



ON WITH LIFE

BRAIN INJURY + STROKE + NEURO

headway

SUMMER 2020



Heroic *grace*

WHAT IT MEANS
TO OVERCOME

ROLES OF A
NEUROPSYCHOLOGIST

P. 5

TELEHEALTH
SPOTLIGHT

P. 13

ON WITH LIFE
FOUNDATION

P. 16

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ABOUT THE COVER:

Willie Williams, person served, and Magen Rainey, recreation therapist, shoot hoops in On With Life's therapy grounds.

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Letter from the CEO

FACING NEW CHALLENGES

Since the beginning of On With Life, families have been an integral part of our organization. We have long held the belief that family involvement is one of the key ingredients to our success. We encourage families to be a part of rehabilitation, to encourage their loved ones and to be a part of our family. They are an incredibly important part of our team as we care for their loved one, and nothing has highlighted this more than our elimination of visiting due to COVID-19 restrictions.

With the COVID-19 pandemic, our team has faced new challenges. Our team has not waived during this time of unrest, but instead rose to the call and embraced the opportunity to be extraordinary. While these extraordinary gestures, like extra rehab sessions, FaceTime calls with families and creative therapy sessions, did not replace the joy that family brings to our facility, we took this opportunity to find new ways to succeed. Through this edition you'll read stories from our journey with COVID-19 – stories of hope, of gratitude, of joy, of perseverance.

As we have embraced the challenge of providing rehabilitation through a pandemic, we have been overwhelmed by the compassion and generosity of our community. Kindness has come through window paintings, sewing personal protective equipment, meals for our staff, donations and so much more. We recognize that this isn't over yet, but with the amazing support we've seen, and the resilience of our persons served and staff, we know we can walk confidently into the future, whatever that may hold.

Thank you for being a part of our organization and our family. Your physical presence within our facilities is missed, but now more than ever, you are so important to us.

Sincerely,

Jean Shelton, CEO

Summer 2020

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The persons served who reside in our Residential Neuro Rehabilitation home, located in Des Moines, IA, engage in daily therapy that mirrors the lives they led prior to their brain injuries. Nicholas Carver, who once enjoyed participating in taekwondo, practices boxing moves in the back yard with Residential Specialist, Sheku Kawa, to regain strength and coordination.



ON WITH LIFE CEO TO CHAIR NEW NATIONAL BRAIN INJURY OUTCOME ALLIANCE

On With Life has partnered with a select group of leading brain injury rehabilitation organizations from across the United States for a unique, one-of-a-kind alliance to improve patient outcomes in the rehabilitation field. On With Life joins five other organizations – Learning Services, Pate Rehabilitation, Progressive Rehabilitation, ReMed and Shepherd Center – to create the Foundation to Advance Brain Rehabilitation (FABR), which will be

chaired by On With Life CEO Jean Shelton. The partnership allows the six organizations to aggregate outcome data to launch the only known national collaborative database in the United States that captures the impact of brain injury rehabilitation following the acute care setting.

For more information on this new partnership, visit [ONWITHLIFE.ORG/FABR](https://onwithlife.org/fabr).



SUPPORT GROUPS

On With Life offers virtual support groups so those who have experienced a brain injury, stroke, or neurological condition can stay connected, even when they are unable to leave their home. Our stroke, Parkinson's, and LSVT BIG support groups meet once a month, each month focusing on a different topic and offer various educational topics, sharing opportunities and support.

To learn more about the support groups On With Life offers, visit [ONWITHLIFE.ORG/SUPPORT-GROUPS](https://onwithlife.org/support-groups).



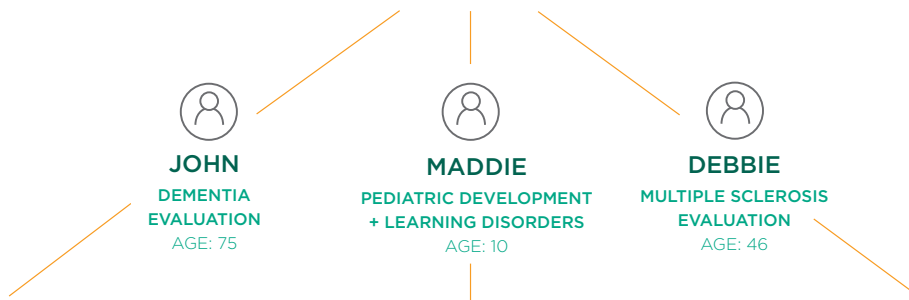
CONCUSSION PROGRAM

At On With Life's Complex Concussion Clinic, we see individuals at all levels of recovery – from those suffering from an initial acute concussion to those who are experiencing symptoms past the typical recovery period of two to four weeks. Our transdisciplinary team of clinicians assesses each individual's symptoms and needs, and tailors a unique treatment plan that maximizes function and improved outcomes.

For more information about our concussion program visit [ONWITHLIFE.ORG/CONCUSSION](https://onwithlife.org/concussion).

What is the role of a neuropsychologist, exactly?

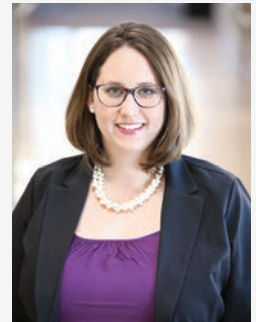
On With Life’s neuropsychologists, David Demarest, PhD, CBIST, and Allison Logemann, PsyD, CBIS, specialize in understanding the brain and how changes to it can affect an individual’s memory, behavior, emotions, concentration, and overall ability to process information. Below are three examples of how and when a neuropsychological evaluation can be helpful.



John was referred by his physician due to concerns about memory, attention, social changes and decision-making and to determine if these changes were related to dementia, depression, or normal age-related changes. Through the evaluation it was determined that John showed some difficulty in making and remembering new memories and rapid changes in mood. John did not meet criteria for dementia but was diagnosed with mild cognitive impairment. With this information, John and his family were able to help him get appropriate medical care and change his lifestyle pattern and behaviors to accommodate for these cognitive changes. In addition, this evaluation served as a baseline for future testing.

“Maddie,” was referred by her pediatrician with questions of attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder (ASD), and learning disorder after observations by parents, teachers, counselors, and physicians showed emotional and learning challenges. The evaluation included a review of medical and education records, including her existing Individualized Education Program (IEP), and an interview with her parents. After testing and a review of all records/interviews, the neuropsychologist determined Maddie to have a diagnosable ADHD, without autism, and elements of a learning disorder (specifically dyslexia). The family was referred for ADHD treatment and received recommendations to support Maddie’s ongoing schooling, including suggested updates to her IEP.

“Debbie,” was referred by her neurologist after she was diagnosed with multiple sclerosis (MS). Cognitive changes can occur as part of the MS disease process and an evaluation helps to determine a cognitive baseline. Debbie had noticed more cognitive changes (disorganization, word-finding, difficulty planning and prioritizing) when stressed or fatigued. Testing showed that Debbie had only mild weaknesses in visuospatial processing (ability to perceive and analyze patterns and images), attention, and processing speed, which is consistent with her diagnosis and consistent with the degree of the lesion burden noted on brain imaging. The neuropsychologist was also able to provide recommendations regarding lifestyle and the effectiveness of Debbie’s current medication regimen.



Drs. Demarest and Logemann are able to provide evaluations for individuals of all ages and for a wide variety of conditions including traumatic or acquired brain injury (such as a stroke), spinal cord injury, Alzheimer’s and other dementias, neuromuscular or neurological conditions (such as Cerebral Palsy, Parkinson’s Disease and Multiple Sclerosis), and neurodevelopmental disorders (such as ADHD, autism and learning disorders).

For more information about how a neuropsych evaluation could be helpful to you, please visit [ONWITHLIFE.ORG/NEUROPSYCH](https://onwithlife.org/neuropsych) or call 515-289-9696 to make a referral.



Determined Sports Fan

POST-ACUTE INPATIENT REHABILITATION

Admit: October 2017

Discharge: December 2017

BRIAN

Brian Gravelly was in a medically induced coma after a motor vehicle accident in September of 2017. After an extended stay and undergoing major surgery at a Des Moines Hospital, Brian was admitted to On With Life. His wife, Amanda, had prior experience with On With Life in her role at Bulldog Ceramics, a local ceramic and art studio, and says On With Life changed their life. “The experience was amazing.”

She said the On With Life staff tailored Brian’s therapy to his likes from the beginning. Without the ability to speak, write or walk, his therapies incorporated his favorite football teams into speech and physical therapies. Brian was even able to write ‘Happy 8th Anniversary’ to Amanda on their wedding anniversary.

When Brian and Amanda decided to move back to their home state of Virginia to be closer to family, the On With Life team reconfigured

their plan and adapted, now focusing Brian’s therapies on the Gravelly family’s move.

“At the end, they tailored everything around his needs for coming home,” Amanda said. She said they showed her how to care for her husband. “They were hands-on and made sure to include me and teach me what to do.”

Before the Gravelly family left to reunite with loved ones back home, On With Life made Brian a custom wheelchair to use on the 16-hour car ride to Virginia. “It meant the world to us, and we still have it to this day,” Amanda said. He’s grateful he continues to make progress, working on mowing and gardening.

Since leaving On With Life, some of Brian’s greatest accomplishments are walking without any aid, having conversations and cooking meals. Brian said, “Thank God I’m still alive and getting better. On With Life did a good job.” +



To learn more about
On With Life’s TBI
program, visit

ONWITHLIFE.ORG/TBI.

DAN



To learn more about our long-term care program, in Glenwood, Iowa, visit ONWITHLIFE.ORG/LONGTERM.

The Life of the Party

LONG-TERM PROGRAM

Admit: July 2007

Dan is an avid fan of motorcycles. He loved to ride out to Colorado on his bike and attend the Sturgis Motorcycle Rally whenever possible. But nearly 13 years ago, he sustained a traumatic brain injury due to a motorcycle accident.

That has not stopped his love of Harley Davidson motorcycles, which he shares with his two sons, and countless friends he has made in the On With Life and Glenwood communities. “Dan has developed so many friendships at On With life because of Harleys,” said Taylor Klimiuk, social services coordinator at On With Life’s Long-Term program.

While at On With Life, Dan likes to spend time in the OWL’s Nest, a unique, one-of-a-kind sensory stimulation garden for persons served and their families. He also enjoys spending

time with Glenwood’s therapy dog, Boo. “He loves Boo,” Taylor said. “He calls her Ginger because she reminds him of a dog he used to have named Ginger.”

When he is not out in the garden or playing with Boo, he is usually watching *Gilligan’s Island* or making jokes with anyone around. If he’s not found doing any of those, he can be found at the Harley Davidson shop.

“He loves trucks and cars. And he loves to talk bikes with the guys at the Harley shop,” Taylor said. “He can tell you anything you want to know about bikes.”

Dan cannot wait to get back to the Harley shop to socialize and be with his friends once the COVID-19 outbreak is over.

“Dan has always been the life of the party!” Taylor said. +



Relentlessly Committed

OUTPATIENT NEURO REHABILITATION

Admit: January 2016

Discharge: January 2016

Mary Peterson had a run of good luck when her physical therapist in Ames recommended On With Life’s Lee Silverman Voice Treatment (LSVT) program for those with Parkinson’s Disease.

“On With Life had a specific Parkinson’s program, and I liked that,” said Mary. She said the exercises were hard to do when she came to On With Life in January of 2016, but “I became a believer and have been doing the exercises daily ever since.”

After Mary completed the 4-week intensive LSVT program, she has continued to participate in On With

Life’s Parkinson’s wellness programs like boxing, aquatics, cognitive fitness and support group. She said, “The presentations have been outstanding. These wellness programs have taught me so much and allowed me to stay connected to my therapists and friends I’ve made at On With Life.”

One of Mary’s accomplishments through her commitment to her exercises is her ability to keep walking. In September of 2018, On With Life hosted the first ever Parkinson’s Association Optimism Walk in Iowa.

“Walking with a group made me anxious,” Mary said. “But the next year it was easier to do and now I can go 5,000 steps a day. That’s a huge accomplishment for me.

“The entire team at On With Life is there for you, and they provide the support you need,” said Mary. “And I appreciate that so much.” +

MARY



To learn more about On With Life’s Outpatient programs for Parkinson’s ONWITHLIFE.ORG/PARKINSONS.

People Making a Difference



TRACY BOLLIN

When Tracy Bollin was asked to join the On With Life Board of Directors, he was just beginning to learn more about the organization. But after serving six years on the board, he discovered a passion for the work done at On With Life and is excited about the possibilities of growth in the years to come.

WHAT MADE YOU INTERESTED IN JOINING THE ON WITH LIFE BOARD?

I was interested in joining a non-profit board that was focused on helping people, but I was not necessarily set on a specific mission. However, once I learned about On With Life's purpose and had the chance to visit with several members of their team, I was excited about the opportunity to give back to this unique organization.

HOW DOES YOUR DAY JOB INFLUENCE YOUR ROLE ON THE ON WITH LIFE BOARD?

I have always worked in the financial industry. I knew when I joined the On With Life board that I had a lot to learn about the organization, but my experience with

finance helped me see how current trends impact future decisions. I always value the input from various perspectives and try to bring my financial experience into discussions.

WHAT ARE YOUR GOALS FOR ON WITH LIFE IN THE NEXT FEW YEARS?

Over the last few years, we have experienced some unexpected and challenging situations. During times like these, organizations typically re-evaluate their business model and identify areas to improve or grow. Going forward, I feel strongly that

On With Life is well prepared to continue growing while still providing the quality services they are known for. I would like to see that growth help support an increase in the number of persons served while also exploring new ways or populations to serve.

WHAT MAKES ON WITH LIFE UNIQUE?

It has become clear to me that the focus and dedication of the On With Life team is very special. I walk away from every board meeting energized by the dedication of everyone who is driven to help our persons served. +

On With Life is well prepared to continue growing and providing the quality services they're known for.

“We have the privilege of showing the general public the amazing work done by caregivers at On With Life.”

When Amanda Thompson first heard of On With Life during her time with Ankeny Young Professionals, she was intrigued and wanted to learn more. Thirteen years later, Amanda has become passionate about On With Life’s mission and supports the organization through her own business.



AMANDA THOMPSON

the amazing work done by the caregivers and staff day-in and day-out,” said Amanda. “The stories of those who overcome the adversities and challenges after a brain injury are so inspiring.”

Amanda strongly believes in On With Life’s mission which is why the On With Life Foundation is at the top of her list of organizations she financially supports through her business. She particularly loves music therapy and plans to continue support to enhance that program.

“We all need to do our part in supporting this organization for continued growth into the future,” said Amanda. “I am honored to have worked with On With Life for seven years and I don’t plan on quitting anytime soon!” +

Amanda is the owner and Creative Director of Studio A Designs, where she helps small businesses and entrepreneurs with their strategic branding through design. Studio A Designs not only sponsors the annual Celebrate Life fundraising event, Amanda also uses her talents to support On With Life. She donates her time by designing the theme each year for Celebrate Life, as well as several communication materials, such as *Headway* magazine.

“We have the privilege of showing the general public

When Rick Overton started outpatient therapy at On With Life after a stroke, he wasn’t motivated to get better. However, the environment and friendly staff almost immediately made him feel at ease. Coming into therapy was no longer a chore and he would eventually choose to keep coming to On With Life even after he discharged.



RICK OVERTON

retirement. While he jokingly responded with “You seriously want me to stay here?” he was intrigued by the idea and began coming in several days a week to help clean the outpatient clinic.

“After a week or so of volunteering I felt like I was part of the family,” said Rick. “Everyone is so terrific and understanding of my condition, but they also encourage me.”

The professionalism and friendliness Rick witnessed when he started coming to On With Life is what made him want to come back for more and something he’s proud to be a part of. Volunteering is now something he looks forward to every week so he can contribute to the atmosphere that once inspired him and inspire others, too. +

“On With Life is a wonderful place because of the outstanding team and comfortable atmosphere,” said Rick. “Plus, the outpatient side is so clean because of some awesome volunteer who cleans every week.”

And that volunteer is Rick. During one of his therapy sessions it was suggested that Rick could start volunteering at On With Life after his early

For more information on volunteering at On With Life, visit ONWITHLIFE.ORG/VOLUNTEER.



ON WITH LIFE WAS CREATED OUT OF THE CHALLENGES EXPERIENCED BY OUR FOUNDING FAMILIES AFTER THEIR LOVED ONES' LIVES WERE FOREVER CHANGED.

Because of those origins, we understand what it means to overcome.

HEROIC

grace

In April, On With Life faced a new chapter as COVID-19 cases were confirmed within our Ankeny Inpatient program. Our team moved into this new phase with the same expertise and dedication that form the foundation of our organization.

While this pandemic is the most significant challenge On With Life has experienced, our team responded with a heroic combination of competence and grace. We're sharing our story of how On With Life navigated the challenges of this highly contagious virus with the expertise of an amazing staff and community of support.

Willie



The PERSON SERVED

Rehabilitation after a stroke at the age of 28 is a challenge in itself, but doing so during a global pandemic is a whole other feat. Willie, husband and father of two, did not expect COVID-19 to be one of the biggest obstacles in his recovery.

“To keep us safe I wasn’t able to get out of my room for a couple weeks,” Willie shared. “During that time I had to do therapy in my room and that was hard.”

Before Willie’s stroke, he was working in his community school district as a behavior support specialist as well as a basketball and football coach. “He went from living an active lifestyle to barely being able to walk after his stroke,” said his wife, Paige.

“If you stay focused, you’ll be all right!”

Recreation therapist Magen Rainey said she used familiar tasks to Willie, like basketball and football, to work on strength, endurance, balance, coordination and use of his affected arm and hand to make therapy functional and fun.

“I cannot say enough about Willie’s work ethic. He is such a determined and driven individual. He would stand at the free throw line and not end the session until he made the shot,” said Magen. “It was such an honor to work with him; I had some of the best and most fun sessions of my career.”

Persons served and staff members wore PPE and socially distanced, but Willie was never alone. While visitors were not allowed inside the building, Willie had an outpouring of support from his community back home. Family and friends surprised him by standing outside his window wearing matching shirts of support and holding signs with words of love and encouragement.

His wife, Paige, is his biggest supporter of them all. “I was super hesitant to send him somewhere that I could not visit. The unknown of his recovery was the scariest part of the process but I quickly realized he was in good hands.”

Willie said his greatest accomplishment at On With Life was staying focused. “If you stay focused and keep the main goal, you’ll be all right,” he said. And staying focused is what he did. “They worked the best out of me every day. Even when I wanted to take a day off,” he said. “I love everybody at On With Life. They didn’t let the outbreak control what happened to them.”



The SUPPORTER



As the daughter of a previous person served, Libby Crimmings knows how difficult it can be to watch a loved one recover from a stroke.

“When my dad was there in 2017, I was blown away by the place, the care and the professionals,” Libby said. “I often thought about how lucky we are to have On With Life in our own backyard.”

During her father’s stay at the Ankeny campus, she began to talk to the staff about ways she could give back to On With Life, and she joined the On With Life Foundation board in 2018. And when COVID-19 made its appearance in Iowa, Libby jumped at the chance to help.

“I can’t sew that well but I put out messages to friends and on Facebook. Within hours I was connected to Masks for the Frontlines, a group of professional and amateur sewers making masks for

medical professionals,” Libby said. “I reached out asking about the possibility of sewing gowns, which are much more complicated, of course. They agreed to help and quickly assembled a team of three volunteers ready for the challenge”

Libby

For PPE gowns to be effective they have to be made a very specific way including the right type of fabric, cuffs, ties, etc. National shortages made finding the right materials even more challenging, but again, a couple posts for help on social media resulted in generations donations from all over.

After a whirlwind period of figuring out the materials, testing the pattern, calling IDPH for guidance, the volunteers cranked out and donated more than 50 washable gowns all within two weeks.

“It was heartwarming to see people volunteer for a place they had never been and for people they had never met,” she said.

Libby also painted the windows on the Ankeny campus. Libby thought, “Maybe I could just bring some joy and paint for people. I painted things that hopefully gave someone something to look at and make them smile.

“Everybody rallied as well as they could have during a stressful and scary time. On With Life handled it flawlessly to protect the health and safety of everyone,” Libby said. +

The STAFF MEMBER

Before the onset of COVID-19, a typical day at On With Life included outings in the community, family and friends visiting and all kinds of therapy happening throughout the Ankeny campus. On With Life’s Clinical Support Nurse + Minimum Data Set Coordinator Stephanie Robinson says once COVID-19 appeared in Iowa, that all changed.

“I’m really proud of the On With Life team.”

“Despite fear and anxiety over a new disease, our staff faced the challenges head on,” said Stephanie. “We had to change much of how we functioned on a

day-to-day basis without compromising what makes our organization so unique and special.”

The On With Life team moved quickly to contain, including cohorting staff and persons served, creating sections in the inpatient program to separate positive cases and implementing full personal protective equipment.

Even with all the challenges of COVID-19, the On With Life staff still made way for positivity to fill the campus. There was a parade of supporters outside the windows, phone lines for persons served to call their families and designated staff to help make calls with them.



Stephanie

“We were willing to try anything to keep the staff and persons served’s spirits up,” Stephanie said. They decorated the hallway with Hawaiian decorations, had dance parties in the halls, and cheered together as more each person served beat the virus. “I will keep that in my memory forever,” said Stephanie.

“The COVID pandemic is not over, but after being through an outbreak once, our staff is even more confident in their abilities to meet the challenge,” said Stephanie. “I’m really proud of the On With Life team.” +

OUTPATIENT

TELEHEALTH



Physical Therapist Ryan Blumer holds a telehealth session from the Ankeny campus.



Matt Reiff has had his share of therapies after he had a brain tumor removed in December 2018, followed by 31 rounds of radiation treatment, including physical, occupational and speech therapy at On With Life. When COVID-19 hit, Matt added another type of therapy to his repertoire: telehealth. And he's finding telehealth has even more options and positives than he realized.

"Matt gets to practice in his real-world environment with our two young boys and a dog running around our house during his sessions – this is our real life," said Matt's wife, Leng. "Sometimes the kids think it's a game. We would put a

kid or the iPad on Matt's walker during his session. Telehealth has allowed us to be more creative with his sessions! And I like that the therapists get to see our real world."

Outpatient physical therapist Ryan Blumer agrees. He noted he had to get more creative when he was unable to provide hands on facilitation to the person served. "I get the unique opportunity to get my eyes on them in their home. I can actually watch them do it and give tips and tricks to make therapy functional in the home," Ryan said.

Ryan believes it could be possible to have persons served use telehealth as things start to go back to normal, and even after.



"Telehealth offers us lots of different options," Matt said. Leng agreed, but not everything about telehealth was easy. "I had to set up multiple camera angles that we cast on the TV," Leng said. "We wanted to have as close an in-person experience as possible."

"It's in our name. On With Life means we want our persons served to get back to what they love to do, and we want to do everything we can to help them," Ryan said. +

For more information on On With Life's outpatient services in Ankeny, Coralville or via telehealth, please visit ONWITHLIFE.ORG/OUTPATIENT.

Get to Know

Gail McGaughy
MPT, C/NDT, CLT, CBIS



Gail's Family

TITLE:

Physical Therapist, Outpatient
Neuro Rehabilitation

EXPERIENCE:

22 years in Neuro Rehab,
Inpatient and Outpatient Rehab
with additional training in LSVT
BIG, Neuro Development and
Lymphedema. Board member of
the Iowa Chapter of American
Parkinson's Disease Association

EDUCATION:

St. Ambrose University, Master of
Physical Therapy, 1998; Southern
Illinois University Carbondale,
Bachelor of Exercise Physiology,
1994

FAMILY:

Married to Shayne for 22 years; 2
boys: Max, 19; Alek, 16; and Cyrus,
our Border Collie

THREE INTERESTING FACTS:

- + I was born in England and immigrated to the US when I was 4. I became a US citizen at the age of 28
- + I am an absolute sucker for all things potato: French fries, chips, tater tots, loaded baked potato, sweet potato
- + I knew I wanted to work in Neuro Rehab at the age of 12 when visiting an Easter Seals camp and meeting a 17-year-old TBI survivor.



Approximately 60,000 Americans are diagnosed with Parkinson's Disease each year. On With Life Physical Therapist Gail McGaughy shares the signs of Parkinson's and ways On With Life's specially developed Parkinson's program can help with the side effects common with Parkinson's disease.

Q + A

WHAT IS PARKINSON'S DISEASE?

Parkinson's Disease (PD) is a progressively degenerative disease of the central nervous system that affects movement, often including, but not limited to tremors. Nerve cell damage in the brain causes dopamine levels to drop, leading to the symptoms of Parkinson's. Parkinson's often starts with a tremor in one hand; other symptoms are slow/small movement, shuffling gait, stiffness, and loss of balance. Medications can help control the symptoms of Parkinson's, but research strongly supports exercise with PD.

WHAT KIND OF EXERCISE IS MOST APPROPRIATE AND WHAT IS PROVIDED AT ON WITH LIFE?

Aerobic, strengthening, stretching and balance are all recommended. On With Life has developed a unique Parkinson's program, Living LARGE with PD, that includes services through the progression of Parkinson's: traditional therapy, LSVT BIG and LOUD, comprehensive yearly assessments and wellness classes, including boxing, aquatics and cognitive fitness. Our entire

team of outpatient therapists in Ankeny and Coralville are LSVT certified and are passionate about developing a program that serves persons with Parkinson's and their care partners, and that includes monthly LSVT check-ins and bi-weekly support groups.



WHAT SERVICES ARE AVAILABLE TO A PERSON SERVED WITH PD RECOVERING FROM THE EFFECTS OF COVID-19?

A person with PD recovering from COVID will likely see an exacerbation of symptoms, loss of mobility, increased rigidity, extreme fatigue and overall decline in functional mobility. On With Life uniquely focuses on large amplitude movement, cardiovascular and respiratory activity, pacing and planning for graded return to activity, balance and strength retraining while thoroughly understanding the Parkinson's disease process to assist in regaining and maintaining quality of life. +



PROVIDING PERSON-CENTERED CARE

During a Pandemic

During the COVID pandemic, the On With Life team and community rallied together to provide support and care to our persons served and direct care staff. FaceTime calls to family, hallway dance parties in full PPE (Personal Protective Equipment) and family and pet parades were just a few of the ways our team worked together during the pandemic.

A NOTE FROM OUR DEVELOPMENT DIRECTOR

What interesting times we are living through! Amidst all the craziness, we cannot tell you how much it means to us that you have supported us and will continue to support us - prior, during and after this pandemic. Throughout this journey, On With Life has remained hard at work, meeting the challenge and continuing our mission. We simply could not do it without your help. From the bottom of our hearts - thank you!

Together, we are moving forward. While the pandemic has caused us to pivot in many ways, we are continuing to move forward with plans to meet the needs of more and more individuals living with brain injury or other neurological conditions.



SARA WILSON

Philanthropy has and will continue to play an important role in this progress. We would welcome the opportunity to connect with you to see how your individual philanthropic goals might align with On With Life's fundraising initiatives. I can be reached at (515) 289-9611 or sara.wilson@onwithlife.org.



On With Life Appreciates:

- + The **Chris Norton Foundation** which granted \$12,000 to On With Life to help purchase a ceiling-mounted walking track for the Coralville Outpatient Clinic.
- + The **On With Life Board of Directors** who donated in support of staff gratitude initiatives during the COVID-19 outbreak.
- + **Iowa Healthcare Association, Storey Kenworthy** and many other individuals and businesses which supported Personal Protective Equipment (PPE) needs for On With Life.
- + **Monte Nuehring** who contributed significant support to the On With Life Annual Fund.
- + **Iowa Department of Human Services** which granted nearly \$6,000 to implement COVID-19 communicative technology at On With Life's Ankeny and Glenwood campuses.
- + **Lynette and Kurt Rasmussen, JMT Trucking and All Star Concrete** who supported the installation of concrete surrounding the outdoor workshop/shed as part of the therapeutic grounds.
- + **Modern Woodmen Chapter 108** which donated \$1,000 to On With Life for telehealth initiatives.
- + **Sharron Martin** who contributed significant support to the On With Life Annual Fund.
- + **Iowa Economic Development Authority** which granted \$13,000 through Polk County and a Community Development Block Grant to support needs relating to telehealth.
- + **Ankeny Chamber of Commerce and Rotary** which granted a \$2,000 Better 2Gether grant for pandemic support.

CELEBRATE LIFE: WATCH ME A VIRTUAL FUNDRAISING EVENT

Friday, September 25

On With Life is excited to announce our sixth annual fundraising event, Celebrate Life, planned virtually for Friday, September 25!

While this event will look different than it has in the past, we hope you will join us to watch and celebrate the giant strides made by our persons served. Funds raised through this event will enhance On With Life now and into the future through unrestricted support of innovative program development, specialized therapy equipment and healing environments.

Learn more at ONWITHLIFE.ORG/CELEBRATELIFE.



RONNIE WELLS

WELCOME RONNIE

To best support our growing programs, we are excited to share Ronnie Wells has joined the On With Life Foundation team as Development Coordinator. Ronnie is a University of Northern Iowa graduate and comes to us from the Science Center of Iowa, where he worked as Campaign & Special Initiative Manager.

Goodwill of Central Iowa donated 500 pairs of scrubs for our staff to wear during the pandemic.



Shelly Chandler and the team at Iowa Association of Community Providers (IACP) donated 500 N95 masks for the team at On With Life.



Thank you to Nate Beard and Adam and Tichelle Jackson for donating 72 face shields.

Alliant Energy provided the funds for Iowa State University students to create 50 face shields and 40 N95 masks using a 3D printer, which they donated to On With Life.



On With Life Appreciates COVID Support

Little Endeavors Daycare paraded around our campus with signs of encouragement for our staff and persons served.



Thank you Bill and Lori Walljasper (pictured) for donating pizza to fuel our staff.

During the COVID-19 pandemic, more than 90 individuals and organizations made donations to On With Life. From sewing and donating masks and gowns to fueling our staff with meals and snacks, we are grateful for every single donation made. On With Life is blessed with a supportive community that keeps us going, even in the most challenge times!



Thank you G Migs for providing boxed lunches for our staff.



Thank you Altoona Nursing & Rehabilitation for dropping off a basket full of snacks

RIGHT DOSE PHARMACY



Megan Anderson, pharmacist consultant, and Rocky Anderson, Right Dose president, at a past Celebrate Life event.

Right Dose appreciates the opportunity to be a part of the healthcare team for many organizations and facilities. Likewise, On With Life appreciates its partnership with Right Dose from both a clinical and a philanthropic perspective.

Right Dose is not only committed to providing the best in medication management to each individual, but they understand giving back is a way for them to personally connect to the missions of the organizations they serve.

“We have a great appreciation for the people we serve,” says Cara Whipple, director of sales and marketing. “Meds are our business, but we also recognize we serve people whose lives are better because of the care organizations like On With Life provide.”

Right Dose has supported On With Life’s Celebrate Life fundraising and recognition event each year it has been held since 2015. Even amidst the current

healthcare pandemic and a pivot to move Celebrate Life to a virtual event, Right Dose’s annual sponsorship remains.

“On With Life serves such a unique and vital need in Iowa, and Right Dose is a proud supporter of that work,” said Cara. “We believe the team works every day to make a positive difference in the lives of patients and their families. And we also understand that partnerships from many different people and businesses can fill needs for equipment, technology and improvements in order to better serve each person who comes to On With Life for help.”

When asked why it is important for Right Dose to give back to the community, Cara explained, “We know deeply that our success is directly tied to the success of our partners. We appreciate being able to help contribute to the success of people right in our own backyard.” +



Bob works with his daughter, Rachel, on painting seasonal artwork on the windows of the long-term care program in Glenwood.

THE STOTLER FAMILY

Bob and Ruth Stotler enjoy a wonderful life with their two children, Rachel and Randy, and their families. Rachel was in the height of her career as an Occupational Therapist at Immanuel Medical Center in Omaha when her life changed in an instant. She was in an automobile accident on her way home from work in January 2011, and she suffered a severe traumatic

brain injury. Rachel was transferred to On With Life in Ankeny after her stay in the hospital.

Rachel remained in a coma for eight months, then progressed, but ended up enduring multiple setbacks which caused her to be in a minimally responsive state for six more months. After a total of 17 months in On With Life’s Inpatient

program, Rachel moved to On With Life’s Long-Term Skilled Care program in Glenwood, where she has lived for the past seven years.

Rachel’s parents assist in her care nearly every day. Bob and Ruth have stayed by her side, trying to make Rachel’s life as normal and active as possible. Rachel continues to be involved in the lives of her family; she attends her sons’

continued on next page

TAMI AND DAVE MARR

In September 2016, Dave Marr was in a motorcycle accident that resulted in a life-changing brain injury. At that point in their lives, Dave and his wife, Tami, were at a loss for what their future might hold.

After his accident, Dave received care at On With Life for inpatient rehabilitation. Tami was terrified for the journey she was about to take, but she was amazed at the care her husband received at On With Life.

“It was difficult,” Tami said. “Dave had to learn how to do life all over again. But through it all, the staff treated him like he was still a human being. They made us feel like family.”

Dave was discharged from On With Life nine months later, and he currently resides at a skilled nursing facility. Although Dave is still in recovery, the overwhelming feeling of belonging at On With Life struck Tami as something that should be celebrated, especially on her birthday.

“I saw on Facebook that you could choose a charity to donate to for your birthday, and On With Life was one of those options,” said Tami. “I decided however much was raised I would match it up to \$1,000. I never knew it would have so much impact.”

Tami understands what an organization like On With Life can do for families navigating brain injury, and she is happy her support will ensure services exist for other individuals like Dave.

Tami says, “I choose to support On With Life because I know that brain injuries can happen to anyone. I feel like we received so much, it only makes sense to give back.”

Today, Tami and Dave continue to run their marathon journey together while giving back to those who cared for them along the way. The road might not be easy, but the Marrs know the journey is better traveled together. +



Tami and Dave Marr

school and community events when she is able.

Throughout Rachel's time in Ankeny, Bob helped the On With Life therapy staff create positioning aids for Rachel and other persons served. Bob had a desire to do whatever he could to support his daughter and help others suffering from traumatic brain injury. When Rachel transferred to Glenwood, Bob continued to help make

positioning aids for other persons served. His main focus was to find a way to give back to On With Life and support his daughter along the way.

The Stotler family continues to show support for On With Life through their philanthropic endeavors. Bob's philosophy regarding philanthropy stems from a sampler that hung in his family's living room growing up which read, “I shall pass through

this world but once. Any good that I can do or any kindness that I can show to any fellow creature, let me do it now, let me not defer or neglect it, for I shall not pass this way again.”

Bob's experience with brain injuries has reinforced the philosophy he acquired as a child.

“I believe all that I am and all that I have is a gift from God, more like a loan in fact, that can be lost in an instant,” said Bob.

“Therefore, it is my responsibility to use my gifts for others. While at On With Life, I can only do so much for my daughter, but if I can help others as well, I feel an obligation to do so.”

The Stotler family's story is filled with triumphs and downfalls, but they continue to play a crucial role in emulating On With Life's work by empowering hope and embracing the challenge wherever they go. +



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BRAIN INJURY + STROKE + NEURO

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