



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

headway

FALL 2021



Reconceptualizing Rehab

BREAKING DOWN
PERCEPTIONS

**ART THERAPY
IN ACTION**
P. 5

**ANSWERS ABOUT
COUNSELING**
P. 15

**ON WITH LIFE
FOUNDATION**
P. 16

ON WITH LIFE, INC.
headway magazine

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

ABOUT THE COVER:

Assistant Director of Nursing Ashley Jackson and Jerry in On With Life's therapy grounds in Ankeny.

BOARD OF DIRECTORS

ON WITH LIFE, INC.

Thomas J. Friedman, Chair
Donna Walter, MBA, Vice Chair
Arthur Filean, MBA, Treasurer
Mark Dearden, DO, FAAFP
Marc Harding, JD, DO
Carl Harris, FSA, MAAA, FCA
Sara Johnston, PhD, CRC
Meredith Lamberti, JD
John Ledvina, MS, CPA
Jeb Lee, MHA
Vilia M. Tarvydas, PhD, CRC
Eli J. Wirtz, JD

ON WITH LIFE, LTD.

Eli J. Wirtz, JD, President
Sybil Finken, BA, Vice President
Jean Shelton, MBA, FACHE, Secretary/Treasurer
Rudy Fors, MBA
Diana Hoogestraat, MSW, LISW
Kate Benson Larson, MA, CRC, CDMS
John Snyder, AIA

ON WITH LIFE SUPPORTIVE HOUSING, CORP.

Meredith Lamberti, JD, President
Jean Shelton, MBA, FACHE, Vice President
Donna Walter, MBA, Secretary/Treasurer
Arthur Filean, MBA

ON WITH LIFE FOUNDATION

Jeffrey Lamberti, JD, President
Andrea Woodard, Secretary
Thomas J. Friedman, Treasurer
Janelle Conley
Libby Crimmings
Arthur Filean, MBA
Carl Harris, FSA, MAAA, FCA
Jean Shelton, MBA, FACHE
Steve Van Oort
Douglas A. West, CFP

Headway Magazine is published bi-yearly by On With Life, a not-for-profit organization and a Midwest leader in brain injury rehabilitation. Email change of address information or request to be removed from our mailing list to headway@onwithlife.org.



Letter from the CEO

THE JOURNEY IS BETTER TRAVELED TOGETHER.

I visited with a parent of a former person served who passed away several years ago. She wanted me to know how much her time at On With Life meant to both she and her daughter. “Eighteen months,” she said. “That’s what On With Life gave us. Eighteen more months to be together.” No mention of the rehab process and the types of therapy provided – even though it was an essential aspect of our care. Time, together as a family, was the high value result of our service. In our many years of existence, we have never been asked by an insurance company about time or shared family moments. Yet, at the end of the day, the work we do is all about creating opportunities for future moments.

In this issue you will hear about engagement from our clinical director, Dave Anders. For Dave and his team, engagement on the part of our persons served (or emotional involvement/commitment) is essential. Engagement

brings meaning and purpose to the time we share. Speech therapy, physical therapy, occupational therapy, recreational therapy, music therapy, counseling and nursing are all things we do with exceptional skill. However, what make us special is the meaning we bring to every task.

Even though we measure much of our success by looking at functional progress, for our families and persons served, it is really about creating space for future shared moments. Whether it’s 18 months or many years, the gift of time is our end product.

Sincerely,

Jean Shelton, CEO

Fall 2021

2

LETTER FROM
OUR CEO

12

Q+A

4

HAPPENINGS

14

SUMMER FUN

5

ART THERAPY IN ACTION

15

PROGRAM SPOTLIGHT -
COUNSELING

6

REPORTS FROM THE
COMMUNITY

FOUNDATION FEATURES

16

ON WITH LIFE
APPRECIATES

8

PEOPLE MAKING
A DIFFERENCE

18

PHILANTHROPY
IN ACTION

10

RECONCEPTUALIZING
REHAB

20

ON WITH LIFE NEURO
REHABILITATION
CONFERENCE



Sometimes a whisper is worth shouting about. Heather's ability to speak was affected after a TBI, but not her ability to communicate to her kids. Her therapist asked her, "What's the one thing you want your kids to know?" She wrote, "I love you."



HELMET GIVEAWAY

Advocating for helmet safety is important to On With Life, and every year we make an effort to keep our communities safe by providing free helmets to those who need them. This year was no different, and we were able to give over 800 helmets away in Glenwood, Coralville and Ankeny! Thank you to Kiwanis of Glenwood, Kiwanis of Ankeny and Knights of Columbus at Our Ladies Immaculate Heart for helping make these events possible!



NURSES EARN NEW CERTIFICATION

Dedication to expertise has and always will be important to On With Life. Earlier this year, with support from the On With Life Foundation, two members of the Ankeny Inpatient nursing staff completed the testing to earn the CRRN certification – Mandy Beason and Celia Goodman. CRRN is the credential for Certified Rehab Registered Nurse and is the gold standard in rehab nursing. They join just three other nurses at On With Life who have earned this credential.



NEW ADAPTIVE BIKE

Thanks to the support from Celebrate Summer, On With Life purchased a new adaptive bike for persons served and staff in our Long-Term program. This electric bike will allow persons served to sit in their wheelchairs on the front of the bike and will provide staff the ability to safely and comfortably take persons served for a ride around the Glenwood community.

“Walking is a pleasure many take for granted, but seldom is a simple bicycle ride underappreciated,” said Jeremy Davis, therapeutic recreation specialist. “So imagine the sensation one can experience riding again, when walking is something they now dream they could do independently.”



ART *therapy*



Did you know art can be used as a therapy tool?

Art is a fun and creative way to communicate, as well as improve self-esteem and self-awareness. Plus, it's a great tool to improve cognition and motor function. Persons served often work with CEO Jean Shelton on art projects and display them throughout the building for persons served, families and staff to enjoy.

LINDSAY



Living It Up

POST-ACUTE INPATIENT REHABILITATION

Admit: September 2012

Discharge: October 2013

On June 10, 2012, Lindsay Murdock, a healthy 26-year-old woman, gave birth to her son, Easton. However, just two hours after she became a first-time mother, Lindsay suffered a stroke. It was then that Lindsay was diagnosed with Preeclampsia and HELLP syndrome.

Lindsay spent many weeks in the ICU and a long-term acute care facility before she was admitted into On With Life's Disorders of Consciousness program, where she began her 13-month journey at On With Life.

"The staff was so welcoming to all of us and found so many ways to include Easton in Lindsay's therapy," said Lindsay's mother, Kristie Murdock. "The staff became our family."

With the help of On With Life staff, Lindsay overcame several big obstacles. Five months into her stay, she began to communicate by blinking, and then eventually by

hand signals. Next, she worked on her ability to swallow again. It was Lindsay's determination to be there for her son that kept her pushing forward.

"Lindsay's son keeps her positive and motivated, and the entire family is in awe of Lindsay's unbelievable courage and positive attitude," said Kristie. "She first laughed again on her birthday, May 28, 2013. This was sweet music to our ears, almost one year after the stroke."

Since discharging from On With Life in October 2013, Lindsay has continued to make progress, now being able to speak and take a few assisted steps.

"Lindsay's advice is simple – keep fighting and live it up," said Kristie. "Lindsay has traveled to the beach, Disney World, and gone water skiing. We always figure out a way to have fun by adapting to the things Lindsay loves to do." +



To learn more about
On With Life's stroke
program, visit

ONWITHLIFE.ORG/STROKE.

The Life of the Party

POST-ACUTE INPATIENT REHABILITATION

Admit: October 2018

Discharge: June 2019

A rainy drive home from school in September 2018 ended up being a life-changing one for Tate Little. Tate was in a car accident in which he suffered a traumatic brain injury and was in a coma state for several weeks after. Wanting a facility that specialized in brain injury, Tate's family chose On With Life.

Tate was admitted into the Disorders of Consciousness program, where the On With Life staff worked with him every day to move his arms, legs, hands and feet to help his brain create new pathways for motion. They also conducted tests on a regular basis to test Tate's consciousness.

"December 26, 2018, is a day our family



+

will never forget," said Tate's mother, Joyce Little. "This is the day Tate passed the test and truly started to make progress toward his recovery."

During his time at On With Life, Tate worked towards talking again, gaining strength in his legs, and adjusting to using the left side of his body to carry out daily functions. Tate set two goals for himself after he discharged: to graduate with his high school class and to walk without assistance.

"Tate's coaches and friends have kept him positive during his recovery," said Joyce. "The constant possibility of a better future is what keeps him going."

Tate recently graduated from high school with a 3.4 GPA and was able to take a few assisted steps during his graduation ceremony with the help of two of his friends. He will attend Kirkwood Community College in the fall with plans to transfer to a four-year university in the future. +

TATE

Balancing School and Therapy

OUTPATIENT NEURO
REHABILITATION - CORALVILLE

Admit: January 2021

Discharge: April 2021



+

The staff helped Gabriela address many of the fears she had regarding continuing with law school.

Together they

As a first-semester law student at the University of Iowa, Gabriela Rivera was anxious about the several post-concussion symptoms she was experiencing after a head injury. Not wanting her academic performance to suffer, she cut back on her class load so she could start attending outpatient therapy at On With Life's Coralville clinic.

"That was such a great decision because prioritizing therapy helped me improve more quickly," said Gabriela. "I started to feel like myself sooner than I expected to."

worked on her attention span, reading, screen time tolerance and ability to be around noise and lights. With the help of therapy Gabriela was able to study for finals, take her exams and interview for summer internships with minimal symptoms. She even ended her second semester with a better GPA than her first semester, which she attributes to her time at On With Life.

"My therapy team helped me see that it's ok to slow down and honor my limitations," said Gabriela. "I felt so supported and encouraged by the entire team at the clinic." +

GABRIELA



To learn more about
On With Life's Outpatient
programs for Concussion
ONWITHLIFE.ORG/CONCUSSION.

People Making a Difference

Upon Doug West's referral to On With Life's LSVT Big and Loud program in 2018, he became a big believer in On With Life's mission and work. Now, through his role on the On With Life Foundation Board, he strives to make services more accessible.

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

I hadn't indicated interest in serving on the Foundation Board, but I had sent in a donation to support their work because of how much the Big and Loud program did for me. The board was looking for new members and because of my previous work as a non-profit board volunteer, I was

"I want to see the day On With Life is as well known as Mayo Clinic."

approached. At 73 I wasn't looking for a new non-profit assignment but having been a person served at On With Life, I felt I could bring different perspective to the role.

WHAT DREW YOU TO SUPPORT THE ON WITH LIFE MISSION AND WHAT INSPIRES YOU TO CONTINUE DOING SO?

I was impressed with the idea that On With Life had no intention of allowing me to "learn to live with" my Parkinson's Disease (PD). While the disease will prevail and challenges will increase over time, 80% of individuals die "with" rather than "of" PD. On With Life's philosophy of making sure those intervening years (as many as 20) are as productive and satisfying as they can be is why I support them, and I hope that an expanded footprint will reach more of those who have experienced PD, a stroke, concussion or traumatic brain injury.



DOUG WEST

WHAT DOES IT MEAN TO YOU TO BE ON THE ON WITH LIFE BOARD OF DIRECTORS?

Being on the board provides me an avenue to amplify my impact by helping to set direction and develop policies conducive to intelligent and responsible growth in services. I want to see the day On With Life is as well known as Mayo Clinic! +

During her three years as a Certified Therapeutic Recreation Therapist (CTRS) at On With Life's long-term program in Glenwood, Tracy Gregory has dedicated herself to giving our persons served the best quality of life.

Tracy joined the On With Life team as a CTRS not only for the professional opportunities, but also because the role fit her outgoing personality and allowed her to be creative. Her creativity doesn't stop as she leaves the Glenwood campus after a day of work; she is always thinking of new experiences she can provide our persons served.

"I am passionate about trying new things," said Tracy. "I'm constantly looking at activities and events in the community and trying to figure out how we could adapt them so our persons served can be a part of it."

In addition to her constant search for new ways to engage persons served, Tracy also spends time outside of her typical workday being a caregiver for Boo, the therapy dog at our Glenwood facility, and helping On With Life



TRACY GREGORY

make several connections and find support from local businesses. Several of the connections she has made were instrumental in the success of the recent fundraising event in Glenwood, "Celebrate Summer" fundraising event in Glenwood.

"The persons served are my motivation," said Tracy. "They challenge me daily to find ways to better involve them in the community they live in." +

The On With Life Assistive Technology committee and Iowa State University's Center for Industrial Research and Service (CIRAS) have come together to create concepts for a new piece of equipment to benefit our persons served – a wheelchair mountable utility mirror.

Joe Walters, director of analytics at On With Life, came to the committee after attending a virtual 3D printing breakout session through CIRAS. The team began to brainstorm how this technology could be used to benefit our persons served and decided on the utility mirror because it seemed like it could be used for several tasks without changing the design much.

"Our persons served frequently have multiple impairments, so freeing up a hand allows them to do more on their own," says Joe. "It also increases safety when



CIRAS

they don't have to juggle multiple devices during a task like cooking."

The CIRAS team, including Program Director Chris Hill and Project Manager Jake Behrens, have met with the Assistive Technology committee and an ISU student volunteer to start working on the design.

"I've had different people in my life face challenges similar to what On With Life's persons served deal with, and I'm eternally grateful to anyone who puts an effort into making their lives easier," said Jake. "I'd like to pay it forward in any way I can."

This project is only the beginning. With the creativity, technology, and assistance CIRAS can provide our organization, the possibilities are endless. +

For more information on volunteering at On With Life, visit [ONWITHLIFE.ORG/VOLUNTEER](https://onwithlife.org/volunteer).

RECONCEPTUALIZI



The term “rehabilitation” sounds clinical. But walk through the halls of any of On With Life’s campuses, and you’ll find rehabilitation has a new meaning. It’s person-centered, it’s functional and it’s inspiring. The stories shared here are just a few examples of the way rehabilitation has taken on a new meaning.



Re

Physical Therapist Amy deBuhr golfs regularly, and when Brian Clark shared that golfing was a large part of his personal and professional life, she immediately started thinking of ways she could incorporate golf into his inpatient therapy at On With Life. Brian, who suffered a stroke, was on board.



“Golf is huge part of Brian’s life, so it just made sense to go to a golf course for therapy,” said Amy. “He drove the golf cart, we trialed a grip assist to maintain his left hand on the club during swings, and we problem solved how he could conserve energy by parking the cart closer to certain places he needed access to.”

Top: Brian Clark and Mallory Majors
Bottom: Ashley Jackson and Jerry Brown **Right:** Devon Stillman

NG

ehab

Even though there was plenty of therapy happening, Brian most remembers the fun afternoon with “the best caddy I’ve ever had,” he said.

“Therapy shouldn’t feel like work,” said Amy. “As therapists, we’re working to get you back to doing things you love, and for Brian, that was golfing. Figuring out a way to get him back on the course made sense to him.”

For Devon Stillman, he worked best with cars, and one of his goals was to return to work as a mechanic. Occupational Therapist Emily Summerfield thought outside the box and turned the maintenance garage into a makeshift mechanic shop.

“Part of his therapy was detailing one our cars. Not only did it give him the confidence to know he could

go back to work, but it also gave us real time feedback as to how we could continue to tailor his sessions to make him successful in returning to work,” said Emily. “Those real-world therapy sessions are better than anything we could simulate in the gym.”

cards or watching a game show in the nursing area can all be therapy,” said Assistant Director of nursing Ashley



WHILE THEY MAY NOT REALIZE IT, GOING FOR A WALK IN THE THERAPY GROUNDS, PLAYING A GAME OF CARDS OR WATCHING A GAME SHOW IN THE NURSING AREA CAN ALL BE THERAPY.



On With Life’s nursing team works with the therapists to continue therapy goals during the person served’s downtime.

“One of my favorite things to do is spend time with our persons served. While they may not realize it, going for a walk in the therapy grounds, playing a game of

Jackson. “When the nursing team can help continue the therapy goals, and we work together as one cohesive team, the persons served truly benefit and see better outcomes.”

There’s one common theme in the stories – engagement. Engagement is a driving force behind On With Life’s reason to switch the mindset of rehabilitation. +

LIVING DREAMS

Another way to think about individualized rehabilitation is by tailoring rehabilitation in ways that re-frame person served’s goals as dreams. Many of the dreams fall under the categories of “living,” loving,” and “doing.” Living dreams center on the ways in which actions and decisions are directed toward the goal of living in a specific place. Loving dreams center on the ways in which actions and decisions are directed to surround themselves with the people they care most about. Doing dreams center on the ways in which actions and decisions are directed to find meaning, purpose and productivity in their lives. While neurological injury and illness many alter the path to these dreams, it does not take them away. When rehabilitation interventions are actively related back to the individual’s living, loving and doing dreams, this is one of the most important and individualized ways individuals can be engaged.

Learn more about engagement from clinical director Dave Anders in this edition’s Q+A on page 12.

Get to Know

Dave Anders

MS, CCC-SLP, CBIST



Dave's Family

TITLE:

Clinical Director

EXPERIENCE:

I've been working as a speech-language pathologist in the field of neuro rehabilitation for 24 years. I have had the honor of working on the rehabilitation team at On With Life since 2002.

EDUCATION:

Both my bachelor's and master's degrees were completed at the University of Nebraska's Kearney campus.

FAMILY:

Deb and I have been married for 28 years. Our daughter, Lauren, is a junior at the University of Northern Iowa. Our son, Blake, will be a senior this year at Ankeny High School.

THREE INTERESTING FACTS:

- + My dad is a physical therapist. When I was little he had a private practice in our home where he worked with children.
- + I started college as a marketing major and graphic design minor. I saw how hard my dad worked and decided that I could make more money and work fewer hours with a career in marketing and graphic design rather than healthcare.
- + During my freshman year in college I sustained a spinal cord injury. The relationships I formed with the physicians, nurses and therapists helped me come to the decision that rehabilitation was my calling.



WHAT ARE THE TWO COMPONENTS THAT WORK TOGETHER TO RESULT IN HIGH-QUALITY NEURO REHABILITATION?

There are two components that, when combined correctly, result in high quality neuro rehabilitation. These two components include clinical competency and engagement-based competency. I'll use the analogy of pizza to talk about how the two components work together.

WHAT IS CLINICAL COMPETENCY?

Clinical competency encompasses the evidence-based skills rehabilitation professionals apply to the myriad of challenges persons served present with because of their neurological injury or illness. The three broad categories of challenges include physical (e.g., weakness, paralysis, motor planning difficulty), cognitive (difficult with communication and/or thinking skills such as attention, memory and executive functions) and emotional (depression, anxiety, irritability, etc.). Rehabilitation professionals have expertise in evidence-based approaches to address these challenges. I think of these competencies as the foundational elements of

ENGAGEMENT IS AN IMPORTANT PART OF REHABILITATION AT ON WITH LIFE. CLINICAL DIRECTOR DAVE ANDERS DISCUSSES WHY IT'S IMPORTANT AND HOW IT LOOKS AT ON WITH LIFE.

neuro rehabilitation – I the same way that the crust, sauce and cheese are the foundational elements of a pizza.

WHAT IS ENGAGEMENT-BASED COMPETENCY?

For most individuals, cheese pizza is not enough. Additional, more personalized ingredients are needed to provide the best possible rehabilitation experience and outcomes for our persons served and families. This is where engagement-based competencies become critical. We must also combine ingredients such as therapeutic alliance (mutually reinforcing and trusting relations among persons served, families and their team), salience (therapeutic tasks that are personally meaningful), goals that are specific to the individual as well as a healthy dose of humor, creativity, flexibility and genuine curiosity into our rehabilitation. These special ingredients (and others), when combined with our core ingredients, result in a pizza that

looks and tastes a little bit different for each person served and family.

WHAT DOES THIS LOOK LIKE AT ON WITH LIFE?

I recently sat in on a meeting where the rehabilitation team was brainstorming all the ways we could make Iowa State Fair

week special for our persons served and families. The team talked about state fair themed food, a talent show, a hog-calling contest and much more during state fair week – all of which address specific brain injury-related challenges but do so in a way that is creative, fun and engaging! +



Dave (far left) at a pie-eating contest at On With Life during Iowa State Fair week.



Summer at On With Life



When many people think about the holistic approach that On With Life uses to work with persons served, they think of the traditional therapies like physical, speech, occupational, music or recreation therapy. While these are three very important aspects to our holistic approach, we know that the impacts of a brain injury, stroke or other neurological event are much further reaching.



For more information on our counseling services, call 515-289-9696.

MENTAL HEALTH AFTER BRAIN INJURY

For most individuals, there are significant changes in their emotional, psychological, or behavioral functioning that also need to be addressed. That is why we offer clinical counseling in both our inpatient and outpatient programs.

“Many times, persons served and their loved ones are in ‘survival mode’ initially after an injury, stroke or diagnosis,” said Tawny Chamberlain, clinical counselor at On With Life’s outpatient clinic in Coralville. “It may be a few months until they realize the larger impact that has been had on their overall mood, wellness, wellbeing and mental health.”

Our clinical counselors work with persons served on a variety of issues such as adjusting to injury, grief and loss,

depression, anxiety, emotional lability, neurobehavioral challenges and more.

In addition to helping our persons served find their “new normal,” they also work with families and care providers to address the changing role and relationship dynamics that often accompany a brain injury or new neurological diagnosis.

“Our services provide a safe space for persons served and their families to process the emotions they may be dealing with whether they are directly related to the injury, stroke or diagnosis, or additional stressors in their life that may impact the work they are doing at On With Life,” said Tawny.

According to Lindsay Vaux Eldredge, clinical counselor for On With Life’s inpatient program in Ankeny (pictured above), it takes a village to “journey with

someone as they grieve the life that they once had, start to create a new one, and rediscover meaning and purpose.” That’s why feedback and collaboration with all disciplines at On With Life is essential for providing optimal mental health monitoring and services.

“I gain a tremendous amount from the reports and insights of my coworkers. Through this sharing of information, I can get a much more comprehensive picture of how a person is presenting emotionally and behaviorally, how they are adjusting to our facility and their current impairments, and how they are coping overall,” said Lindsay. “The collaboration at On With Life is one of the most beautiful features of our program and makes it a very unique and gratifying place to be a mental health professional.” +

A NOTE FROM OUR DEVELOPMENT DIRECTOR



SARA WILSON

Thank you for thinking of us. Thank you for your donations. Thank you for your advocacy. Thank you for caring enough to take action. Because of you, On With Life is able to help so many individuals have what they need in order to maximize their rehabilitation potential.

We continue to be passionate about showing up as best we can for those we serve and working to serve more and more who need us. We will continue to rely on your partnership as we prepare for what's next. Exciting changes are coming at On With Life, and we know philanthropy will continue to play an important role in our ability to meet the needs of those living with brain injury, stroke or other neurological conditions. We would welcome the opportunity to get to know you and your philanthropic goals.

I can be reached at **(515) 289-9611** or sara.wilson@onwithlife.org.

Sara Wilson, Development Director

*Thank you
is never enough, but
we'll keep saying it
and saying it.*



On With Life Appreciates:

- + The **Meinders Foundation** for donating \$10,000 for persons served/staff needs due to COVID-19 restraints.
- + **Clow Valve Company** which contributed more than \$15,000 from the organization and its employees in honor of the retirement of Mike Vore, father to past person served Sarah Vore.
- + Those who supported our Tee Time and Charity Golf events in Eastern Iowa including **Kevin Doherty + Tim Doherty, Steven Breese + Irene Malenda, Lourdes + Nelson Sanchez, Advanced Dentistry, Halverson Photography, Relion Insurance Solutions, Pam + Mark Wilson** and others.
- + **Chris Norton Foundation** which granted \$14,000 to On With Life to help acquire new equipment in support of persons served with spinal cord injury.
- + **Cindy + Tom Friedrichsen** who donated more than \$13,000 to the On With Life Therapy Grounds.
- + **Dana + Jim Rheinschmidt** who made a \$10,000 donation in honor of On With Life staff.
- + The many individuals and businesses including **Vonnie + Greg Esterling, Lincoln Farm and Home Service, Malvernbank, Shirley + Mike Vore and more** which supported this year's Celebrate Summer fundraising event in Glenwood.
- + **Iowa Economic Development Authority** which contributed a \$13,000 grant in support of technology needs relating to telehealth as a result of COVID-19.
- + **Nancy Aldera Charitable Trust, Susan + Kevin Funke, Mo + Jacque Grotjohn, Sharron Martin, Monte Nuehring** and **Travis Sisson** for continuing to make significant contributions to the On With Life Empower Hope Fund.
- + **AT&T** which made a \$10,000 donation to the On With Life Foundation.
- + **Polk County** which granted On With Life \$4,700 to help "refresh the gym" with new equipment and therapy tools.
- + **CJM Financial, Scheels** (Jordan Creek) and **Shelley + Jeff Wangsness** for sponsoring the On With Life Annual Reunion.

June Events Recap

Two fun and successful events were held in Eastern Iowa this summer. Between the Tee Time event at Big Grove Brewery in Iowa City and the Charity Golf Event at Saddleback Ridge Golf Course in Solon, more than \$11,000 was generated in direct support for On With Life's Coralville Clinic! On behalf of those we are privileged to serve, thank you!



Iowa Football Club



Tim Doherty, Development Director Sara Wilson and Kevin Doherty



Brent and Tina Cheney



Mark Wilson and On With Life staff



It was easy to celebrate summer with the sun shining and the Glenwood community showing up to support On With Life! Thank you to everyone who joined us at Keg Creek Brewing for our first Celebrate Summer event. Fun was had by all, and we were able to raise enough funds to purchase an adaptive electric bike for our persons served in Glenwood.

Nearly 100 free helmets were handed out



Kids enjoyed face painting and more



TR Specialist Tracy Gregory offered demos of the bike



Board members Diana Hoogstraat and Sybil Finken



To view more photos from our June events, visit ONWITHLIFE.ORG.

REYNOLDS AND REYNOLDS

For years, Reynolds and Reynolds has been a champion of On With Life’s mission.

Since 2007, the local, family-owned insurance company’s consistent support of fundraising events and initiatives has made a difference in the lives of persons served. “Reynolds and Reynolds believes in giving back to our community,” said Suzanne Arnold, VP of Reynolds and Reynolds. “We encourage all of our employees to get involved in philanthropies they are passionate about – whether it be their local church, school, hospital, etc.”

When asked why it’s important for Reynolds and Reynolds to give back to the community, Suzanne mentioned, “We are proud to live in and around the Des Moines metro which we feel

is a wonderful place to thrive. We believe that if everyone can give back in whatever way they can – time, treasure or talent – it will continue to grow our community.” Reynolds and Reynolds has supported On With Life’s Celebrate Life fundraising and recognition event each year it’s been held since 2015. Prior to that, they were first involved by sponsoring On With Life’s golf outing fundraiser and has provided the organization with other donations through the years. “We support On With Life because we have seen what a wonderful facility this is for our community,” said Suzanne. “We have had loved ones who have experienced firsthand the benefits On With Life has to offer and are proud that we have their facilities in our community.” +



Reynolds and Reynolds Staff



Shirley + Mike Vore

CLOW VALVE

Sometimes serendipity is real. On With Life’s Long-Term Skilled Care program staff recently learned about an electric bike that could carry a wheelchair, and the team had a dream to secure the equipment so persons served could experience what riding a bike felt like again. However, the bike had a hefty price tag, and while fundraising plans were in the works, it was

unclear whether it could happen.

Ironically, around the same time, On With Life was blessed by a significant and unexpected donation from Clow Valve and the McWane Valve and Hydrant Division.

Mike Vore had been with Clow as the national sales manager for many years prior to taking on

a corporate role with McWane, Inc. He and his wife, Shirley, have been long-time residents of Oskaloosa, and he continued to work out of the Clow corporate office after his promotion. At the time of Mike’s retirement in the spring of 2021, David Teague, Mike’s direct report for years, great friend and Clow outside sales representative, came

CARRIE HUFF

Carrie Huff says she has always been motivated to give back to the community because she has personally benefited from the generosity of others throughout her life.

“I try to donate to organizations and causes that have had a significant impact on me and that I believe also can have a positive effect on others,” says Carrie. “On With Life is one of those organizations.”

Carrie first came in contact with On With Life in 1997 through tragic circumstances. At age 53, her mother, Verneal “Bunny” Traver, suffered a devastating stroke as a result of a ruptured brain aneurysm. Bunny’s life as a healthy, independent person working full-time and living in her own home changed in an instant to being almost completely paralyzed, unable to speak and totally dependent on others.

“My mom’s medical situation was complicated and overwhelming,” Carrie said. “Fortunately for my mom and our family, we learned about On With Life.” When Bunny was stable enough to be moved, she was served for many months in On With Life’s Post-Acute Inpatient

Rehabilitation program in Ankeny. She then lived the six remaining years of her life at On With Life’s Long-Term Skilled Care program in Glenwood.

“The staff at both facilities was so wonderful and took such good care of my mom,” said Carrie. “They also made me, other family members and friends feel so welcome and a part of my mom’s life. They truly were angels in our time of need, and I will forever be grateful to everyone associated with On With Life.”

Carrie has made significant and consistent contributions to the On With Life Foundation over 18 consecutive years of giving. In hopes of paying her gratitude forward, she continues to stay in touch and make generous donations from her Dallas, Texas, home.

“On With Life is such a tremendous blessing and resource for patients and families like mine who have been touched by the tragedy of brain injury or disease,” says Carrie. “I am happy and proud to support the mission of On With Life in honor and in memory of my beloved mom.” +



Carrie Huff

up with the idea to ask the McWane Valve and Hydrant Division outside sales team to donate to On With Life in honor of Mike’s 40 years of service to Clow. David was aware of the program because Mike and Shirley’s daughter, Sarah, was served in On With Life’s Long-Term Skilled Care program in Glenwood for six years before she passed in 2009 at the age of 27.

When David first approached the On With Life Foundation regarding the donation, he estimated the gift might total \$1,500. However, generous co-workers and a company match resulted in more than \$15,000 donated in the Vore’s name. Enough to secure the bike!

Clow Valve VP/General Manager Mark Willet said, “Clow strives to support organizations that have or will support our community and/

or our team members. We have a great deal of respect for our team and our community, and we recognize that we are as dependent on them as they are on us.”

The Vores were overwhelmed by the generosity of Mike’s colleagues and the organization. “Clow is more than a great place to work, it is family,” said Mike. “Clow was always willing to let me have time to be with our Sarah and

sometimes for many days at a time. Working with people like David and Mark made it more than easy to go to work each day.”

Mike, Shirley and their family attended On With Life’s Celebrate Summer event in Glenwood in June, where the donation’s impact to On With Life’s current persons served was recognized. +



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

Joining hands, hearts and minds to help persons living with brain injury get **ON WITH LIFE.**

NON-PROFIT ORG.
US POSTAGE
PAID
PERMIT NO. 691
DES MOINES, IA

NEW!

OUTPATIENT PROGRAMS

AT ON WITH LIFE



POST-COVID PROGRAM

Did you know 76% of people who have been diagnosed with COVID-19 have at last one symptom months after hospital discharge? That's why On With Life launched its Post-COVID Rehabilitation Program and is currently serving individuals in the Ankeny and Coralville outpatient clinics. Common symptoms include fatigue, anxiety, depression, weakness, vestibular and balance issues or headaches.

To learn more, visit
[ONWITHLIFE.ORG/POST-COVID](https://onwithlife.org/post-covid)

DRIVER REHABILITATION PROGRAM

The new On With Life Driver Rehabilitation program is a comprehensive program that serves individuals with physical and/or cognitive limitations that may interfere with driving. Our programs includes an initial clinical assessment and driving evaluation on the road to assess skills and address any deficits that may require further training or adaptive equipment.

To learn more, visit
[ONWITHLIFE.ORG/DRIVER-REHAB](https://onwithlife.org/driver-rehab)