



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

headway

SPRING 2021



2020 YEAR
IN REVIEW
P. 5

THE EVOLUTION
OF REHABILITATION
P. 12

FOUNDATION
FEATURES
P. 16



ON WITH LIFE, INC.
headway magazine

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Carla Dippold (14 years) and Dave Anders (18 years)
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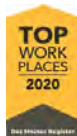
Letter from the CEO

STILL MUCH TO CELEBRATE

2020 was a year for the books. We are grateful to be on the other side of this tumultuous year as a stronger organization. And despite what curveballs 2021 throws at us, we still have much to celebrate.

In 2021, we will celebrate our 30th anniversary. With these momentous achievements, we stop to thank our founding families for the firm and solid foundation upon which they built this organization. That foundation held us up through what was likely our most challenging year in our 30-year history. We are proud to carry on the work they began and use our expertise to continue serving individuals whose lives are impacted by brain injury or neurological conditions.

This year marks our 8th year as a top workplace, and I could not be more proud of our team! Our staff are extraordinary people, and together we have built an amazing place to work.



But we must always look to the future and ask how we can better serve families and persons served. We must enhance outpatient services to better meet the many different populations needing our care. We will enhance services in the areas of Parkinson's disease, stroke, complex concussion, mental health, and respite care. We know there are gaps that must be filled, we must proactively look at ways we can support our persons served in their efforts to achieve their best possible life. As we celebrate this year and look forward to our future, I am counting on you to support us and move forward together.

Sincerely,

Jean Shelton, CEO

Spring 2021

2

LETTER FROM
OUR CEO

12

THE EVOLUTION OF
REHABILITATION

4

HAPPENINGS

15

Q&A PELVIC FLOOR

5

2020 YEAR IN REVIEW

FOUNDATION FEATURES

6

PROGRAM SPOTLIGHT-
CORALVILLE
CAMPUS

16

A NOTE FROM OUR
DEVELOPMENT
DIRECTOR

7

THEN & NOW

17

YOUR DONATIONS
AT WORK

8

REPORTS FROM
THE COMMUNITY

18

PHILANTHROPY IN
ACTION

10

PEOPLE MAKING A
DIFFERENCE

20

2020 DONORS



When COVID cancelled the yearly holiday shopping trip to Target, our inpatient therapy team brought Target to On With Life! A store was created in our therapy gym, complete with a Starbucks coffee station. To read more about this one-of-a-kind experience, visit onwithlife.org/target.

WELCOME NEW BOARD MEMBERS!

On With Life is pleased to announce the addition of four new members to On With Life’s board of directors. Please help us welcome Sara Johnston, Associate Professor of Drake University’s Occupational Therapy Doctorate Program; Dr. Mark Dearden, Medical Director of Special Needs Initiatives and Complex Health Solutions at Optum; Jeb Lee, Executive Director of Clinical Operations and Compliance Officer for McFarland Clinic; and John Ledvina, Lending Manager at Wells Fargo.

Added in 2019



DR. MARK DEARDEN



SARA JOHNSTON

Added in 2020



JEB LEE



JOHN LEDVINA

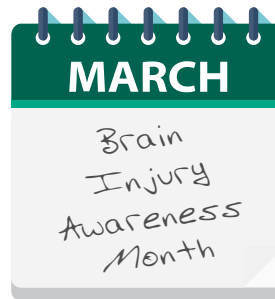
PANDEMIC UPDATE

On With Life continues to thrive amidst the pandemic. On With Life received the vaccine, and staff and persons served were encouraged to be among the first in the state to be vaccinated. “I got the vaccine to protect our team and my family,” said CEO Jean Shelton. “With constant exposure it will be reassuring to know I have done everything possible to protect myself and those around me.”

All programs continue to serve throughout the pandemic. Our staff have big ideas and big solutions, like transforming a gym into a Target store and adding more opportunities virtually for persons served and families.

The support from the communities through donations, meals and words of encouragement continues to encourage our staff.

If you’d like to support the On With life team, please visit ONWITHLIFE.ORG/COVID-SUPPORT.



BRAIN INJURY AWARENESS MONTH

Join us in March as we celebrate Brain Injury Awareness month! Our theme this year is “Watch Me Thrive,” as we share stories of past persons served as they thrive after a TBI, stroke, concussion, Parkinson’s disease or other neurological condition.

Learn how you can join us in our social media campaign, fundraisers or advocacy on our website at ONWITHLIFE.ORG/BIMONTH.

YEAR IN REVIEW

In fiscal year 2020 (July 1, 2019-June 30, 2020), On With Life's continuum served 883 individuals. The following is a snapshot of On With Life's outcomes; visit onwithlife.org/outcomes to see a complete overview of outcomes achieved.

POST-ACUTE INPATIENT NEURO REHABILITATION

PERSONS SERVED WERE FROM



AVERAGE THERAPY PER DAY



78%

OF PERSONS SERVED DISCHARGED TO HOME

Average Length of Stay



90
NET PROMOTER SCORE

A MEASURE OF CUSTOMER LOYALTY AND REPRESENTS THE PERCENTAGE OF CUSTOMERS WHO PROMOTE ON WITH LIFE. HEALTHCARE AVERAGE 40

130
PERSONS SERVED

OUTPATIENT NEURO REHABILITATION

ANKENY CAMPUS

58%

OF THE INDIVIDUALS SERVED IN OUR OUTPATIENT PROGRAM RECEIVED MORE THAN ONE THERAPY: PHYSICAL, OCCUPATIONAL, SPEECH

507

PERSONS SERVED

97%

RATED ON WITH LIFE EXCELLENT OR GOOD IN SATISFACTION SURVEYS

CORALVILLE CAMPUS

87%

OF THE INDIVIDUALS SERVED IN OUR OUTPATIENT PROGRAM RECEIVED MORE THAN ONE THERAPY: PHYSICAL, OCCUPATIONAL, SPEECH

37

PERSONS SERVED

70%

MORE THAN MET LONG-TERM GOALS

LONG-TERM SKILLED CARE

NURSING HOURS PER PERSON PER DAY



ONE OF THE HIGHEST SKILLED NURSING FACILITY NURSING RATIOS IN THE STATE

32

PERSONS SERVED



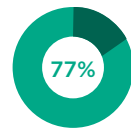
100%

OF PERSONS SERVED MAINTAINED OR IMPROVED THEIR RANGE OF MOTION, THE MEASUREMENT OF THE AMOUNT OF MOVEMENT AROUND A SPECIFIC JOINT OR BODY PART.

SUPPORTED COMMUNITY LIVING

16,048
HOURS

PROVIDED TO 40 INDIVIDUALS



OF GOALS WERE MET IN
FY20

NEUROPSYCHOLOGICAL SERVICES

127

PERSONS SERVED

86

OF PERSONS SERVED ARE BETWEEN THE AGES OF 18-64

96%



SATISFACTION RATE OF PERSONS SERVED AND FAMILIES

PPE USED IN 2020



587,732

GLOVES



23,321

N95 AND SURGICAL MASKS

RESIDENTIAL NEURO REHABILITATION

10

PERSONS SERVED

THIS PROGRAM IS FOCUSED ON WORKING WITH INDIVIDUALS WHO HAVE SUSTAINED A BRAIN INJURY AS THEY LEARN STRATEGIES TO SUPPORT THEIR RETURN HOME AND TO THEIR COMMUNITIES



83%

DISCHARGED HOME COMMUNITIES

93% ★ ★ ★ ★ ★

OF FAMILIES RATED ON WITH LIFE EXCELLENT

OWNING OUR EXPERTISE IN Coralville



Parkinson's

Our specialized programs and team of neuro-rehabilitation experts focus on slowing the progression of Parkinson's disease, preventing falls and helping you get the most out of each day.

DAVE SAYS:

I am a resident of California with numerous relatives in the Iowa City area so having this facility offered me the opportunity to be a part of the program. I was very impressed with the staff's patience, persistence, positivity and passion for my success. I still continue my therapy virtually through the weekly Cognitive Fitness class.

Everyone at On With Life has shown me that the miles between us doesn't matter.

Their genuine caring and compassion has built a bridge of hope for me.

I feel so much better now to be part of the On With Life family. +

Concussion

Concussion Clinic see individuals at all levels of recovery – those suffering from an initial acute concussion and those whose symptoms have continued past the normal two to four-week recovery period. The trans-disciplinary team includes rehabilitation therapists (physical, occupational, and speech), neuropsychologist, psychologist, and medical providers who provide tailored assessments and interventions. This team assesses each individual's symptoms and needs within our uniquely developed seven domains of care and will address vestibular and balance dysfunction, functional vision rehabilitation, assistance with return to work and school with necessary accommodations, cognitive evaluation and rehabilitation and support and education regarding concussion and recovery.



SUE SAYS:

I knew this place was at a whole different level from day one. The staff is so easy to work with, and it's clear they care about you both as a patient and person. +

Brain Injury

Our extensive neurological services include physical therapy, occupational therapy, speech therapy and clinical counseling. These services, combined with specialized expertise in brain injury rehabilitation, offer you the optimal opportunity to achieve your goals and get your life back on track.

DERRICK SAYS:

On With Life is an amazing healing place.

My therapists are amazing. I credit my progress to their skills, emotional support, and working with them to be the best I can be. I am so thankful for this opportunity. +



Stroke

Stroke can affect many aspects of life, including movement, communication, reasoning, balance, swallowing, speech and even breathing. At On With Life, we understand that because each individual is different in how the stroke has affected them, that each rehabilitation plan needs to be different. The focus of our stroke rehabilitation program, accredited by CARF, is to identify personal goals and needs and prioritize interventions in a manner designed to support improved outcomes and community involvement.



MARK SAYS:

The most wonderful therapists I can think of. I really appreciate their knowledge and expertise. It's enough to go through surviving a stroke and then to experience the rehabilitation at On With Life – I'm just in awe of the personnel. The people here are just excellent. +

To learn more about our newest Outpatient Clinic, visit [ONWITHLIFE.ORG/CORALVILLE](https://onwithlife.org/coralville).



While the interior of our main Ankeny campus has gone through a few updates, the exterior has relatively stayed the same.



While gardening has always been a part of rehabilitation at On With Life, our beautiful Ankeny and Glenwood therapy grounds have just been developed over the last few years.



Since we opened, we have updated our platform near the pond to include a shelter, making it the perfect spot for persons served to fish.

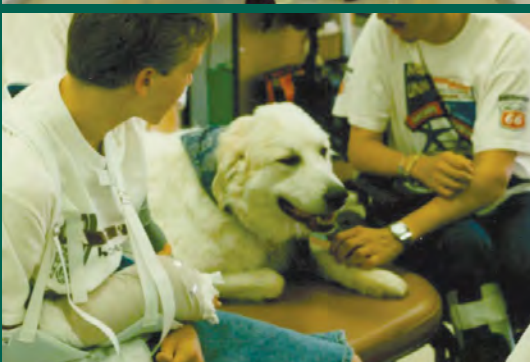
THEN & NOW



On With Life began its outpatient program serving 30 individuals in the first year with two staff in a 2200 square foot modular home. The program now serves almost 600 individuals per year in two locations with 24 therapists



Return to walking is always a major goal our persons served have, and thirty years later we have better technology to assist them with this goal.



We didn't always have Lolo and Boo, our in-house therapy dogs, but pet therapy has always played an important role in our persons served's rehabilitation.

KATIE WOODWARD



To learn more about
On With Life's complex
concussion programs, visit
ONWITHLIFE.ORG/CONCUSSION.

Second Chances

OUTPATIENT NEURO REHABILITATION

“The best gift in life is a second chance.”

This quote, which resides on 2nd Life Marketing's website, is the reason Katie Woodward decided to follow her dreams and create her own business after suffering a concussion in September 2018. She has always had a passion for marketing, but it wasn't until her time at On With Life that Katie took the next step.

Katie was struggling with headaches, dizziness, vision and movement of her neck after she hit her head on a garden shed while helping her mom clean. A doctor diagnosed her with Post Concussive Syndrome and referred her to On With Life's outpatient rehabilitation program. Katie spent five months strengthening her eyes, neck and memory, and figuring out what was to come next in her life.

As Katie, her mom and her therapists brainstormed what Katie was going to do once she discharged from On With Life, her therapists suggested she try creating a website to see if she could get started in marketing.

“It took a while to make that first website and it wasn't the best one I've ever made, but I did it,” said Katie. “That's when my mom suggested focusing on creating websites going forward.”

Katie's therapists worked with her to ensure she was set up for success as she returned to work and created her new business. They worked together on her resume, website, research, and made accommodations to her computer to reduce strain on her eyes.

Katie now owns 2nd Life Marketing, where she often assists other individuals starting a new life with their website and social media marketing needs.

“At On With Life, your recovery is geared towards you,” said Katie. “It's not the easiest or most fun process to go through, but I wouldn't be where I am right now, on my own and living a new life, without it.”



To learn more about On With Life's Brain Injury program, visit ONWITHLIFE.ORG/BRAIN-INJURY.



CALEB
DEIST



Perseverant Mindset

OUTPATIENT NEURO REHABILITATION

When Caleb Deist first started outpatient therapy at On With Life, he could only answer yes and no questions by holding up one finger for “yes” and two fingers for “no.” Now, five years after the accident that left him with a traumatic brain injury (TBI), Caleb is talking, smiling, laughing, holding two-way conversations, and singing his favorite song, “Friends in Low Places.”

Caleb was diagnosed with a Diffuse Axonal Injury, a severe TBI that typically leaves individuals in a disorders of consciousness, after being hit by a tractor. Caleb, however, has made continuous improvements in the years since his accident, defying the odds for someone with his diagnosis.

“I believe Caleb was saved from his accident for a reason,” said Heather Chambers, Caleb’s mother. “My mindset from day one has been that Caleb will fully recover, and I will do whatever it takes to make that happen.”

He has continued treatment at On With Life throughout the past five years, including talking, bearing weight on his legs and moving his left hand. According to Heather, this past year has been Caleb’s best.

“Caleb and his mom have shown us what perseverance looks like,” said outpatient physical therapist, Gail McGaughy. “He continues to make gains year after year and I am so proud to know On With Life has something to do with that progress.” +



Story Telling

POST-ACUTE INPATIENT REHABILITATION

Admit: October 2014 | Discharge: January 2015

OUTPATIENT NEURO REHABILITATION

In September 2012, Natalie McDonald created her own blog. At the time, this blog was for sharing her thoughts and decompressing. She had no idea how important her blog and her writing would end up being.

Two years later, Natalie survived a severe car accident. She was in a Disorder of Consciousness for weeks and then began showing signs of alertness. She came to On With Life and began working towards swallowing, eating, walking and talking. She continued her therapy in On With Life’s outpatient program; however, despite her impressive progress, Natalie struggled to regain one of her passions: music.

Music had always played a big role in Natalie’s life, yet no matter how much she tried, she could not regain her musical talents, nor did she love music like she once did. But Natalie, being the strong survivor she is, sought solace in other activities. The blog Natalie started just two years prior suddenly had more purpose.

“I write, and I tell my story,” says Natalie.

Not only does Natalie regularly blog about brain injury and life, she also has published two articles for the *TBI Hope and Inspiration* magazine, in hopes she can inspire others through her words.

“You will not always, or even often, get to where you think you should be,” said Natalie. “But don’t let your misses keep you from trying again.” +

NATALIE
MCDONALD



To learn more about On With Life’s Disorders of Consciousness program, visit ONWITHLIFE.ORG/DOC.

People Making a Difference



LARRY KRUSE

On With Life's Founder Award was created to honor individuals who have made lasting and significant contributions to On With Life's development and continued success. In On With Life's 30-year history only eight individuals have received this honor, the most recent being Larry Kruse.

Larry was the Assistant Superintendent of Administrative Services at the Glenwood Resource Center, where he became familiar with On With Life through board members who also worked at the center. He joined the board himself in November 2014, where he quickly assumed the role of treasurer.

"Larry always gave the best financial reports with great detail," said fellow board member, Diana Hoogestraat. "He knew what he was talking about and was able to explain the finances in a way that was easy to understand."

Larry, a native of Glenwood, Iowa, played an integral role in establishing On With Life's Long-Term Care program

Larry portrayed constant and continued support of persons served, staff and facilities and On With Life as a whole.

that currently resides in Glenwood. He went to a lot of work to get approval for the program through the state and acquired the funding to make it a reality.

Larry suffered a severe stroke in February of 2020 and has stepped down from his role on the board. While he may no longer be serving, he remains an important part of On With Life's past, present and future.

"Through the years, Larry portrayed constant and continued support of the persons served, staff, facilities and On With Life as a whole," said Jeni Lewis, administrator of the long-term program. "His knowledge and understanding of the facility, both financial and otherwise, made him an invaluable asset to our On With Life family." +



LONDON MCPIKE

Administrator Pat Stilwill (left) and Environmental Planner Cindy Friedrichsen (right) with Landon McPike and the new rain garden.

When Landon McPike started researching potential Eagle Scout projects, where to do it was an easy choice.

projects require helping a non-profit organization in which a scout must plan, develop and give leadership, which Landon was able to do successfully with his project for On With Life. Landon's project fundraised, built and installed a set of rain gardens and a drainage swale in On With Life's outdoor therapy area on the Ankeny campus.

"My mom works at On With Life, and I have volunteered on the campus many times," said Landon. "Doing something to help an organization I had been volunteering at for so long felt like an obvious choice of who to do my project for."

Eagle Scout projects are an important requirement for receiving the Eagle rank, something Landon has been working toward since joining Boy Scouts in 2014. These

"The goal was to mitigate problems with erosion causing lots of dirt to cover the walkways in the therapy garden after heavy storms and required regular cleaning to fix," said Landon. "This will keep the rain garden safer for persons served and less maintenance intensive, as well as provide a beautiful addition to the garden's plants and scenery for years to come." +

On With Life is so proud to be the recipient of many Eagle Scout projects. To see the other projects, visit ONWITHLIFE.ORG/EAGLESCOUTS.

"It's important to us to give back to the organizations in our communities that are important to our members, and On With Life certainly is one of those."



MODERN WOODMEN

"The cause of On With Life is outstanding. There's only a handful of organizations across the world like On With Life who are operating on their own without any connection to a major medical center," said Dennis, who retired from Modern Woodmen as a financial representative. "We've built relationships with the team at On With Life. As they've grown, we've learned more about their programs and their needs and continued supporting their growing efforts. It's just a good place to give back."

Dennis Thevenot still remembers the first donation his Modern Woodmen chapter made to On With Life nearly 20 years ago. The ornamental pear tree sits on the north edge of the Ankeny campus and is now among dozens of trees Modern Woodmen has donated to On With Life.

Throughout the past 20 years, Modern Woodmen has donated paint for persons served rooms and new additions on the Ankeny campus, and given out several Hometown Hero awards to On With Life's volunteers.

"It's important to us to give back to the organizations in our communities that are important to our members, and On With Life is certainly one of those," said Denise King, Administrator/ Fraternal Coordinator. "We are helping non-profits who can in turn help others in the community." +



the EVOLUTION of REHABILITATION

30 YEARS in the making

On With Life opens a 22-bed post-acute inpatient rehabilitation program in Ankeny

On With Life Foundation is incorporated

1991

1993

When On With Life started, few imagined the world-class organization it would become. And while the growth and development of programs is impressive, the mission and vision still remain true. On With Life has developed into a Midwest leader in neuro rehabilitation and is no longer the best kept secret it once was. As we celebrate the 30th Anniversary of opening the doors of a one-of-a-kind brain injury rehabilitation program, we are reminded of the ways rehabilitation has changed over that time. Four On With Life experts - Dave Anders, Carla Dippold, Tammy Miller and Kim Reed - share four ways On With Life has helped to evolve rehabilitation over the last 30 years.

BY FAMILIES, FOR FAMILIES

Our Focus on Families

Our founding families wanted to create a place that combined the expertise of a hospital with the heart of a family, so families have been an integral part of On With Life since the very beginning. Carla Dippold, director of case management, was instrumental in the development of the addition of the family house to On With Life's Ankeny campus in 2016. Families were able to stay free of charge while their loved one was in On With Life's Post-Acute Inpatient Rehabilitation program. Since opening in January 2016, the family house served approximately 130 families until the pandemic hit.

responsibilities at home," said Carla. "We know and have seen that the persons we serve demonstrate significantly more progress with active family involvement. Having the family house as an option for lodging has allowed more families to be present and actively engaged in their loved one's rehabilitation."

Stories of family members are often recalled as some of the favorites as staff look back on their time at On With Life.

"My first person served who presented in a disorder of consciousness was a young man who had been injured in a 4-wheeler accident while working on his family farm. His wife and family were constantly by his side. Nearly two months after his admission, I happened to be in his room when he abruptly turned to his wife and said, very quietly, but clearly, 'Hi. I love you.' They were the first words he'd spoken since his accident," said Dave Anders, clinical director.



On With Life's 22-bed long-term skilled care program opens in Glenwood

On With Life's Supported Community Living program becomes the first Medicaid brain injury waiver provider in Iowa

On With Life's long-term skilled care program adds 10 beds and is incorporated as On with Life Extended Services, Ltd



On With Life post-acute inpatient rehabilitation program expands to 26 beds

On With life partners with the US Department of Housing and Urban Development (HUD) to build a 14-unit independent living apartment complex on the Ankeny campus



On With Life begins offering outpatient neuro rehabilitation therapy on the Ankeny campus

1996

1997

2000

2004

2005

2011

"That moment was the first in a series of experiences that taught me just what an incredible privilege it is to be a part of our person served's lives."

WE'RE BRAINIACS

Our staff's expertise and dedication

One of the many opportunities in providing high-quality brain injury rehabilitation is found at the intersection of clinical complexity and expertise. Because the brain is the control center for so many of the body's systems, the sheer volume of expertise areas essential to best address the

Along with the growth of our name came the growth of our staff to continue thinking outside the box when it came to rehabilitation. In fact, some of the favorite memories of our staff show just how creative our staff has been.

"Creating a prom for a person served was the true definition of how Recreation Therapy can span through each discipline and how therapy at On With Life is so meaningful and functional!" said Kim Reed, training and development leader. "We took something she wanted to do and helped her make

“We have maintained a philosophy of care that solidifies our person-centered approach.”

needs of our persons served and families is vast. On With Life's rehabilitation teams have met this challenge by constantly growing in both our depth and breadth of expertise.

it happen through speech, occupational, physical, recreational and music therapy. It sounds simple, but it was magic!"

FEW CAN DO WHAT WE DO

Program Development

As neuro rehabilitation experts, On With Life is relentless in our pursuit to provide the best neuro rehabilitation possible. This is accomplished through a dedicated team of experts who come together to seek out, develop and implement best practices. This is only possible through collaboration, involvement in national research and investing in our team and the technology at their disposal. From the addition of a full-time, on-staff physician's assistant and second neuropsychologist, to our growth of expertise in areas such as vision rehabilitation, neurodevelopmental treatment, cognitive rehabilitation and bowel and bladder management, we are now better able than ever to get our persons served and families on with life!



With the addition of programs also came the addition of accolades for On With Life. On With Life is one of only two skilled inpatient rehabilitation programs in the world accredited by CARF as Comprehensive Integrated Inpatient Rehabilitation program in brain injury and stroke for adults and the only one in the world for children and adults. On With Life is a founding organization for FABR Brain Injury Outcomes Coalition and received the LeadingAge Caregiver of the Year and National Innovation awards. On With Life's neuropsychologist and clinical director wrote

On With Life adds its first therapy dog, Lolo, for its Ankeny inpatient and outpatient programs

On With Life's Ankeny campus undertakes an expansion project to add a permanent outpatient therapy center, a therapy pool, family housing and two additional beds

On With Life's Glenwood campus begins remodeling to update the person served rooms

On With Life opens a five-bedroom residential neuro rehabilitation home in Des Moines

On With Life renews its CARF accreditation for another three years, a designation On With Life has held since 1993. On With Life also becomes accredited by CARF for stroke rehabilitation

On With Life begins offering outpatient neuro rehabilitation in a brand new Coralville location and completes its one-of-a-kind therapy grounds on its Ankeny campus



2014

2015

2016

2018

2019

2020



“I get the rare privilege of spending time in each of On With Life’s programs every week. As I do, I try to see the programs through the eyes of our founding families and ask, ‘Would they be proud of what we’ve become?’ said Dave. “I really, truly believe they would be.”

the chapter on Disorders of Consciousness (DoC) for the Essential Guide Textbook and staff have presented nationally and internationally on brain injury, stroke, DoC, cognitive rehabilitation and neuropsychology. As our programs developed, we never forgot our founding families’ intent when creating On With Life.

TOGETHER WE ADVOCATE

Campus Growth

Over our 30 year history we have addressed the need for services by developing a continuum of inpatient rehabilitation, long-term skilled care, home and community based, independent living and outpatient therapy services.

The outpatient program has grown organically over the

years by reaching out to the community and meeting the needs of many individuals needing specialized neurological care, but on an outpatient basis. The program began in a modular home on our campus, and eventually the new outpatient center was added onto the main building in Ankeny. This new building allowed the addition of the aquatic therapy pool and walking track system to provide additional options to person served as well as the development and completion of On With Life’s therapy grounds.

“The growth we’re seeing is phenomenal,” said Tammy Miller, director of outpatient Therapy. “In the last year, we have grown in new and different directions by adding a new outpatient therapy clinic in Coralville and telehealth services. Each time we build or add on, we do so with our persons served in

mind, which results in a really functional, beautiful space for rehabilitation.”

And as the campuses have grown – and will continue to grow in the next few years – the focus will remain on those individuals who look to On With Life’s as a source of hope.

“As we’ve grown our campus, I think about how many individuals have touched each part of the building and campus. One of my favorite memories is when a person served and I were using the bathtub in the family house to give Dave’s dog a bath,” said Tammy. “The deep down, belly aching laugh that came from the person served made it all worth it. And to know that building has served our outpatient persons served, inpatient families and now our corporate staff makes that even more special of a memory.” +

Q+A

The pelvic floor musculature plays an important role in everything from bowel and bladder health to maintaining core/trunk stability during functional movements to breathing/swallowing. On With Life has several trained therapists on staff in our inpatient and outpatient program in Ankeny and Coralville to address these issues.

WHAT IS THE PELVIC FLOOR?

LM: The pelvic floor is the group of muscles forming the base of your pelvis, often referred to as the “hammock” of muscles. These muscles form the base of your pelvis and are an important part of the core musculature—working to support the pelvis and internal organs, and assist with stabilization of the trunk for upper and lower extremity movements. These muscles are also key for bowel/bladder and sexual function.

WHAT'S THE CONNECTION WITH BRAIN INJURY AND PELVIC FLOOR?

ES: The pelvic floor and brain have a direct connection, and a brain injury can disrupt that connection and communication between the brain and the pelvic floor causing pelvic floor dysfunction. The pelvic floor is made up of muscles, so just like any other muscles in the body may be affected as a result of a brain injury, the pelvic floor may also become weak, tight, loose or lose sensation/control.

WHAT ARE SOME REASONS SOMEONE MIGHT INITIATE BEING SEEN BY A THERAPIST TRAINED IN PELVIC FLOOR?

ES: A pelvic floor trained therapist assesses the pelvic floor from a biomechanical and psychosocial standpoint. From a functional standpoint, a pelvic floor trained therapist will collaborate with you and assess how your concerns impact your daily routine, community participation and overall quality of life.

LM: Reasons to refer to a therapist can range from issues with bowel and bladder functioning (incontinence, constipation, etc.), issues with sexual function, pain, weakness or instability through the trunk. Pelvic floor therapists may also help with breath support and coordination to improve breathing and voicing.

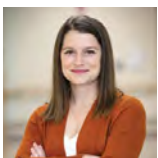
WHAT ARE SOME WAYS A PELVIC FLOOR-TRAINED THERAPIST CAN HELP?

ES: A pelvic floor trained therapist will provide you a listening ear to validate your concerns. We want you to know

that there are options for therapeutic treatment and we can explore those options together as a team. During the first appointment, the majority of the time is spent discussing your history, concerns and goals. At the end of that first appointment we will plan next steps based on your wants, needs and desires.

LM: We first perform a comprehensive interview to determine your concerns. Often, a bowel/bladder diary is initiated in order to determine how your eating/drinking habits affect your toileting. We then perform a movement screen including assessment of breathing coordination and then perform an external and/or internal examination of your musculature. Finally, we work with you to develop a treatment plan, which may include manual therapy techniques, environmental modifications, biofeedback, a home exercise program, etc. +

our experts



Lindsay Maltas
Physical Therapist

Lindsay received her doctorate degree in physical therapy from the University of Iowa. She is certified in Neurodevelopmental Treatment, is a credentialed clinical instructor and has received training in pelvic floor assessment and treatment through Herman & Wallace.



Emily Summerfield
Occupational Therapist

Emily received her graduate and undergraduate degrees at the College of Saint Mary in Omaha. She is a certified brain injury specialist, a certified LSVT clinician and has practiced in neuro rehabilitation for four years.

A NOTE FROM OUR DEVELOPMENT DIRECTOR

Last year brought unique and ever-changing challenges. Through it all, our community has showed up time and time again with encouragement and donations. On behalf of the board, staff and individuals and families served by On With Life, I want to express our sincere appreciation for your continued support.

We will continue to appreciate and rely on your partnership as we prepare for the future. While we are working on plans to grow in terms of capacity and scope of services, our primary mission remains the same: “Joining hands, hearts and minds to help persons served living with brain injury get On With Life.” Philanthropy



SARA WILSON

has and will continue to play an important role in meeting the needs of those we serve. We look forward to the new year and working with you to meet whatever challenges lie ahead. Please feel free to connect with the Foundation team at (515) 289-9611 or foundation@onwithlife.org.



On With Life Appreciates:

- + **All volunteers** who are dedicated to On With Life's mission. Congratulations to **Mary and Greg Woolever**, who are retiring after volunteering at On With Life for 29 years.
- + Those who supported our summer bike helmet giveaway including the **Clive Community Foundation, Davis Brown Law Firm, Vonnie and Greg Esterling, Knights of Columbus, Optimist Club of Ankeny** and more.
- + The **Community Foundation of Greater Des Moines** which granted \$4,000 to On With Life as part of its COVID-19 Nonprofit Adaptation Grant Program.
- + The many individuals and businesses including **Charlene and Don Lamberti, ABB, Accumold, American Equity Investment, Carmine and Steve Boal, Casey's General Stores, Community State Bank, Country Landscapes, Edencrest** and **Right Dose**
- + **Pharmacy** which supported last year's virtual Celebrate Life fundraising event.
- + **Nikkel & Associates** who contributed \$1,000 to the On With Life Annual Fund.
- + **Pam Otto** who who each year supports holiday festivities for On With Life persons served and staff.
- + **Syverson Strege** donated \$2,000 on behalf of its firm and clients.
- + To support staff during a tough time, the **Lynk family** purchased 100 Pita Pit meals for staff members at the Ankeny campus.
- + **Scheels (Jordan Creek)** which blessed On With Life with a \$4,000 donation during the holiday season.
- + **AT&T** which donated \$5,000 to the On With Life Foundation.
- + **Dana and Jim Rheinschmidt** who made a significant contribution in honor of On With Life staff.

NEW COMMUNITY EVENTS FOR 2021

As our programs grow, our fundraising and community awareness efforts do as well! The On With Life Foundation is excited to bring some fun, brand new events to the community in 2021! We originally made plans to hold these events in 2020, but we unfortunately had to change our plans due to COVID-19. We are hoping to move forward as planned this year, but we will continue to evaluate our events in light of the pandemic. Please watch your email, our website and our social media for updates.

GOLF CHARITY EVENT

Monday, June 7, 12:30 p.m.

SADDLEBACK RIDGE GOLF COURSE IN SOLON

We will be looking for foursomes, hole sponsors and pin prizes to support our new Coralville clinic. For now, save the date!

Learn more at ONWITHLIFE.ORG/GOLF.

CELEBRATE SUMMER

Sunday, June 13, 4-7 p.m.

KEG CREEK BREWING COMPANY IN GLENWOOD

Mark your calendar to celebrate summer with food, music, family activities and fun in support of On With Life's long-term program!

Learn more at ONWITHLIFE.ORG/CELEBRATESUMMER.

YOUR DONATIONS AT WORK



Telehealth

To help us pivot our service model during the pandemic, we received several donations and grant dollars to implement telehealth. Thanks to the Iowa Department of Human Services, Modern Woodmen Chapter 108, the Iowa Economic Development Authority and others.



Giving Tuesday

We raised more than \$2,000 on Giving Tuesday 2020 to help keep our staff spirits bright.



Helmets

Thanks to the support of many community contributors, On With Life was able to give away 600 bike helmets as part of our Helmet Awareness Month last summer.



Workshop

Polk County Board of Supervisors, Kreg Tool Company, Cindy and Tom Friedrichsen, Lynette and Kurt Rasmussen, JMT Trucking and All Star Concrete all made contributions in support of the Friedrichsen Workshop, which was completed last year as part of the therapeutic grounds.



Eagle Scouts

On With Life was the recipient of multiple Eagle Scout projects in our therapy gardens.



Walking Track

Chris Norton Foundation granted \$12,000 to help purchase a ceiling-mounted walking track for the Coralville Outpatient Clinic.



To support On With Life, visit ONWITHLIFE.ORG/DONATE



AMERICAN PROSTHETICS & ORTHOTICS

For several years, American Prosthetics & Orthotics, Inc. (APO) has been a champion for On With Life's mission and philosophy of a person served centered approach. The organization's philanthropic views have always tied back to being a responsible community partner and cultivating wonderful long-term relationships with other organizations that share similar approaches to providing care to those that they serve.

"Our collective goal, with other members of the rehab team, is to see our patients return to their career and enjoy their families and lives to the fullest extent. We are proud to support many organizations that assist the people we care for, as it is a positive extension of what we do," said Ron Cheney, CPO, President of APO.

In addition to providing annual contributions to the On With Life Foundation through the years, APO supported the Therapeutic Grounds Project by serving as a named sponsor for the Putting Green. The creation of this outdoor space provides numerous physical, psychological and social benefits, as working within this type of outdoor setting helps rehabilitation become even more like real-life.

"It's a perfect match. Not only do many of those who work at APO love golf, one of the sport's attractions is that it's available to people of all ages and abilities," stated Ron. "Knowing a patient we have fit has been given their complete life back through On With Life brings all of us great joy and brings what we do full circle." +



JANE AND CRAIG ELSASSER

In 2015 Craig Elsasser experienced a hemorrhagic stroke that changed his and his families' lives in an instant. The stroke caused weakness on his right side and a loss of the ability to speak, eat and walk. He spent four months in a local hospital and rehabilitation facility

before transferring into the care at On With Life.

"We had heard great things about the program but never imagined all they provided until Craig joined the On With Life family," shared Jane, his wife.

Craig's ability to eat came back, but he had to work hard to regain his ability to

walk and talk.

"As Craig showed progress, the team at On With Life would encourage him to go a little farther and do a little more during his therapy sessions," says Jane. "The team treated Craig with respect and gave him independence when appropriate. I was also

continued on next page

RUSS HANSEN

Russ Hansen started researching philanthropic opportunities years ago for some clients who were looking to make substantial donations versus giving a substantial amount of money away. As part of his research, he realized he personally wanted to give to organizations that do not pertain to just one segment of the population. He wants to support organizations that fulfill needs for all demographics, socioeconomic status and social characteristics. Through the years, he has stuck with this philanthropic philosophy when considering where to donate his charitable dollars.

Meanwhile, Russ has known several people – whether a client, friend or family member – who have been a recipient of services from On With Life. Knowing what an impact the organization has had on those he cares about as well as the diverse population

On With Life serves, he decided to start donating.

“On With Life is the best facility in the Midwest specific to brain injury/ neuro,” said Russ. “And they help people from the whole gamut...people of different ages, different abilities, different financial situations, different locations...that’s why I give.”

Russ has been generous with annual contributions to the On With Life Foundation as well as the Celebrate Life annual fundraising event. And because Russ believes so strongly in supporting On With Life and all who need the program now and in the future, he has arranged a planned gift to benefit On With Life down the road.

“You never know when a brain injury will hit or who it’s going to hit,” Russ said. “All people need the same help, and On With Life offers that help. I’m happy to support the organization.” +



involved in his therapy, which prepared us for the transition to life at home.” When the day arrived for Craig to graduate from On With Life and head home, Jane and Craig had the knowledge and skills to continue with their next steps in their life at home.

With a passion for giving back to others in the community, Jane and Craig strive to

help others see the “WOW” factor of On With Life as an organization and a program for brain injury rehabilitation.

“On With Life blends the strengths and insights of all fields, treating the whole person – emotionally, physically and spiritually,” said Jane. “The fact that patients are addressed as ‘persons served’ exemplifies On With

Life’s dedication to helping those individuals with a brain injury.” For these reasons, Jane and Craig decided to become Circle of Life Society members back in 2017 and continue to make an annual philanthropic donation to the On With Life Foundation.

“We feel that the staff view their work not as a job, but rather a passion in life,” Jane

says. “And we want to support that passion.”

Each day is a new day. Every new day has challenges to overcome. The Elsassers know that slow and steady are just the thing that Craig needs, as he continues to slowly gain more and more strength. Their love and support are what help them get on with life – together. +

The On With Life Foundation is grateful to the many individuals, corporations and foundations – those named below and those who have asked to remain anonymous – who supported On With Life’s mission through charitable donations and grants received between January 1, 2020, and December 31, 2020. It is the Foundation’s goal to be 100% accurate in the spelling and inclusion of all contributors. If you have any questions or concerns about a listing, please contact the Foundation office at 515-289-9611 or by email at FOUNDATION@ONWITHLIFE.ORG. More information on ways to give can be found online at ONWITHLIFE.ORG/FOUNDATION.

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WAYS TO GIVE

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- Gifts made to the On With Life Annual Fund
- Gifts designated to a specific fund
- Gifts in memory or in honor of friends or loved ones
- In-kind gifts benefitting our persons served/families or programs
- Employer-matched gifts
- Gifts of stock or distributions from your IRA
- Bequests in your will or trust
- Designating your United Way gifts to On With Life
- Sponsorship of our events
- Volunteering time

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INDIVIDUALS WHO GIVE UNSELFISHLY
OF THEIR TIME AND TALENTS TO
THE ON WITH LIFE MISSION.

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Nate Beard

Kate Benson Larson

Sophie Bergan

Natalie Bohnenkamp

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