

On WITH Life Brain Injury
Rehabilitation
Specialists™

WINTER
2016
SPECIAL FY15 OUTCOMES REPORT EDITION

headway

A photograph of two women in a swimming pool. The woman on the left has a prosthetic right hand and is wearing glasses and a black swimsuit. The woman on the right is also wearing glasses and a black swimsuit. They are both smiling and clapping their hands together above the water. The pool has a blue interior and a metal handrail.

Focusing on the Future

THE THOMAS FAMILY FINDS
CLARITY AT ON WITH LIFE

also inside:

Q&A WITH AMY DEBUHR | COMMUNITY COMING TOGETHER | PEOPLE MAKING A DIFFERENCE
FOUNDATION REPORT | REPORTS FROM THE COMMUNITY | 2015 OUTCOMES REPORT

On With Life, Inc. headway magazine

WINTER 2016

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About the Cover: Sue Sandahl, MA, OTR/L, CBIS, occupational therapist at On With Life's Outpatient Neuro Rehabilitation program and Genevieve Thomas, person served, enjoy an aquatic therapy session in On With Life's new aquatic therapy pool.

Photo taken by Brice Musgrove, *Images by Brice.*



a letter from our director

I'm sure you've all read volumes about the state of Iowa's transfer of its Medicaid program to Managed Care Organizations. While no one would argue that this has been an easy process, the fact is that it can open opportunities for collaboration that have not traditionally been available to niche providers like On With Life. In meeting with each of the contracted entities, we have been very pleased by their response to the level of expertise, quality and commitment to individuals with brain injury that On With Life exemplifies. Most important, they have been able to recognize the way that our programs are threaded together so that brain injury survivors and their families have collaborators along their paths. We know all too well that brain injury can pose life-long challenges and that participation in our inpatient, outpatient, long-term skilled and community-based programs may represent only the beginning of a very long journey.

We are excited about the prospect of working closely with these entities to share best practices in the provision of rehabilitation nursing, comprehensive therapy, case management and community living services to brain injury survivors and also to the identification of those factors most associated with success.

These are large national giant data pools which can help us identify the factors most associated with strong long-term outcomes. At the same time, we are excited about being able to share our specialized expertise in providing highly customized and holistic rehabilitation treatments – at the right time, in the right dosage, in the right way and with the right supports.

As this new era dawns upon the state of Iowa, we make a pledge to those whom we are privileged to serve and to all of our stakeholders that we will work diligently to maximize opportunities to celebrate what we do well, stay abreast of clinical breakthroughs and contribute to research into how we can best help survivors get "On With Life!"

Julie Fidler Dixon, *Executive Director*

May 1

20th Anniversary
Open House

On With Life
Glenwood, IA

August 6

On With Life
Reunion

On With Life
Ankeny, IA

September 16

On With Life Brain
Injury Rehabilitation
Conference

FFA Enrichment Center
Ankeny, IA

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On With Life's Supported Community Living program is privileged to work with a number of extraordinary people like Jonathan Miller. Cancer and a stroke left him with just a 15 percent chance to live and the probability he would never walk again. But he defied the odds in many ways, and now he is skydiving! Jon loved the dive and is ready to begin working on his skydiving license.



On With Life Offers Falls Prevention Clinic

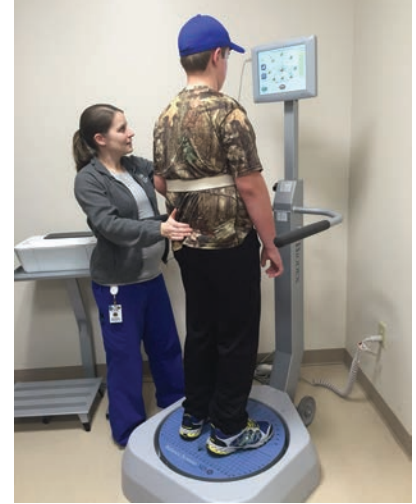
Falls are now the number one cause of traumatic brain injuries in Iowa. To address this issue, On With Life has developed a unique Falls Prevention Clinic as part of its Outpatient Neuro Rehabilitation program, combining the medical assessment of fall risk with individualized therapeutic interventions to address those risks.

“Falls are not only the leading cause of traumatic brain injuries in the United States, they are a major cause for the elderly to be admitted to the nursing home,” said Dr. Ben Collins, medical director of On With Life. “There isn’t another truly comprehensive program in the state of Iowa, and I’m excited to collaborate on this program with On With Life’s excellent therapists.”

After a comprehensive assessment by an internal medicine physician or nurse practitioner, along with specialty trained physical and occupational therapists, the team identifies risk areas and develops specific interventions. Risk factors assessed include

medication side effects, comorbidities, limited vision, cognitive decline, vestibular/ balance difficulties, decreased strength and coordination, orthotics and more. The typical course of treatment lasts four to six weeks and includes the use of specialized equipment including the Biodex® balance system and Dynavision® visual-motor and cognitive skills system. Each individual receives customized recommendations to maximize long-term safety and independence.

Chase and Lindsay work on balance on the Biodex balance system, a piece of equipment used in the Falls Prevention Clinic.



For more information or to make a referral to the Falls Prevention Clinic, contact On With Life’s Outpatient Neuro Rehabilitation program at 515-289-9696.

On With Life Opens New Family House

Since eight families came together more than 25 years ago to create On With Life, family has been its foundation. The importance of family participation in the rehabilitation process is undeniable, and On With Life is pleased to make that support more convenient with the addition of a five-bedroom, four-bathroom family house on the Ankeny campus.

“While we were at On With Life, my husband and I drove thousands of miles and spent endless nights away from home as we helped our daughter recover. It would have been so helpful to us to have had a family house for overnight stays or even just to have a couple hours to rest during the day,” said Angie Kiefer, whose daughter Emma was served at On With

Life in 2014. “On With Life’s new family house will be a welcome relief to so many families going through a difficult time in their lives.”

An adjoining all-inclusive playground that will allow persons served, including those in wheelchairs, to have outdoor play time with their siblings, children and grandchildren will be added in the near future. Outdoor therapy equipment will be also built around the playground to provide persons served with the ability to participate in therapy while watching children play.

Your support for the Family House or playground would be appreciated. For more information visit onwithlife.org/donate or call 515-289-9611.



Outpatient therapists check out the new family house at a recent staff Open House.



LSVT Around the World

More than one million Americans are living with Parkinson's disease, a condition that affects movement coordination and speech, but for those that have completed the LSVT program at On With Life, Parkinson's will not define them as a person. The Lee Silverman Voice Treatment (LSVT) program at On With Life focuses on the production of large amplitude whole body movements and vocal loudness. LSVT graduates are encouraged to continue their exercises even after the four-week program and share the unique places they've been BIG and LOUD. To learn more about the LSVT program at On With Life, call **515-289-9696** or visit onwithlife.org/LSVT. **#LSVTAroundtheWorld**



1 Bob Schoemann in Portsmouth, Iowa; 2 Karen Tylka at the Grand Canyon; 3 Gabe Haynes, Gail McGaughy and Max McGaughy at Buckingham Palace; 4 Ivan Brehmer in Hayward, Wisc.; and 5 Bob Davis on the High Trestle Trail near Des Moines.



Ellen at a recent visit to On With Life's Ankeny campus.

FINDING PURPOSE

ELLEN LAINE

Admission: April 18, 2000

Discharge: June 2, 2000

Finding her purpose in life didn't come easily for Ellen Laine. It wasn't until she narrowly survived a massive stroke at age 33 that she found what she is really called to do.

At the time of her stroke, Ellen was living in Central Iowa with her husband and two young sons and working in corporate communications for a large international company. On January 27, 2000, she began to suffer from what she thought was the "worst migraine" of her life. That pain continued until three days later when her right middle cerebral artery hemorrhaged and caused a massive stroke.

"I was given a 'slim' chance of surviving and my family was told that if I did survive I would be confined to a bed for the rest of my life," said Ellen.

After 78 days in the hospital, including three weeks in the ICU, four surgeries, and eight weeks of inpatient therapy, her medical team recommended On With Life for her rehabilitation.

"I survived my stroke for a reason, and I am confident On With Life was the best place for me to be as I started my new life - with an acute brain injury."

Ellen began to comprehend she'd had a stroke only days before moving to On With Life. That reality became increasingly clear during her six weeks she was an inpatient. While she admits it was difficult to see the progress she made while there, it's much more apparent now.

"All of the therapy was provided from the perspective of helping me get back into the flow of my pre-stroke life," said Ellen. "A less tangible benefit came from interacting with the other persons served at On With Life. It shifted my perspective. Each of us had survived some horrific life event because our purpose in this world hadn't yet been fulfilled."

Now 16 years later, she continues to pursue her purpose in life, which led her to write a memoir on her stroke and recovery, *Praise God for Tattered Dreams*. Today, Ellen is raising her sons, writing her second book, works part-time and does stroke awareness presentations through the American Heart/Stroke Association speakers' bureau.

"I think I'm in a very good place right now as I'm finding what I am supposed to do with my life," Ellen said. "The best thing a person can have is peace and an awareness they are not in control of much in this world. If you know where you're going when your heart stops, it's all good."

A REMARKABLE RECOVERY

JOHN WILL

Admission: July 13, 2005

Discharge: October 14, 2005

John at On With Life's recent fundraising event, Celebrate Life.



Life has dealt John Will a number of challenges over the last ten years, but each time he refuses to give up. In 2005, John was hit by a car while riding his motorcycle and found himself fighting for his life. He was admitted to On With Life in a minimally conscious state, unable to eat, walk or talk.

"My family was unsure of how, or if, I would recover when I was transferred to On With Life," shares John. "It started slowly with me regaining small movements, which led to eating and walking with assistance."

John's motivation during his rehabilitation at On With Life was to be able to do the things he loved again – provide for his family, travel and return to motorcycle riding.

"Riding motorcycles had always been a part of my life and I didn't want to give that up," said John. "So once I started walking again, I pushed myself even harder. When I jumped, I jumped big."

After three months at On With Life, John walked out on his own and returned home to his wife and five daughters, his job as an auto mechanic and still to this day spends his free time riding his Harley. Even as life dealt another blow to John, he continued to push himself to be a better person and give back.

"I lost my wife in 2014 after a three year battle with cancer," said John. "To honor her and so many people who helped me along my journey, I try to help others as often as I can."

John is active within the brain injury community, including the Brain Injury Alliance of Iowa and he attends the On With Life Support Group each month, arriving early to help set up and transport persons served from the Inpatient program to the meeting.

"It's only because of On With Life, my family and the grace of God that I'm where I am today," said John. "I want to share my story and be able to give hope to other families."

LIVING LIFE TO THE FULLEST

LAURIE WENTINK

Admission:

January 20, 1997

This is a special feature from our Long-Term program sharing how Laurie lives life to the fullest.



In August of 1996, Laurie was living in Omaha with her 8-month-old daughter and studying to be a travel agent when she suddenly stopped breathing. Lack of oxygen to her brain resulted in significant impairment to her ability to speak, move and care for herself. When her family began looking for a skilled program to meet her medical needs, they chose On With Life's program for youth and younger adults, located in Glenwood, Iowa.

"We knew right away this was the right place for Laurie. The activities, therapies and interactions with the staff and persons served are really good for her and she really enjoys them," said Stacy Brown, Laurie's sister. "The staff know what is important to Laurie and they go out of their way to make her happy."

When Laurie's niece, Lindsey, recently got married, On With Life staff painted her nails, fixed her hair, dressed her in a new dress and brought her to the reception where she danced with her family.

"It was very important to Lindsey that her aunt was at her wedding," said Stacy. "We are so grateful that On With Life went to such great lengths to make sure she was there and that she enjoyed herself."

Laurie's family visits often and spends holidays, birthdays and weekends at On With Life, but they know that Laurie has gained a new family too.

"I can't be here all the time, but she has her own family here. On With Life truly is her family and our family," said Stacy. "She really loves it here, and it gives us peace of mind that Laurie is happy. We can go home happy because she is cared for so well here."

Focusing on the Future

THE THOMAS FAMILY FINDS
CLARITY AT ON WITH LIFE



*Genevieve, right,
and above with her
parents, Jeanie and Kevin Thomas.*

Swimming in a sea of uncertainty, a seemingly routine tour of On With Life provided clarity that Jeanie Thomas hadn't experienced in months. Moving through the hallways of On With Life's Post-Acute Inpatient Rehabilitation program she saw smiling faces, heard laughter and witnessed up close a bright and cheerful environment that convinced her that this was the place her daughter, Genevieve, needed to be.

Genevieve, who was 22 years old at the time, was in need of intensive rehabilitation after spending months in the hospital – and nearly dying – after falling ill from bacterial meningitis. Always an independent soul according to her mother, Genevieve left Iowa in pursuit of a faster pace of life when she graduated from high school. She was loving life in New Jersey when she came down with the potentially fatal condition. Jeanie remembers vividly taking a call from the hospital asking for permission to perform some advanced testing on her daughter.

“They wanted to do a spinal tap and I was confused why they were calling me to ask, because Genevieve was an adult,” Jeanie recalls. “They explained that she was very ill and if they didn’t do the test, she might die.”

Jeanie knew she needed to get to New Jersey immediately. With the help of her church – where Jeanie’s husband and Genevieve’s father, Kevin, was a pastor – the Thomases hopped on a flight the next morning to be by their daughter’s side.

“I have no doubt that God gave my daughter her life back through the work of some very skilled professionals.”

For weeks in the New Jersey hospital, the Thomases played a waiting game. A series of risky, but necessary, interventions slowly improved Genevieve’s odds of surviving.

“It was a full five weeks before they were confident she was going to survive,” Jeanie says. “That said, they didn’t know how long the recovery was going to be. They knew that it was going to be months and years, instead of days and weeks and they were upfront in telling us that. That helped us to properly prepare for what we had ahead of us.”

The first milestone in Genevieve’s recovery was simply leaving New Jersey. After seven weeks on a unit for persons with neurological emergencies, she was flown to Mercy Medical Center in Des Moines before being transferred to the Post-Acute Inpatient Neuro Rehabilitation program at On With Life.

“Initially, we didn’t know what we were going to do,” Jeanie remembers. “We were fortunate that Genevieve fought hard enough to improve to the point that On With Life, which is almost literally in our backyard, was an option.”

Jeanie says Genevieve entered On With Life on a stretcher and they knew little about what

to expect during the time she would be there. They were confident, however, that she was in the “right” place.

The Thomases entered On With Life as it was in the midst of its largest facility expansion ever. The project expanded the inpatient area, added treatment areas that Genevieve would benefit from including a new therapy pool and permanent outpatient facility.

Despite the construction, what the Thomases found on that initial tour – the bright and cheerful environment – was reinforced as Genevieve entered therapy. Jeanie says it wasn’t all fun and games for her daughter, or for she and her husband. But it was exactly what they needed.

“The communication, as much as anything, was important,” Jeanie says. “We felt comfortable letting the staff know that Genevieve didn’t need a cheerleader, she needed more of a drill sergeant. They took that to heart and were encouraging while always pushing her to do more.”

It wasn’t long before Genevieve was reaching milestones in her recovery. From responding to verbal cues and sitting up on her own to eventually moving herself around in a wheelchair.

“They weren’t afraid to give her difficult stuff to do,” Jeanie says. “They knew what she needed to get better and they pushed her to get there.”

“As we do with all of our persons served, we really personalized Genevieve’s therapy to her interests, which included music, shopping, painting and cooking,” said Kelsee Hove, occupational therapist at On With Life. “Involving her in the process made her more excited about therapy.”

Today, Genevieve is living at home with Jeanie and Kevin while receiving continued therapy in the On With Life Outpatient program. Jeanie says Genevieve recently completed physical therapy and will soon finish occupational and speech therapy. Looking back over the last year and a half, a few things stand out for Jeanie.

“God is the one who preserved my daughter’s life, Genevieve tells me she feels that in her heart,” Jeanie says. “And at On With Life, we were shown by her providers – therapists, nurses, counselors and physicians – that they loved her and they were committed to her care. It was meaningful to see so many of them at her graduation to tell her that she was an inspiration to them.

“The staff at On With Life is committed to bringing dignity back to life for persons living with brain injuries,” she continues. “I have no doubt that God gave my daughter her life back through the work of some very skilled professionals.”

APR
2014



Genevieve in a New Jersey hospital

AUG
2014



Genevieve at On With Life

OCT
2014



Genevieve meets On With Life's new therapy dog, Lolo



Genevieve as Cinderella celebrates Halloween at On With Life

DEC
2014



Working on balance in a music therapy session



people making a

DIFFERENCE

Waukee APEX Students



Waukee APEX students
Meri Brick, Meaghan
Greteman, Amy Patel,
Rachel Shapiro and
Shaye Witte

A group of local high school students are making a big difference at On With Life while earning high school and college credits. Their program, called Aspiring Professional Experience (APEX) at Waukee High School, is an innovative approach to education designed to give high school students hands-on, real world experience by working with local businesses on projects and experiences.

“On With Life provides a unique experience in the sense that they provide direction, but allow us to get creative with the projects,” said Meaghan Greteman, senior APEX student. “The experience at On With Life is extremely rewarding because our work will directly help persons served.”

The Ankeny campus projects included archiving historical documents, researching ideas for functional signage and artwork and developing plans for an amphitheater

and rain garden to be built on the new therapeutic sensory grounds.

“The staff makes you feel like you aren’t just doing a project, you’re making a difference and you’re part of their family,” said Meri Brick, junior APEX student. “It doesn’t feel like a workplace, it feels like a home, a family.”

According to Holly Showalter, APEX instructor, working on an authentic project for a business is more beneficial to the students’ understanding of a particular career field than a lecture based or book based education tool. The organizational and professional skills learned will also place the students ahead of their peers in terms of finding an internship or gaining full-time employment.

“I’ve grown so much in my mind and heart because I have been given such a great opportunity at On With Life,” said Shaye Witte, senior APEX student. “I believe this experience will forever change our lives.”

Thomas Carlstrom, MD

Over 30 years ago, Dr. Tom Carlstrom, a recently retired Des Moines neurosurgeon, answered a call from eight families whose loved ones had experienced a brain injury to discuss a vision for a post-acute rehab program. Dr. Carlstrom played an integral role in the founding of On With Life. He served on both its operational and foundation boards for more than 25 years and retired in 2015.

What was your interest in helping create On With Life?

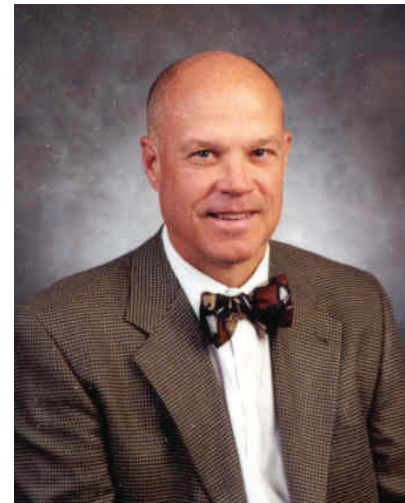
I wanted to provide a post-hospital venue for the continued rehabilitation of individuals with brain injury, as they are a very distinct group and had limited options in the 1980s. On With Life has bridged the gap between hospital and home and has made brain injury less frightening and disabling than it used to be. I have seen many patients make amazing progress at On With Life with patience, hard work and the expertise of the On With Life team.

What makes On With Life so unique and special?

The organization is unique in that the entire On With Life team is extremely dedicated to the individuals they serve. Long-term prognosis is often difficult to predict and progress is sometimes slow to see, but the staff takes these individuals and makes them whole again. On With Life does it best.

What drew you to support the On With Life mission all of these years?

I've been on several non-profit boards, but this is the best. Serving on the On With Life board has provided me with some of the proudest moments in my career. On With Life has done a great job of creating an extremely effective program, and I love to share that I've been involved in the process.



The On With Life boards and staff thank Dr. Carlstrom for his exemplary leadership and support and wish him well in his retirement.

Prairie Meadows

Since 1996, Prairie Meadows has played an important role in philanthropy in Central Iowa, donating more than \$530 million to non-profit organizations, including the lead gift to On With Life's *Life Forward* campaign for a permanent outpatient facility.

"There aren't any other organizations that specialize only in brain injuries in our community, so we want On With Life to have the best technology and resources available," said Gary Palmer, CEO of Prairie Meadows. "On With Life has a lot of support to achieve its goals now and in the future."

Prairie Meadows, who gives back 100% of its net profits to non-profits and charities,

knows the importance of community involvement and encourages their employees to become involved in a non-profit and support their communities.

"Community is always on our hearts and minds; it is only as good as we make it," said Palmer. "We want to continue supporting worthwhile organizations like On With Life that make a difference in our communities."



Gary Palmer discusses Prairie Meadows' commitment to On With Life at the expansion project groundbreaking ceremony in July 2014.

GET TO KNOW

Amy deBuhr,
DPT, CBIS, CCI
Physical Therapist



The deBuhr family

Experience:

10 years as an Iowa-licensed physical therapist in the skilled and neurological rehab fields.

Doctorate Degree:

St. Ambrose University, Physical Therapy, 2005

Undergraduate Degree:

Wartburg College, B.A., Biology, 2004

Family:

Married to Brian; two sons Benjamin (5) and Charlie (22 months)

Interesting Facts:

- Loves digital scrapbooking and crafting.
- Played collegiate golf at Wartburg College for three years.
- Her mom was a physical therapist for over 43 years prior to retiring in 2013. Amy's early years were spent in a rehab gym where she fell in love with therapy.

Q+A



Amy deBuhr, DPT, CBIS, CCI

Amy deBuhr, physical therapist at On With Life, discusses the vestibular system and how it can be affected by a brain injury.

Q: What is the vestibular system and how does it affect balance?

A: Your vestibular system, also known as your "inner ear," includes three semicircular canals (detects when you move at an angle) and two small organs called otoliths (detects when you move forward/backward and side-to-side). The information your brain receives as fluid moves within these organs lets you know your position in space. The information you receive from your inner ear is combined in your brain with additional information from your visual system (what you see) and your proprioceptive system (the sensations you receive from your joints and muscles as you move). It is the combination of information from these three systems that gives you your sense of "balance!"

Q: Can the vestibular system be affected after brain injury?

A: Yes! When your brain has incomplete or inaccurate information from any of these systems you will experience balance changes and may be more likely to fall. In the case of a high-velocity traumatic brain injury, damage can occur to the fragile hairs in the inner ear that detect fluid movement. In non-traumatic injuries such as stroke, the vestibular system can be damaged if the structures in the brain that interpret the information from the inner ear are injured. If the information your brain receives from your vestibular system is not accurate, your brain will try to compensate using the information it receives from the other two systems (vision and proprioception).

Q: How can problems with my vestibular system be treated?

A: During rehabilitation, we look at the balance system as a whole, how vestibular, visual and proprioceptive systems working together. We combine treatments to address vestibular dysfunction with targeted treatment for the other two components of balance. To address the visual system, we work together with optometrists who specialize in vision rehabilitation to target the exercises and/or adaptive devices needed to specifically address each person served's visual challenges. The proprioceptive system is rehabilitated through strengthening and feedback-based therapies along a progression from stationary balance activities, progressing to movement-based balance activities and finally advancing to high-level coordination.

Having the right equipment is also an important component of any balance assessment and rehabilitation program. At On With Life, we are fortunate to have devices such as vestibular assessment goggles, the Biodex balance system, Dynavision, overhead gait system and aquatic therapy pool to help persons served achieve the safest balance possible.

If you are experiencing vestibular issues, please call our Outpatient Neuro Rehabilitation program at 515-289-9696.

On With Life Program in Glenwood Celebrates 20th Anniversary

Each of On With Life's programs were created because of an unmet need in the community, and the Long-Term Skilled Care program for youth and younger adults, located on the Glenwood Resource Center campus in Glenwood, Iowa, is no exception. When On With Life's Post-Acute Inpatient Neuro Rehabilitation began treating individuals with a disorder of consciousness in the mid-1990s, there was no age-appropriate option for those leaving the inpatient rehab program and still in need of skilled care. The only options were geriatric nursing facilities.

"We wanted to create a place where adolescents and young adults could be with their peers, a place where they could achieve a really great quality of life surrounded by things important to them," said Julie Fidler Dixon, executive director.

On With Life's Long-Term Skilled Care program is also unique when compared to other long-term programs because of its specialization in brain injury rehabilitation. The medical, therapeutic, psychosocial, recreational and spiritual needs of each person served are its only focus.

"The specialty services that On With Life provides really make a huge difference for the persons served," said Dr. William Campbell, who serves on the On With Life, Ltd. Board of Directors and volunteers as one of On With Life's ombudsmen, who advocate for the persons served. "We stand toe to toe with some of the best rehab facilities in the country, and that is remarkable."

"The staff are enthused about the positive impact they are making on the persons served and their families each day," said Campbell. "We are blessed to have tremendously skilled direct care staff, and they are the key to our success."



Rachel Clasemann, person served, and her dad, Bob Stolter, work with Diane Bemis, occupational therapist, during a therapy session.

On With Life Named Top 150 Workplace

On With Life is proud to announce its recognition as a Des Moines Register Top Workplace of 2015. This marks the fourth year in a row that On With Life was named a Top Workplace. Executive Director Julie Fidler Dixon notes that the most important part of the recognition is that the ranking is based upon staff input.

"This honor stems from our staff's commitment to On With Life's mission and their recognition of the importance their work plays in the lives of our persons served and their families," said Dixon. "We all feel fortunate to work for such a life-changing organization."





In fiscal year 2015 (July 1, 2014 – June 30, 2015), On With Life’s continuum served more than 410 individuals. The following is a snapshot from On With Life’s Continuing Quality Improvement process. Visit onwithlife.org/outcomes to see a complete overview of outcomes achieved.

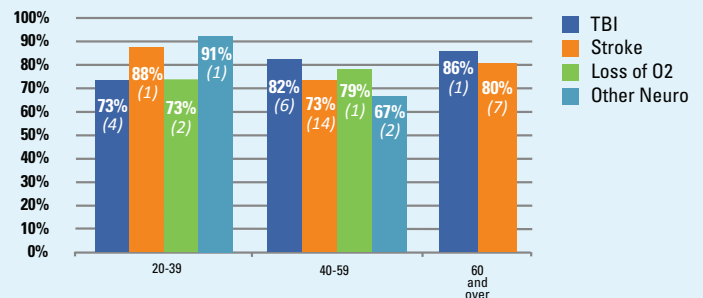
POST-ACUTE INPATIENT REHABILITATION

In FY15, On With Life’s Post-Acute Inpatient Rehabilitation program discharged 59 individuals from across Iowa and surrounding states. The average age of persons served was 47 (youngest was 18 and the oldest was 67) and the average length of stay was 137 days. Of the 59 individuals served, 45 individuals were served within the traditional Brain Injury Rehabilitation program and 14 within the specialty Disorder of Consciousness (DOC) program. The DOC program addresses the unique needs of survivors of severe brain injury who present with low levels of consciousness.

- Type of Injury:**
TBI - 22 | Stroke - 28 | Loss of Oxygen - 4 | Other Neuro - 5
- Therapy Delivered:** An average of 4.3 hours of therapy are provided per day, five or more days per week, including physical therapy, occupational therapy, speech therapy, therapeutic recreation, music therapy and neuropsychological services.
- Medical Acuity:** (the severity of an illness/injury) of the individuals served at On With Life is more than 50% higher than other skilled facilities in the state:
On With Life - 1.51 | State average - .95
- Person Served and Family Satisfaction** rate is an overall score that combines questions related to the rehabilitation experience, clinical support, therapy provided and goals met: 94%.
- Nursing Hours Provided Per Person Per Day** at On With Life far exceeds the state average:
On With Life - 8.3 hours | State average - 3.5 hours

LONG-TERM GOALS MET BY AGE AND INJURY

(n)=52*



*Seven persons served experienced unexpectedly short lengths of stay; therefore their long-term goals were unable to be accurately tabulated.

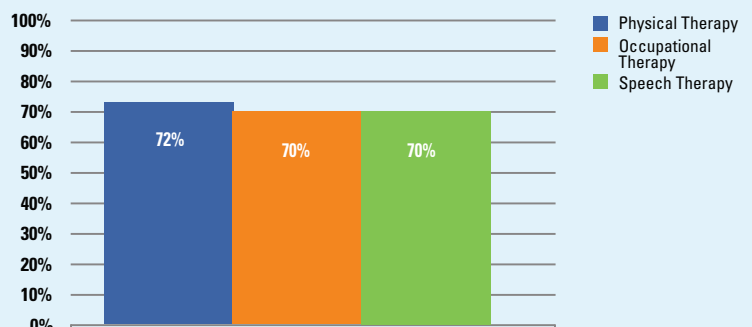
OUTPATIENT NEURO REHABILITATION

In FY15, On With Life’s Outpatient Neuro Rehabilitation program served 209 individuals who experienced a brain injury such as a TBI, stroke, brain tumor or a neurological condition such as Parkinson’s disease.

- Type of Injury:**
TBI - 48 | Stroke - 50 | Loss of Oxygen - 3
Parkinson’s disease - 52 | Other Neuro - 56
- Therapy Disciplines Provided:** The majority of persons served (68%) receive more than one type of therapy while the remaining individuals receive just physical therapy (10%), occupational therapy (6%) or speech therapy (16%).
- Person Served and Family Satisfaction:** 97%

LONG-TERM GOALS MET BY DISCIPLINE

(n)= 209



LONG-TERM SKILLED CARE FOR YOUTH AND YOUNGER ADULTS

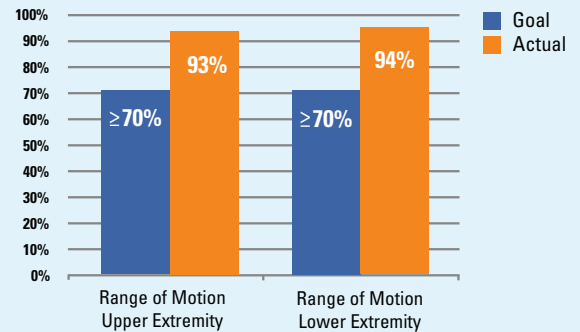
In FY15, On With Life's Long-Term Skilled Care for Youth and Younger Adults served 32 individuals (26 males and 6 females). The average age of persons served was 40 (youngest was 20 and the oldest was 65), and the average years post-injury was 14 years.

- Type of Injury:**
TBI - 22 | Loss of Oxygen - 6 | Other Neuro - 3 | Stroke - 1
- Medical Acuity** (the severity of an illness/injury) of the individuals served at On With Life is more than 50% higher than other skilled facilities in the state:
On With Life - 1.58 | State average - .95
- Nursing Hours Provided Per Person Per Day** at On With Life far exceeds the state and national averages:
On With Life - 5.42 hours | State average - 3.5 hours
- Person Served and Family Satisfaction rate** is an overall score that combines questions related to experience, clinical support, therapy provided and goals met: 99%.

RANGE OF MOTION

(n) = 32

Percentage of persons served who maintained or improved their range of motion (ROM). ROM is the measurement of the amount of movement around a specific joint or body part and is measured four times per year.

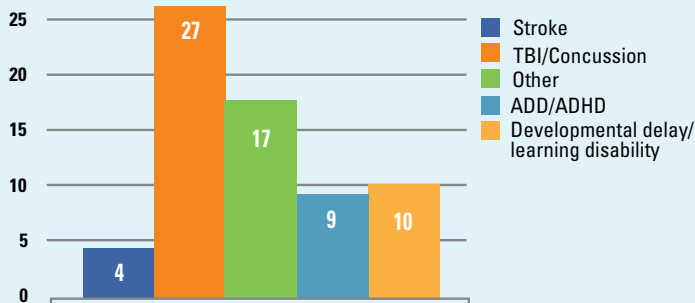


NEUROPSYCHOLOGY SERVICES

Through the process of neuropsychological evaluation, Dr. David Demarest, neuropsychologist at On With Life, studies brain-behavior interactions, the health of the individual's brain and the problems that may arise due to an injury. In FY15, Dr. Demarest evaluated 67 individuals, ranging in age from 2 to 67 years old.

NEUROPSYCH EVALUTATIONS BY TYPE OF DIAGNOSIS

(n) = 67

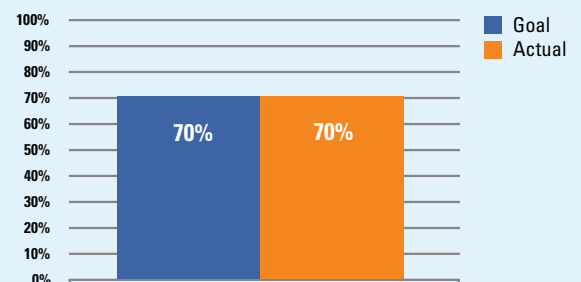


SUPPORTED COMMUNITY LIVING SERVICES

In FY15, On With Life's Supported Community Living program served 43 individuals from five counties in Central Iowa. This program provides specialized support to allow persons who have experienced a brain injury to maintain and improve their independence. A total of 17,494 supported community living hours were provided in FY15.

PERCENTAGE OF GOALS MET

(n) = 43



Visit onwithlife.org/outcomes to see a complete listing of On With Life's FY15 outcomes.



FROM THE BOTTOM OF OUR HEARTS, WE THANK YOU.

As the On With Life Foundation Board President, I am pleased to share with you the 2015 Foundation Donor Report. As you'll read in the next few pages, the focus of the On With Life Foundation in 2015 was the capital campaign project, *Life Forward*. And while the expansion and renovation of the Ankeny facility is now complete, the focus of the campaign now turns to the outdoors and a 1.5 acre therapeutic sensory grounds project. The new grounds will enhance the therapeutic tools available to our rehabilitation team and with donor support, could rival the best outdoor therapy gardens anywhere in the United States.

Within the report, we also want to recognize the 1,600 donors and volunteers who we are honored to have as partners as we work together to support On With Life's mission. Whether it is a donation for the room remodel at our long-term skilled program in Glenwood, the gift of time to play music and bring comfort to those we serve, the purchase of a hotel stay for a family traveling to support their loved one, or a grant to purchase therapy equipment that will help persons served to walk again, each and every gift has and will transform lives. We continue to take pride in being good stewards of those gifts we are entrusted with and thank you for your support of those we are privileged to serve.

Jeff Lamberti, JD, Board President
On With Life Foundation



2015

FOUNDATION DONOR REPORT

A Reason to CELEBRATE LIFE

Helping survivors of brain injury get "On With Life" is a privilege and the On With Life Foundation made sure to take the opportunity in 2015 to thank those who work hard to help make it all possible, including persons served and their families, staff, volunteers, board members, donors and the community.

"Celebrate Life," a recognition and fundraising event, was held on September 24, 2015, to showcase not only the recent expansion project, but also the thousands of individuals On With Life has been privileged to serve. More than 200 supporters enjoyed an evening of celebration including music, food, and special guest speakers Governor Terry Branstad and Troy DeJooode. Guests were also one of the first to view the new Ankeny campus expansion, including the outpatient center, aquatic therapy pool, practice apartment and wellness education center. Not only was On With Life able to thank those that helped make it all happen, the event was able to raise more than \$50,000 toward providing life-changing specialized therapy equipment at On With Life.





Community Comes Together

in Support of On With Life

With a vision firmly focused on expanding the impact On With Life has on Iowans rehabilitating from a traumatic brain injury, the *Life Forward* Capital Campaign was launched in 2014. Upon announcement of the campaign, which aimed to raise more than \$4 million to increase access to services and enhance the healing environment, hopes were high that the community would come together in support of the incredible things happening at On With Life.

Almost immediately, support came rolling in, affirming the important role On With Life plays in the community.

One of the campaign priorities was to establish a permanent outpatient therapy center to replace a modular building that was being used on the Ankeny campus through a temporary license from the State of Iowa.

With that real and pressing need identified, the lead gift for the project came from Prairie Meadows Racetrack and Casino in the amount of \$400,000. For the leadership team at Prairie Meadows, the gift made sense.

“By providing On With Life a Legacy Grant, we are living our mission of giving back by actively supporting an enhanced quality of life for persons with a traumatic brain injury,” says Gary Palmer, president and CEO of Prairie Meadows. The Legacy Grant was used to establish an outpatient therapy gym named in the organization’s honor, while the temporary outpatient building was converted into much-needed housing for family members of those being

served. “We believe the Prairie Meadows Outpatient Therapy Gym will allow patients to achieve greater results and facilitate the care they need and deserve.”

Improving quality of life is also what led EMC Insurance Companies to make a gift of \$150,000 in support of the campaign.

“At EMC, we use our claims dollars to assist individuals in returning to their lives as quickly as possible. We utilize the services provided by On With Life to improve the lives of individuals who suffer a traumatic brain injury,” said Bruce Kelley, president and CEO of EMC. “EMC was a founding donor of On With Life because we believed in its mission then, and we supported the *Life Forward* Capital Campaign because we continue to believe in it now.”

While gifts came from Prairie Meadows and EMC Insurance, they were hardly the only corporate citizens to step up to the plate. Other significant gifts came from The Principal Financial Group Foundation (\$250,000), The Iowa Clinic (\$50,000), Pioneer Hybrid (\$50,000), The Meinders Foundation (\$25,000), Wild Rose Entertainment (\$25,000) and Casey’s General Stores, Inc. (\$25,000).

Brandy Waters, Co-Chair of the Iowa Clinic Healthcare Foundation, says it was easy to see value in supporting the campaign.

“The Iowa Clinic is a leading provider of healthcare in this region, and a large part of our mission relates to building

“On With Life is more than a success story. It is an **outstanding organization** and one that we are proud to be associated with.”



healthy communities. Because of this, the campaign resonated with us,” Waters says. “We are acutely aware of the rehabilitation needs of the persons served at On With Life as a number of our specialists are directly involved in their care.

“It truly was an easy decision for us,” she continues. “We believe in the amazing work they do and the critical need they fill for persons with traumatic brain injury. Supporting a vital service like this aligns perfectly with our corporate values.”

These generous corporate citizens were joined by individual donors driven to ensure the vital services provided by On With Life were enhanced. Significant gifts (\$50,000 or more) came from Charlene and Don Lamberti, Penny and Carl Moyer, Jeff Lamberti and the Howard Family.

Don and Charlene Lamberti, who were literally the first donors when On With Life was established almost three decades ago, again answered the call when asked to support the Life Forward Capital Campaign.

“It’s no accident that On With Life is doing so well,” Don says. In 1991, the Lambertis personally guaranteed a down payment of \$600,000 in order to secure a \$4.2 million bond from the City of Ankeny designed to establish On With Life. “They’ve helped thousands of individuals living with brain injury and their families. It is exactly what we pictured it would be.”

Carl Moyer, who with wife, Penny, made a major gift to the campaign, says he is impressed with the role On With Life plays in the community.

“We’ve been supporters of On With Life since the beginning,” he says. “On With Life is more than a success story. It is an outstanding organization and one that we are proud to be associated with.”

The new outpatient facility and remodeled inpatient areas opened in the fall of 2015, providing On With Life with the ability to help hundreds of additional persons served each year.

A Place to Grow

While much of the emphasis of the *Life Forward* campaign has been on indoor spaces, On With Life’s focus now turns to innovative outdoor spaces that promise to garner plenty of attention. In partnership with Iowa State University’s Advanced Garden Composition students and a group of master gardeners and volunteers, On With Life has developed a vision for the transformation of 1.5 acres of its campus to include multiple outdoor therapy areas including a music zen garden, putting green, amphitheater, basketball court, butterfly garden and an all-inclusive playground.

“Working within this type of outdoor setting helps rehabilitation feel less like therapy,” said Dave Anders, director of therapy at On With Life. “It simulates real life situations using functional therapy, which is our ultimate goal.”

A lead gift of \$50,000 was provided by Pioneer Hybrid for the new outdoor therapeutic spaces, and additional funds will help make the outdoor space a reality.

If you would like to contribute to the Life Forward campaign in support of the enhanced outdoor spaces, please call (515) 289-9611, email foundation@onwithlife.org or donate online at <http://www.onwithlife.org>.

OUR DONORS



Brain Injury Rehabilitation Specialists™

The On With Life Foundation salutes the many individuals, corporations and foundations, those named below and those who've asked to remain anonymous, who supported On With Life's work through charitable donations and grants received between October 1, 2014 and September 30, 2015.

It is the Foundation's goal to be 100% accurate in the spelling and inclusion of all contributors, based on documentation received with each gift. If you have any questions or concerns about a listing, please contact the Foundation office at **1-800-728-0645, ext. 111** or by email at **foundation@onwithlife.org**.

Ways to Give – Gifts to the On With Life Foundation can be made in person, online or through the mail and can include:

- Gifts made to the area of greatest need
- Gifts designated to specific funds (for example the Compassion Fund for persons served/families or the *Life Forward* capital campaign)
- Gifts in memory or in honor of friends or loved ones
- In-kind gifts benefitting our persons served/families or programs
- Employer-matched gifts
- Gift of stock or bequests in your will/estate plan
- Designating your United Way gifts to On With Life
- Sponsorship of our annual special event
- Volunteering time

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 Corliss McDonald
 Derek Mehrl
 Linda Miller
 Heather Murphy
 Laura Myers
 Jerry Nail
 Tyler Osmundson
 OLIH Youth
 Becky Parrish
 Lynzy Peters
 Prairie Ridge Church
 Karen Podhajsky
 Bria Rasmussen
 Sue Reeves
 Andrea Rothrock
 Brandi Rowell
 Jan Schwarting
 Marsha Steenhoek
 Katie Stephany
 Del Stevens
 Paula Sunday
 Brad Syverson
 Emily Syverson
 Lindsay Thompson
 Tori Tramp
 Hannah Walljasper
 Darrel Webb
 Mackenzie West
 Bethany Wildt
 Walt Witchie
 Amanda Wittmaack
 Jackie Yount
 Maggie Zimmerman



Sue Reeves volunteers at the Celebrate Life event.



715 SW Ankeny Road | Ankeny, Iowa 50023

Joining hands, hearts, and minds to help persons living with brain injury get **On With Life**.

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Helmets = Life

Did you know helmet use has been estimated to reduce the odds of head injury by 50 percent, and the odds of head, face or neck injury by 33 percent? While 22 states have helmet use laws applying to minor bicyclists and 47 states have helmet use laws for motorcyclists, Iowa has neither law. Join us in the helmet discussion because we know helmets save lives. Help us show wearing helmets is the cool thing to do!



Here's how you can help:

- Contact your legislator with information and facts on why helmet usage laws are the right thing for Iowa.
- Wear your helmet correctly - when worn properly, bike helmets can reduce the risk of brain injury by 88 percent.
- Be sure you and your children wear helmets when:
 - o riding bikes or motorcycles
 - o playing contact sports
 - o roller skating, roller blading or riding a skateboard
 - o riding a horse; or
 - o skiing or snowboarding.
- Visit the Brain Injury Alliance of Iowa's website (biaia.org) to learn more about their advocacy for helmet usage in Iowa.

Be cool and protect your brain – always wear your helmet. Watch for more information on our “Wear Your Helmet to Work” campaign coming this spring.