difference: planning.”

If you would like to learn more about your planned giving options and how it would benefit the Sister Kenny Foundation, contact Olson at 612-262-6063 or Sandy Landberg at the Sister Kenny Foundation at 612-863-4618.

Introducing Richard Olson

The Sister Kenny Foundation is pleased to introduce Richard Olson, planned giving director for Allina’s hospitals and clinics (including the Sister Kenny Rehabilitation Institute).

Olson earned a bachelor’s degree in business and political science from Gustavus Adolphus College, an MBA in finance from the University of St. Thomas, and a law degree from William Mitchell College of Law.

Olson practiced law in Minneapolis for eight years with an emphasis on estate planning. For the past five years, he has focused on planned giving and corporate and foundation relations at the Minnesota Medical Foundation.

Olson currently serves as a board member of the Minnesota Planned Giving Council, among other community commitments.

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Campaign will fund a new bus for therapeutic outings

For patients who have had a stroke, spinal cord or brain injury, returning to active participation in the community is essential to their quality of life. That's why therapeutic outings are offered as part of the therapeutic recreation program at the Sister Kenny Rehabilitation Institute. Outings might involve going to a mall, visiting a museum or dining at a local restaurant.

According to Susan Hagel, a certified therapeutic recreation specialist at the Institute, the outings help patients apply their new skills to the real world.

"Therapeutic outings are often the first time a patient returns to a community setting since the onset of their disability," said Hagel. "On a therapeutic outing, a patient might learn what it's like to use a wheelchair, walker or a cane in different environments or learn to deal with people's reactions to their disability."

To underscore the importance of community outings, a patient who had recently been discharged (and who did not participate in a community outing) said he nearly cried at a grocery store because he became disoriented and confused. In contrast, a patient who recently participated in a community

outing said, "I am so glad I came because now I'm not afraid to go out and do things."

Unfortunately, the current bus that is used to transport patients, family and staff on community outings is 17-years-old. The heating and air conditioning systems are unreliable, which poses a potential risk to patients.

"Our patients have medical issues that warrant a vehicle with a reliable heating and cooling system," said Hagel. "Also, the size of the lift on our current bus is too small to accommodate today's longer wheelchairs, including those that seat a taller individual and many of the new middle-wheel drive power wheelchairs. Because of these limitations, some of our patients have been denied participation in outings. It's very simple: in order to continue to provide this much-needed therapy and to accommodate all of our patients, we need a better equipped, accessible transportation bus."

The Sister Kenny Foundation will soon embark on a campaign to raise funds to purchase a new bus. If you'd like more information about the campaign, call Sandy Landberg at 612-863-4618.

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New technology funded by the Foundation will help patients restore walking function

Patients who can benefit the most from early gait therapy — those with significant disability due to stroke, brain or spinal cord injury — now have a new therapy tool to hasten and improve their ability to walk.



The Lokomat, a robot-assisted treadmill that supports a patient in an upright position while moving the legs through a normal walking pattern, is available at only 26 facilities in the nation.

Lokomat® is a robot-assisted treadmill that supports a patient in an upright position while moving the legs through a normal walking pattern — even if a patient is unable to move his or her legs independently. Sensors and other technology monitor the patient's gait pattern, measure changes in strength, range of motion and endurance over time, and allow the patient to gradually increase physical effort while ensuring safety.

With funding from the Sister Kenny Foundation, the technology was purchased and installed earlier this year at the Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital. The Lokomat is available at only 26 facilities in the nation.

“We know that the best way to restore walking function is to get the patient walking as early as possible in their rehabilitation,” said Brian LeLoup, a Sister Kenny Rehabilitation Institute physical therapist at Abbott Northwestern Hospital. “In patients with brain injury and stroke, the involved side of the body responds to moving in the normal pattern of walking even if the patient does not have the strength to move his legs. In those with a spinal cord injury, the therapy generates reflexes that allow signals from the leg to move up the spinal cord.”

LeLoup noted that technology like the Lokomat also has implications for rehabilitation following stem cell therapy for spinal cord injuries. Stem cell therapy is not offered at the Sister Kenny Rehabilitation Institute, “but we know that once stem cells are injected into the spinal cord, intense, specific activity like that which is possible with the Lokomat is needed to teach the cells to function in the desired way,” said LeLoup.

While similar treadmill technology has been in use for several years, the robotic assistance of the Lokomat means patients with more severe injuries can benefit from gait therapy sooner in their recovery.

“But the Lokomat is not only for those who are just starting their rehabilitation,” said LeLoup. “Patients can benefit from the intensive training that the Lokomat provides even years after their injury.”



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Sounds of Music event to benefit the Sister Kenny Foundation

Save
October
6th
2007



“The *Sounds of Music* is sure to be a spectacular evening filled with fantastic music and good food,” said Pat Hoven, chair of the Sister Kenny Foundation Board and gala committee member. “I am thrilled that the Foundation will be part of the event and I look forward to seeing many friends and Sister Kenny donors there.”

The *Sounds of Music* 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.

For more information, visit the Foundation’s web site at www.sisterkennyinstitute.com/skfoundation.

Please save the date for the *Sounds of Music* gala event on Saturday, Oct. 6 at the Minneapolis Hilton.

The event will include cocktails, hors d’oeuvres, dinner, and dancing to George Faber and The Icons featuring Debbie Duncan.