

SUMMER
2014

On WITH **Life** Brain Injury
Rehabilitation
Specialists™

headway

RUNNING TO RECOVERY

UNBREAKABLE SPIRIT, WORK ETHIC
SPUR CASSLER TO COMPLETE 5K

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LIFE FORWARD - GROUNDBREAKING | PEOPLE MAKING A DIFFERENCE | OWL'S VOLUNTEERS

On With Life headway magazine

SUMMER 2014

On With Life

715 SW Ankeny Road
Ankeny, IA 50023
1-800-728-0645
headway@onwithlife.org
www.onwithlife.org

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About the Cover: Lizz Cassler and her physical therapist, Gail McGaughy

a letter from our director

On July 26, 1990, President George H.W. Bush signed into law the Americans with Disabilities Act (ADA), which was authored and sponsored in the US Senate by Iowa Senator Tom Harkin. This landmark piece is considered a civil rights legislation, prohibiting discrimination in employment, government, accommodations, transportation, commercial facilities and telecommunications. An individual with a disability is defined as a person who has, has had or is perceived to have a physical or mental impairment that substantially limits one or more like activities.

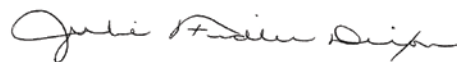
Because of the ADA, many of the things we all benefit from and take for granted today were mandated, including curb cuts on sidewalks, accessible public transportation, elevators in public buildings, accessible restrooms in public facilities and so on. When proposed, the ADA faced stiff opposition from many parties. I personally heard a sitting Iowa congressman tell a large business audience that passage of this law would result in the demise of public bus transportation in this country.

A turning point in the fight for this legislation occurred when thousands of persons with disabilities left their wheelchairs, crutches and walkers at the foot of the Capitol building and literally crawled or pulled themselves up the steps of the capitol. It is said that even congressmen who were not in favor of the legislation finally voted for it when they could not ignore this courageous act.

While there is much to be proud of, the fight for equal opportunity for persons with disabilities is far from over. For example, the unemployment rate for persons with disabilities remains many times higher than individuals who are able-bodied and the same it was before the ADA.

Upon his pending retirement, Sen. Harkin's ADA papers will reside at the Harkin Institute for Public Policy and Citizen Engagement at Drake University in Des Moines. The best way we can honor his legacy in this important work, and the years of work by thousands of persons with disabilities and advocates, is to remember that the struggle is far from over and the fight for equal rights and opportunities for persons with disabilities must continue.

Happy 24th Anniversary, ADA, and thank you to Sen. Harkin for putting Iowa in the center of such a momentous accomplishment!



Julie Fidler Dixon, *Executive Director*



Executive Director, Julie Fidler Dixon, with Sen. Tom Harkin at the Americans with Disabilities Act 24th Anniversary Roundtable Forum on July 25, 2014.

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Amanda Jones, Supported Community Living (SCL) specialist, is pictured with Jake Powley, person served in our Supported Community Living program. The SCL specialists play an integral role in the rehabilitation process with a primary goal of assisting individuals to develop skills required for independence and meaningful community relationships.

Neuropsychological Evaluations Provide Insight into the Brain and Behavior

Attention, memory, language and everyday skills can be affected as a result of a traumatic brain injury, stroke, condition from birth or other central nervous system dysfunction. Through the use of neuropsychological evaluations, individuals and their family members are able to learn more about the extent and type of changes brought about by the injury or condition. At On With Life, David Demarest, Ph.D., clinical neuropsychologist, evaluates individuals on both an inpatient and outpatient basis by studying brain-behavior interactions, the health of an individual's brain and the problems that the brain dysfunction can cause.

David Demarest, Ph.D.,
Director of Psychology
and Neuropsychology
Services



"Neuropsychological tests evaluate functioning in a number of areas including intelligence, executive functions, attention, memory, language, perception, motivation, mood state and emotion, quality of life, and personality styles," explains Dr. Demarest, who travels throughout the United States as an expert in Neuropsychology, most recently presenting at the 34th Annual SEAK National Worker's Compensation and Occupational Medicine Conference in Hyannis, MA this summer.

To learn more about Neuropsychology Services at On With Life, visit onwithlife.org or call 515-289-9645

On With Life Offers New Parkinson's Disease Therapy Program

More than one million Americans are living with Parkinson's Disease, a condition that affects movement, coordination, and speech which can minimize one's quality of life. A program offered at On With Life's Outpatient Neuro Rehabilitation program is offering those living with Parkinson's Disease hope through a new treatment option that minimizes the effects of the disease.

What is LSVT BIG and LOUD?

LSVT BIG is an intensive therapy exercise program that focuses on strength, movement, balance, coordination and function with carryover to everyday life activities. Each treatment focuses on the production of large amplitude (BIGGER) whole body movements.

LSVT LOUD improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism through systematic exercises. The treatment not only stimulates the motor system, but also incorporates sensory awareness training to help individuals recognize that their voice is too soft.

"So far we've seen some really amazing outcomes using this therapy protocol," explains Tammy Miller, Outpatient office manager. "With LSVT BIG we've seen improved walking, improved movement, increased independence and an overall increase in quality of life. With LSVT LOUD we've seen better speech articulation and just an overall increase in speech intelligibility."

To learn more about LSVT BIG and LOUD, visit onwithlife.org/LSVT or contact our Outpatient Neuro Rehabilitation program at 515-289-9696.

Learn more
about LSVT at
onwithlife.org



Joe, LSVT person served with Jillian, Outpatient physical therapist.

Lee Silverman Voice Treatment (LSVT®) is an effective therapy program that uses innovative and clinically-proven methods for improving communication and movement in individuals living with Parkinson's Disease.

"When I first started the LSVT program at On With Life, I thought I would never be able to walk again without help. Two months later I left my last session running with some assistance," said Charlotte, a graduate of On With Life's LSVT Program. "I continue to make great gains at home and feel a sense of independence I never thought I'd get back. I would recommend this program to anyone."



8th Annual Golf Outing

In its first eight years, the annual On With Life Golf Outing has raised more than \$330,000 for On With Life's programs, providing life-changing specialized therapy equipment and services to improve the lives of those whom we are privileged to serve. Golf Outing funds raised last year alone, allowed for the purchase of more than 25 items, all of which have aided our rehabilitation team as we help those we serve get "On With Life!"



RUNNING

to recovery

Unbreakable spirit, work ethic spur Cassler to complete 5K

Lizz Cassler, a 17-year-old junior at Southeast Polk High School, was getting a ride from a friend on an icy day in December 2008 when the car they were in smashed into a truck pushing a plow. The force of the crash seriously injured Lizz and over the course of the next few hours, days and weeks, doctors were unsure whether she would live.

With the odds stacked against her, it would have been understandable for Lizz to lose her competitive spirit.

To the contrary, the car accident that left her fighting for life only fueled Lizz's internal fire. So determined to thrive in the face of the traumatic brain injury suffered in the accident, Lizz told all who would listen that she was going to run again. It was during intensive inpatient rehabilitation at On With Life that Lizz began to breathe life into her goal.

The Right Place at the Right Time

Lizz began inpatient rehabilitation at On With Life's Ankeny campus in April 2009. It was everything the Casslers were looking for.

"God put the right people in Lizz's life at the right time," Lizz's mother, Barb, says. "The therapists, the aides, everyone. It was a divine plan."

Lizz was an accomplished athlete prior to the accident. A leader on the soccer field, she had plans to play collegiately at the University of Northern Iowa. While the accident made that impossible, her competitive spirit took over during her recovery. She wasn't just going to be discharged from On With Life, she was going to run right out.

"I've always had a good work ethic," Lizz says while reflecting on those early days at On With Life. "When I would go to the gym for my therapy sessions, we would go



by others on the treadmill and I was envious. I had to bypass them to go to machines that were not as difficult.”

Seeing others with traumatic brain injury improve served as motivation for Lizz. She isn't real sure when she decided she would run again, but once the seed was planted in her mind, no one was going to tell her she couldn't.

“They [her caregivers at On With Life] have gone the extra mile from Day 1,” Lizz says. “I told my physical therapist that I wanted to run and she put everything into that.”

Lizz did run out. Tammy Miller, COTA/L, BS, CBIS, CCM, was an occupational therapy assistant during Lizz's inpatient rehabilitation. She says it was a surprise to no one when Lizz achieved her goal.

“As caregivers, we are challenged each day to learn what makes each person tick; what motivates and inspires them,” says Tammy, who now manages the outpatient service. “With Lizz, we could see that she had a certain sassiness and spark. She was going to set a goal and she was going to exceed it. She is a very determined young woman.”

Going Further, Faster

Lizz was so determined that simply running out of inpatient rehabilitation was not enough. Lizz wanted to run further – and faster. So, this spring she signed up to run a 5K. Gail McGaughy, PT, C/NDT, CLT, CBIS, who helped Lizz train for the race, vividly remembers the day Lizz announced her intentions.

“She walked in and told me she was going to do a 5K,” Gail recalls. “I knew right then that she would.”

Training for the 5K served as a part of Lizz's continued outpatient rehabilitation – she comes in every few months for what Gail calls a “tune up.” Gail says it was impressive to watch her continue to make progress.

“She was always looking to improve in each session,” Gail says. “Because of her sports background she knew what it took to perform at a high level. She just had that in her – and she was sassy. She wasn't going to let anything stop her.”

On June 15, at the Miles for Miracles 5K in Ankeny, Lizz laced up her shoes with Gail and her first inpatient therapist, Shannon, at her side. The three of them set about marking another milestone in Lizz's recovery.



She finished the race in 44:04, running a 14:10 per mile pace, stopping to walk for just seconds about two miles into the race. All involved—Lizz, Shannon, Gail, Barb and others—broke into tears as the trio crossed the finish line.

“At the end, I was overcome with emotion,” Lizz says. “I just started crying. It was a happy cry.”

Refusing to Be Defined

Gail cried right along with the rest. She says watching a determined young woman thrive in the face of life with a traumatic brain injury was inspiring.

“As a therapist, it was emotional to see her finish and know that I played a small part in helping her achieve something remarkable,” Gail says. “In the whole neuro rehab process, so many get defined by their brain injury. Lizz refuses to let that happen.”

And Lizz refuses to stop.

“I want to continue to improve,” she says. “I am a really goal-oriented person and I'm motivated by people who tell me I can't do something.”

“I feel like I have to keep going. I can't give up because God gave me this second chance.”

▲ Lizz completing her first 5k on June 14 with therapists Shannon Wieland (left) and Gail McGaughy (right).

▼ Lizz with mother, Barb.



▲ Lizz with her therapist, Stephanie, during a therapy session in 2009.

TOM'S TRIUMPH

TOM SANDMEIER

Admission: October 2012

Discharge: December 2012

When Knoxville resident Tom Sandmeier finished his shift at 3M around 3 p.m. on September 5, 2012, he had no idea that date would be permanently seeded into his memory.

Shortly after returning home Tom decided to rest, and when he awoke and started to put on his shoes he noticed his left foot start to feel numb as if it were asleep, and the feeling eventually continued up the left side of his body. Tom was rushed to the hospital where it was determined he had had a large hemorrhagic stroke and death was possible. Doctors were unable to predict how much functioning would return, but did anticipate that there would be improvement.

On October 8, Tom was admitted to On With Life's Post-Acute Inpatient program. He arrived with many of the same limitations he had during his stay at the hospital including trouble walking and memory issues.

"I was very fortunate to have such great support from my family, friends, church, community, and co-workers with frequent visits, calls, prayers, and much assistance in maintaining our home while Paula stayed with me all the time," said Tom. "We celebrated all improvements, being thankful for what function I had, and not focusing on what I didn't have yet."



Tom (right) pictured with wife, Paula and their new grandchild.

On December 19, Tom proudly walked out of the facility using his cane with his wife, Paula, at his side.

Tom's positive attitude propelled him through months of therapy and that same attitude stuck with him as he returned home. They reviewed their options for future therapy and elected to continue with On With Life's Outpatient services, even though it would mean a two hour round trip each session. Therapy went very well and Tom was able to discharge from the program in June 2013.

He continues to set new goals for himself back home with Paula now assisting as his therapist. The couple stays busy going to the gym, gardening, painting, doing repair work, hunting, cooking, driving and taking care of their grandchildren. In addition, they have continued with a home exercise program. Tom is now able to grill out independently, and he is back to riding his ATV on occasion.

Perhaps what excites Tom most, is being able to take care of his grandchildren two to three times each week with his wife. "It was a fear of mine – not being around to watch my grandkids grow up," said Tom. "Just to be here to see my kids raise children of their own, being able to read to them, play games and put together puzzles, that's really all I could've asked for."

BIKER RECLAIMS SEAT AFTER ACCIDENT

CHRISTINA KUECKER
Admission: October 2011
Discharge: February 2012



Christina at a recent visit to On With Life.

Christina Kuecker has always been a planner. As an urban planner for the city of Clive, it was second nature for her to see the big picture and to expect the unexpected. On a brisk September morning however, Christina found herself in a position no one could have predicted or planned.

Christina was riding her moped through Windsor Heights as she did every morning on her commute to work, when she was blindsided by another vehicle, leaving her in critical condition.

"When we arrived at the hospital, doctors thought I wasn't going to make it," said Christina. "I wasn't ready to give up that easy though." When she arrived at On With Life in October of 2011, she was unable to walk, talk or sit on her own.

A little over two years after her discharge, Christina came skipping back to the halls where she had spent many days fighting to gain her independence back. "It's bittersweet to come back to visit," Christina stated. "I am where I am today because of the rehabilitation I received at On With Life. It's fun for me to see the staff again who helped me during such a difficult time in my life."

And she's not done making progress either. Christina works on exercises with her personal trainer, volunteers at a local library and travels every opportunity she gets. Her future goals include earning her culinary arts degree and opening her own coffee shop, and she is already taking classes at DMACC to help her get there.

"Ask anyone and they would tell you how much I loved school growing up," said Christina. "It means so much to me to get back into the classroom and continue to learn, just as I did before my accident."

Christina realizes she probably won't ride a moped again, but simply being able to take her bike for a short ride or walk with her mom and dad will suffice. "We're thankful On With Life got our daughter back on her feet enjoying life again," said her father, Dan.



Micka (left) pictured with her Outpatient physical therapist Gina Beecher.

FIGHTING FOR RECOVERY

NORMICKA "MICKA" MOZEE
Admission: October 2009
Discharge: March 2010

Micka Mozee, a 25-year-old single mother of two from Des Moines, was spending time with a few of her friends at her home around 10 p.m. on an October night almost five years ago, when she heard multiple gun shots tear through her front screen door and directly into the living room. Micka was struck in the head, chest and arm.

With outcomes looking less than favorable, and a mere 1% chance to live, it would have been a challenge of a lifetime for anyone to overcome. Micka battled through three months of being in a minimally conscious state followed by intense rehabilitation to get her life back.

Micka's tenacity and determination propelled her through months of specialized therapy at On With Life, allowing her to eventually walk and eat again.

"I thank God every day for getting me to this point," wrote Mika on her communication device. "I wouldn't wish something like this upon an enemy. All I know is God must've had unfinished plans for me."

Micka has recently started receiving outpatient therapy at On With Life and works with her therapists on her mobility and communication strategies (she is currently nonverbal). Micka, however, is determined to be able to speak again. She is also working towards gaining back her independence with hopes to become a volunteer for the Inpatient program, where she can lend a helping hand to other survivors.

In addition, Micka sets a number of goals for herself outside of therapy sessions. She is taking online courses through DMACC, writes poetry and loves cooking for her two daughters, now nine and six years old.

"When my accident happened and I was left in a coma for three months, I never pictured myself being able to walk into a classroom again, or even cook on my own for my little girls," Micka wrote. "I can't say enough how thankful I am to be able to do those things again."

"I'm here to make a difference," wrote Micka. "And it's all because of my family and friends at On With Life who supported me when I needed it most."

GET TO KNOW

Ben Collins, D.O.

Internist and On With Life Medical Director

Q+A



Experience:

30 years as a board certified internal medicine physician

Undergraduate Degree:

Boise State University, B.S. in Health Science

Medical School:

Des Moines University

Residency:

Des Moines General Hospital, Internal Medicine Residency

Family:

Married 18 years to wife, Sarah; four children – Jonathan, Brittany, Gregory and Geoffrey; one grandchild, Shay.

Interesting Facts:

- Dr. Collins didn't talk until he was six years old.
- He was a high school dropout who later went on to complete his GED.
- He recently graduated with an MBA from The University of Iowa.



Dr. Ben Collins

On With Life's medical director, Dr. Ben Collins, sat down with us to discuss his role on the multidisciplinary team and the most common medical complications he sees following a brain injury.

Q: How would you define your role as medical director at On With Life?

A: I work with the entire multidisciplinary team at On With Life including nurses, therapists, CNAs, care coordinators, social workers, counselors and other physicians, to make sure we are all working toward the same goal – to get each person we serve back as fully as possible to the activities, passions, roles and talents that define them as an individual. An important part of that process is managing the medical complications that we often see following a severe brain injury. Most individuals we serve are admitted to On With Life with an average of 10 medical complications and are taking approximately 15 medications, all of which need to be successfully managed during the rehab process.

As an internal medicine physician and medical director at On With Life, my role is to help manage these medical complications and keep individuals as healthy as possible so they are able to participate in their therapy sessions. Any time we are working to manage medical complications or having to send individuals to the hospital, we are taking away valuable therapy time for those individuals.

Q: What are the most common medical complications you see at On With Life following a brain injury?

A: The brain controls every aspect of a person's body, so after an injury to the brain, every organ system is affected. The most common medical complications we see include:

1. Respiratory/Pulmonary Complications -

Pulmonary complications are very common following a severe brain injury, including respiratory failure, pneumonia, and blood

clots. Often, patients are admitted to us with a tracheostomy which must be monitored for infections until it is removed. Complications with swallowing and an inability to protect the airway must be managed as well to prevent fluid and secretions entering into the lungs.

2. Gastrointestinal Dysfunctions - Some of the most frequent Gastrointestinal (GI) complications following a brain injury include bowel incontinence, stress ulcers, difficulty swallowing, constipation and liver dysfunction. These issues are caused by the stress of the brain injury on the body and side effects from the medications used to manage the medical complications.

3. Cardiac Related Problems - The most common cardiovascular abnormalities following a brain injury include high blood pressure, low blood pressure when standing, irregular heartbeats, rapid heart rate and heart failure. Cardiac conditions need to be monitored closely due to the intensity of the therapy provided. Without proper management, individuals will have very low therapy tolerance.

4. Neuroendocrine Issues - Because the brain and endocrine glands work so closely together, we often see multiple hormone disruptions. Changes in hormone levels can affect metabolism and basic body functions.

5. Neurological Complications - The most common neurological issues we see include seizures, coma, sleep disorders, paralysis and increased muscle tone. The successful management of these conditions involves medication management, monitoring environmental factors and consulting with outside physicians as needed.

LIFE

forward.

groundbreaking

On With Life hosted a groundbreaking ceremony on Tuesday, July 8 for a new outpatient center and expanded inpatient rehab facility. Attendees included persons served and their families, staff and board members and many dignitaries, donors, legislators, community leaders and guests. Governor Terry Branstad and Lt. Governor Kim Reynolds spoke, and major donors were recognized, including Prairie Meadows, EMC Insurance, Don & Charlene Lamberti, The Iowa Clinic, Carl & Penny Moyer, and Marilyn & Dale Howard.

In addition to a new 11,700 square foot outpatient center, the \$5 million expansion and renovation project will also include: an indoor aquatic therapy pool, family housing, two additional inpatient rooms designed for individuals who require specialized bariatric equipment, outdoor therapy grounds, a wellness center, multi-purpose space, a larger dining space and overall modernization of current facilities. Construction began this summer with anticipated completion in summer 2015. Inpatient and Outpatient programs will continue to operate out of current facilities during construction, with anticipated completion in summer 2015.





people making a DIFFERENCE



Don & Charlene Lamberti

"I just want to get on with my life." The young man who made that statement over 30 years ago was a member of a small group of families who appealed to the community to help find a way to open an inpatient center dedicated specifically to the needs of persons with brain injury after they were able to leave the hospital. Eli Wirtz, then Casey's corporate counsel, whose own family had been impacted by brain injury, brought this pressing need to the attention of President and CEO Don Lamberti.

When the city of Ankeny offered to issue \$4 million in municipal bonds to build such a center, it was Don and Charlene Lamberti who agreed to personally guarantee that the required matching funds would be raised. After providing the lead gift, Don reached out to many of his friends and colleagues to get the ball rolling, and the dream was realized when On With Life's Post-Acute Inpatient program opened in 1991.

"It's no accident that On With Life is doing so well," states Don. "They've helped thousands of individuals living with brain injury and their families, in addition to creating new jobs for healthcare professionals. It's exactly what we pictured it would be."

Over the years, the Lambertis have continued their support for the organization and recently provided the lead gift in the current Life Forward capital campaign. In addition, they have created a family legacy of support for the community and for helping those in need. Their son, Jeff Lamberti, has been on the On With Life, Inc. Board for 20 plus years and is currently President of the Foundation Board.

Don and Charlene are longtime residents of Ankeny and enjoy spending time with their children, 11 grandchildren and 14 great-grandchildren. The On With Life family is proof that the entire community enjoys the fruits of their generosity and caring natures.

**"It's no accident
that On With Life is
doing so well."**

Dick Achenbach

If you've ever walked into On With Life's Long-Term program in Glenwood, Iowa, it doesn't take long to notice what it is that makes this facility one of the best in the country with an exceptionally caring staff, a one-of-a-kind sensory gym, a therapy garden and a true commitment to every person served. The person charged with overseeing daily operations and who can be credited with making the program all that it is today is administrator, Dick Achenbach. But in true form, he would never be the first to tell you that.

"I'm very fortunate to have a great leadership team and a very caring staff – the passion and commitment they show is next to none," says Achenbach. "Our entire team has the same commitment to those we serve and they truly believe in carrying out our mission each and every day."

Achenbach has worked in healthcare and with those living with disabilities since 1984. He knew immediately that it would be his life-long career and he has never looked back.

"By becoming a long-term care administrator, I could help ensure that people would be taken care of and be given the quality of life everyone deserves," explains Achenbach. "I enjoy every day as an administrator because I'm able to see all the hard work and passion that we put forth to help our persons served have the best quality of life possible."

Achenbach continues to improve the 32-bed program year after year with many new facility projects in the works. The OWL's Nest sensory garden continues to expand, and the entire facility is getting a makeover with new paint, refurbished rooms, and newly remodeled staff and family areas. If Achenbach has anything to do with it, it will all be done with passion and dedication.

"I'm very happy to be a part of On With Life – the passion for what we do and the difference we have made in others' lives makes us all better people."



"Our entire team has the same commitment to those we serve and they truly believe in carrying out our mission each and every day."

Stephanie Robinson, RN

Nurses are the front line of patient care – the eyes and ears of the medical team. They are teachers, care coordinators and advocates whose clinical judgment helps steer the course of medical treatment. This is certainly true at On With Life, where individuals are admitted to our program with multiple complications after sustaining very traumatic injuries. Stephanie Robinson, RN, has seen first-hand the important work of the nursing staff during her two years as a nurse at On With Life's Post-Acute Inpatient Rehabilitation program.

"I find it so rewarding to have the opportunity to see persons served admitted in a minimally conscious state, and later watch them smile ear to ear as they walk out on the day of their graduation," Stephanie says. "You quickly develop a passion for what you do in the nursing profession and it is truly a responsibility to

be a part of these families' lives during such a difficult time."

In her specific role, Stephanie collaborates with the nursing team to coordinate nursing care, educate persons served and their loved ones about how to maintain wellness and prevent secondary complications, and to build relationships in order to provide clinical expertise and emotional support.

"As a nurse, we have the opportunity to heal the heart, mind, soul and body of our persons served, their families and ourselves," stated Stephanie. "They may forget my name, but I truly believe they'll never forget how I made them feel."

When she isn't working with persons served, Stephanie enjoys reading, kayaking and spending time with her husband of seven years, Andy, and their two-year old son, Zachary.



"They may forget my name, but I truly believe they'll never forget how I made them feel."

OWL Wish List

If you've ever participated in an On With Life graduation party, or have seen a person served relax and enjoy an art therapy session, or joined us for one of the hundreds of outings we have every year, you can understand the impact these events and sessions have on the individuals we serve. These are just a few of the things that make On With Life unique and just a few examples of the items you can support through the OWL Wish List program.

The OWL Wish List program provides donors the opportunity to provide funds for special events and unique therapy sessions for our persons served, including birthday parties, art sessions, massage therapy and community outings. These events and sessions bring joy, support and comfort to our persons served while meeting a donor's wish to make a difference and to touch the lives of hundreds of survivors and families each year.

To learn more about the OWL Wish List or to make a donation, visit www.onwithlife.org/wishlist.



Music's Ability to Heal the Injured Brain

It's no secret that music has the ability to inspire us in ways that nothing else can. On With Life has recognized the power of music through the continued support of its music therapy program for more than 20 years. Research has shown that music can activate multiple areas of the brain and can help individuals who have difficulty with language, cognition or motor control following a brain injury.

"Rhythmic and melodic aspects of music through specific music therapy interventions can be an effective tool in assisting a survivor with aphasia and other communication challenges," explains Amy Bishop, MT-BC, music therapist at On With Life. "Through music we are able to discover new ways of communicating their most important needs and desires during their day."

Music therapy can also provide rhythmic structure and auditory cues to enhance mobility and movement. For example, music can promote even gait patterns when someone is relearning how to walk or put weight on an affected side.

"The use of new technology, such as an iPad, has given us new opportunities during music therapy and speech therapy sessions to record and provide additional rehearsal of phrases for speech practice," says Bishop. "I have seen first-hand the look of accomplishment and success when someone can sing a word or phrase when music is present. Whether it's big band, country, rap or symphony, music assists persons served in ways that you wouldn't believe."

Bishop, who has been providing music therapy at On With Life since 2002, received a Bachelor of Music in Music Therapy from Arizona State University and is a board certified music therapist. In addition, she is one of few in the country to earn her neurologic music therapy certification and is also a certified brain injury specialist.

"I truly feel blessed to bring music therapy into a person's rehabilitation journey," says Bishop. "I am grateful to work in an environment that can serve the wellness and healing of the whole person."

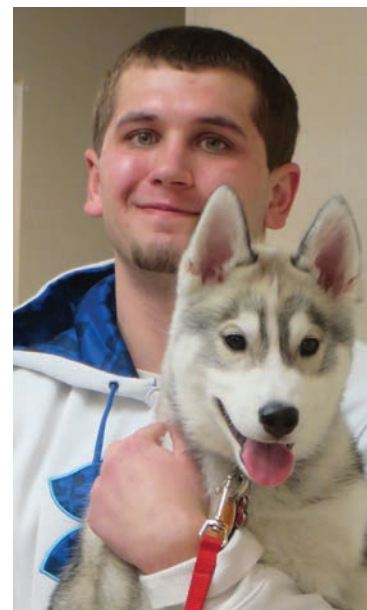
Learn more by visiting our new web site at www.onwithlife.org.





OWL's volunteers

On With Life volunteers play an important role in the recovery of our persons served. Members of the community improve the quality of life of persons served and truly make a difference each and every day. On With Life provides a variety of volunteer opportunities for individuals and groups. Our persons served have a variety of interests, which leads to many different areas where volunteers are needed, including: one-on-one companionship, reading, prayer partners, music and entertainment, gardening, pet therapy and other group activities. Visit www.onwithlife.org for more information on volunteer opportunities.





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Ankeny, Iowa
Catering by
Hickory Park

KEYNOTE SPEAKER :
Alan Weintraub, MD,
Medical Director of the Brain
Injury Program at Craig Hospital

**Current Trends in Brain Injury
Neuro Rehabilitation**

Intended for healthcare providers, the On With Life Fall Conference brings together experts from around the Midwest to discuss recent trends in the field of brain injury. Topics will include understanding TBI as a chronic condition, a case study from coma to community, navigating the Iowa Health and Wellness Plan, counseling ethics related to boundaries and how relationships change following a brain injury.

COST:

\$55 - Registration Cost
Other CEU fees may apply

FOR MORE INFORMATION
AND TO REGISTER, VISIT:

www.onwithlife.org