



ON WITH LIFE  
BRAIN INJURY + STROKE + NEURO

# headway

SPRING 2023



## Embracing the challenge

+ THE NEEDS OF THE COMMUNITY

RECREATIONAL  
THERAPY

P. 5

LONG-TERM  
PROGRAM UPDATE

P. 15

PHILANTHROPY  
IN ACTION

P. 18

**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:**

*On With Life Physical Therapist Logan Wallace aids Mackenzie Nash as she works towards her goal of walking again after a spinal cord injury.*

*Photos by Images by Brice*

**BOARD OF DIRECTORS**

**ON WITH LIFE, INC.**

Jeb Lee, MHA, Chair  
Steve Givens, Vice Chair  
John Ledvina, MS, CPA, Treasurer  
Meredith Lamberti, JD, Secretary  
Dr. Erin Barnes, PhD, CRC, NCC, LPC (TX), LMHC  
Brian Clark  
Mark Dearden, DO, FAFAP  
Arthur Filean, MBA  
Brett Fisher  
Thomas J. Friedman  
Marc Harding, JD, DO  
Carl Harris, FSA, MAAA, FCA  
Sara Johnston, PhD, CRC  
Kate Benson Larson, MA, CRC, CDMS  
Luisita Dona McBurney  
Jaclyn Taylor  
Donna Walter, MBA

**ON WITH LIFE, LTD.**

Diana Hoogestraat, MSW, LISW, President  
Sybil Finken, BA, Vice President  
Jean Shelton, PhD, MBA, FACHE, Secretary  
Rudy Fors, MBA, Treasurer  
Chad Lang, Ed. D  
Kate Benson Larson, MA, CRC, CDMS  
John Snyder, AIA

**ON WITH LIFE SUPPORTIVE HOUSING, CORP.**

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

**ON WITH LIFE FOUNDATION**

Jeffrey Lamberti, JD, President Emeritus  
Steve Van Oort, President  
Andrea Woodard, Vice President  
Libby Crimmings, Secretary  
Thomas J. Friedman, Treasurer  
Janelle Conley  
Arthur Filean, MBA  
Carl Harris, FSA, MAAA, FCA  
Kim Butler Hegedus  
Jean Shelton, PhD, MBA, FACHE

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



# A GROWING MOVEMENT OF CHANGE

On With Life's commitment to our community goes well beyond our many employees who volunteer throughout the area. We work to normalize the idea that not everyone has to be alike. Our concept of community leadership includes bringing forward the voice of those who cannot speak, showing the way for those who struggle to move forward and accepting ourselves for who we are.

Disability can be interpreted as 'not-normal' but one's abilities should be able to stand on their own without comparison. Critical review of these words is part of a growing movement to change community perspective and 'other-abled' is an example of a word brought forward to replace 'disability.'

This concept is important to our neuro-population, especially in light of how one's community accepts and interacts with other-abled individuals. Studies suggest that over 80% of the brain injury population reports significant negative change in their social status and social interaction. Let's change this by creating a welcoming community that recognizes the value of each individual's unique contributions. Let's take the 'dis' out of disability.

Jean Shelton - CEO



# Spring 2023

2

LETTER FROM THE CEO

14

Q+A - APHASIA

4

HAPPENINGS

15

LONG-TERM PROGRAM UPDATE

5

RECREATIONAL THERAPY

FOUNDATION FEATURES

6

REPORTS FROM THE COMMUNITY

18

PHILANTHROPY IN ACTION

8

PEOPLE MAKING A DIFFERENCE

20

2022 DONORS

10

EMBRACING THE CHALLENGE AND THE NEEDS OF THE COMMUNITY

24

UPCOMING EVENTS

13

STAFF PAY IT FORWARD



Persons served, along with their families, were able to trial several video games and adaptive equipment during On With Life's first adaptive game night in November 2022 in partnership with Eastern Seals. Due to popular interest, similar events will be planned for 2023. Watch On With Life's Facebook page for upcoming dates!

### WELCOME NEW BOARD MEMBERS!

On With Life added six new members to the Board of Directors in the fall of 2022.



**DR. ERIN BARNES**  
ON WITH LIFE, INC.

Clinical Associate Professor and  
Department of Counselor Education  
*University of Iowa*



**LUISITA DONA MCBURNEY**  
ON WITH LIFE, INC.

Senior Compliance Officer  
*State of Iowa, Iowa Public  
Employees Retirement System*



**BRIAN CLARK**  
ON WITH LIFE, INC.

President  
*Sonar Development  
Partners*



**JACLYN TAYLOR**  
ON WITH LIFE, INC.

Owner  
*Taylor REPC*



**BRETT FISHER**  
ON WITH LIFE, INC.

Head of Investment Product Strategy  
*Principal*



**KIM BUTLER HEGEDUS**  
ON WITH LIFE FOUNDATION

Executive Vice President  
Chief Lending Officer  
*Community State Bank*



### PAULA NAMED FORTY UNDER 40 HONOREE

Paula Duve, physical therapist and clinical team lead at On With Life's outpatient clinic in Coralville, was selected as one of the Corridor Business Journal's Forty Under 40 award honorees in 2022. This award recognizes young professionals who have made a significant impact in their organizations and community. Congratulations, Paula!



### WEBSITE ACCESSIBILITY

On With Life's website is now fully accessible!

When using the site, you can select the accessibility icon in the bottom lefthand corner of the page to access various adjustments to enhance your experience while exploring On With Life's website. Accessibility options include light/dark contrasts, a screen reader, keyboard navigation and more.

Try out these features at [ONWITHLIFE.ORG](https://onwithlife.org)



# RECREATIONAL THERAPY

Recreational therapy may simply look like a variety of fun activities, but On With Life's recreational therapists and therapeutic activity specialists are strategic about how recreational activities can be utilized as therapy, from simple movements to community engagement.

On With Life's inpatient recreational therapy team hosted a "RAGBRAI" event where persons served were able to track miles in a variety of ways including biking, walking and hand pedaling.

Persons served from both On With Life's inpatient and long-term programs participated in outings to the 2022 Iowa State Fair.

Long-term staff members and persons served worked together to create and show off a fun float using their new bike for the Glenwood homecoming parade.

Recreational therapy often teams up with other disciplines for functional therapeutic activities, such as cardio group.

Hobby fairs are a biannual event at On With Life where therapists work with persons served on displays that express their interests to share with fellow persons served and staff members.

The long-term team engaged persons served last summer by creating a unique slip and slide experience for them.





## BRIAN SCHNOOR



“ I love to see someone’s face light up when they find a wood burning they like.”



To learn more about  
On With Life’s brain  
injury program

[ONWITHLIFE.ORG/TBI](https://onwithlife.org/tbi)

## Thriving Through Woodworking

SUPPORTED COMMUNITY LIVING PROGRAM

Admit date: Spring 2017 | Discharge: Current

After a brain injury, Brian Schnoor had tried several Supported Community Living (SCL) programs in the Des Moines area before finding a good fit with On With Life. He appreciates how the services are catered to his wants and needs and has found good friends with the SCL specialists he works with. Plus, over the past couple of years, he has enjoyed sharing one of his special talents with the On With Life community.

Brian had always enjoyed woodshop classes throughout high school and with the help of his parents, was able to continue this passion while living with them. When moving into his own apartment, however, he did not have the space for the tools needed to continue. Rather, he found himself carving designs into sticks and transforming wooden thread spools into mini totem poles.

Upon moving into a home with a garage and a basement, Brian was able to store the proper tools and equipment

to continue bigger projects. He taught himself how to trace, hand carve and burn designs into various pieces of wood and began producing dozens of carvings and wood burnings in 2022.



“My woodworking reminds me of my Grandpa Schnoor,” said Brian. “He was a big woodworker and built his own house. He loved the small table I made him in high school and I think he would be proud to see what I can do now.”

While he can’t share his current work with his Grandpa, he has found joy in sharing with staff members and fellow persons served at On With Life. At the 2022 Annual Reunion, several attendees could be seen walking around with Brian’s creations.

“I love to see someone’s face light up when they find a wood burning they like,” said Brian. +



# A New, New Normal

## OUTPATIENT NEURO REHABILITATION

Admit: June 2022 | Discharge: July 2022

“This is your new normal.”

These are the dreaded words that Elizabeth Huey heard from multiple doctors for years after a car accident that resulted in two brain bleeds. After the accident in September 2017, Elizabeth wasn't able to walk, fully communicate, care for herself or play with her kids. She was unable to continue her job in the Iowa National Guard and was losing hope quickly.

“Many doctors prescribed me with medication after medication and told me this was my new normal, but my husband and I couldn't mentally accept that as the final answer,” said Elizabeth. “Finally, one doctor requested therapy at On With Life.”

It was almost five years after the accident when Elizabeth first came to On With Life's outpatient clinic in Ankeny. While slightly skeptical at first, she quickly gained confidence and motivation. In just the first few weeks of therapy she was able to

## ELIZABETH HUEY



leave her wheelchair behind and find a solution to her numerous vision issues. From there she moved onto reading techniques, time management, and even some National Guard worthy workouts. This variety of therapy and progress had Elizabeth feeling the best she had felt in years.

“Imagine going from being bound to a wheelchair to having your life back. This would not have been possible without the people at On With Life,” said Elizabeth.

Elizabeth graduated from the outpatient program in just under two months with the new normal she had hoped for. She is now walking and talking confidently, enjoying time outdoors with her children, and striving to be the best mother and wife she can be. +

## An Opportunity for Change

### POST-ACUTE INPATIENT REHABILITATION

Admit: April 2022 | Discharge: August 2022

### RESIDENTIAL NEURO REHABILITATION PROGRAM

Admit: August 2022 | Discharge: January 2023

### OUTPATIENT NEURO REHABILITATION

Admit: September 2022 | Discharge: Present

Ben Weigel had just been diagnosed with Guillain-Barré syndrome two months prior to being admitted to On With Life's inpatient program and when he arrived, he couldn't move his hands or feet without being in pain. Simply standing was a challenge for Ben due to his new diagnosis but through time in several of On With Life's programs, he was able to regain use of his hands and feet and work his way back to independent living.

“Therapy has been crucial to getting my life back,” said Ben. “From standing to cooking, On With Life has helped me in every aspect.”

Included in Ben's several goals was returning to work; however, rather than returning to his previous role working in

compliance, he worked with his outpatient therapy team to explore other career paths. Ben had received his degree in marketing from Iowa State University but had never held a marketing position. He thought if he could relearn to walk, why couldn't he learn a new career as well?

“I really love the idea of working in marketing because I love finding creative and innovative ways to reach out to others,” said Ben.

Ben was able to connect with On With Life's marketing team and take on a few projects that would help him develop a marketing portfolio. During his time as a resident in On With Life's Residential Neuro program, Ben helped collect photo and video content to be used on social media, and helped organize and promote a “can-struction” drive for On With Life staff as a way to celebrate the halfway point of the new outpatient center build. With Ben's help On With Life was able to collect over 100 cans for a local food bank. +



## BEN WEIGEL



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

[ONWITHLIFE.ORG/COMPLEXNEURO](https://onwithlife.org/complexneuro)

# People Making a Difference



ORDER OF THE EASTERN STAR

*Coming up on her year as Worthy Grand Matron of the Order of the Eastern Star's Iowa Chapter, Cheryl Payne knew she needed to come up with an idea for a fundraising project. She had a few ideas, but wasn't settled on anything until she heard Gail McGaughy, an On With Life outpatient physical therapist, on WHO radio talking about On With Life's Parkinson's Disease program.*

And that was it. Cheryl knew this was the route she wanted to take with the project. Cheryl had become passionate about Parkinson's after her father was diagnosed and she became his caregiver. She had experienced the disease up close and personal so upon hearing Gail's interview, she pulled over and began taking notes about On With Life. She brought the idea to the Worthy Grand Patron, John Whitatker, who had also experienced Parkinson's within his family, and the two of them moved forward with contacting and visiting On With Life.

"We decided we wanted to educate people, let them know that On With Life is there, ready and willing to help," said Cheryl. "We just knew we had to let the world know about this wonderful facility, the staff and the work they do."

They spent a year traveling to chapters throughout Iowa to talk about their goal and held multiple fundraising events from bake sales to a very successful golf outing that On With Life staff were able to participate in. In October 2022, the group presented On With Life with a check of

More than \$47,000 at their Grand Chapter Session, all to be used toward future Parkinson's programming.

"The generosity of our members is just so overwhelming – the Eastern Star hasn't raised that much money in years," said Cheryl. "So many people had a loved one, neighbor or friend with Parkinson's and shared my passion of making a difference in the lives of those who are suffering from the disease and those who care for them." +



*For Mike Burke, the perfect volunteer opportunity meant being able to indulge in his love of yard work. He had been able to do so while living in North Central Iowa by tending to flower beds and weeding at a local church, and he was searching for a new opportunity upon his move to Polk City.*



**MIKE BURKE**

Fortunately, his daughter-in-law, Jennifer Burke, is a speech-language pathologist at On With Life and was able to connect Mike with the right people.

Since May 2022, Mike has worked with the On With Life facilities team by tending to the therapy grounds. He comes in once or twice a week to lay mulch, trim bushes, weed, etc.

“I enjoy outdoor work and I feel grateful that On With Life allows me to fulfill that need of mine,” said Mike.

This past fall, Mike was one of four On With Life volunteers to receive the Hometown Hero award, an award created by Modern Woodmen of America to recognize and appreciate the individuals who dedicate their time and talents to the organizations of which they choose. On With Life awarded Mike because of the impact his volunteering has on both staff and persons served.

“I know the persons served at On With Life enjoy the gardens, and it is rewarding to know that I play a part in keeping the grounds in shape for them,” said Mike.

On With Life is excited to officially welcome back volunteers! For more information, please visit [onwithlife.org/volunteer](http://onwithlife.org/volunteer). +

Learn more about On With Life's  
2022 Hometown Heroes  
[ONWITHLIFE.ORG/HOMETOWNHEROES](http://ONWITHLIFE.ORG/HOMETOWNHEROES)

*Jeb Lee was interested in joining the board of an organization that had a strong reputation, was located in his community and could benefit from his background in healthcare*



**JEB LEE**

*administration. Now, the 22-year resident of Ankeny and executive director of clinical operations and payor strategy/compliance officer of McFarland Clinic is serving as board chair for the On With Life Board of Directors.*

#### **WHAT MAKES ON WITH LIFE SO SPECIAL AND UNIQUE?**

It is hard to put into words what makes On With Life so special, but there IS something very special about this organization. I see it when I attend meetings. I see it when person served stories are shared at Celebrate Life or on social media. I see it when staff members talk about what they do. Our staff are passionate about their work, they take pride in what they do, and they put persons served first every day. Seeing all of this makes me proud to be associated with On With Life and inspires me to continue supporting the organization and its mission.

#### **WHAT DOES IT MEAN TO YOU TO BE A BOARD DIRECTOR?**

I recognize that persons served are not choosing to receive care at On With Life because of me or other board members. They choose On With Life because of the amazing staff members and volunteers throughout the organization. As a board member, my role is to ensure On With Life remains a strong organization, both clinically and financially, so that we can continue to be the provider of choice in brain injury rehabilitation for years to come. +



# Embracing Challe

## + the Needs Comm

Mackenzie Nash is getting amongst the planning and comes a major goal that s a year: a goal of walking o

On August 5, 2021, Mackenzie sustained a T12 spinal cord injury from a zip lining accident, severely impacting the use of her legs. Following surgery and an inpatient stay at a hospital in Nebraska, Mackenzie was referred to On With Life for outpatient therapy in September 2021.

In stride with On With Life's aim of meeting the needs of the community, the team came together to support Mackenzie and her primary goal of relearning to walk. Mackenzie says she felt confident that she was in good hands from the very beginning. In her initial evaluation Mackenzie was already mapping out her goals and defining barriers that could affect her progress with her therapy team.



# g the enge

# S of the munity

married on October 21, 2023, and  
anticipation of this exciting day  
he has been working towards for over  
down the aisle with no assistance.

“From day one I felt like my high-frequency, determined mindset was completely reciprocated by each and every one of the staff who have worked with me,” said Mackenzie. “I’ve never felt like just another person served; every person I’ve worked with has been invested in me during my sessions.”

And through these sessions, Mackenzie and her therapists were able to grow together. Between working with organizations such as American Prosthetics and Orthotics and using equipment at On With Life, the team was able to help Mackenzie make progress, especially with standing and walking.

When she first started at On With Life, Mackenzie required the use of a standing frame that fully supported her spine and allowed her to stand and stretch. It was six months before she was able to take that first step towards walking, acquiring a pair of KAFOs (knee, ankle, foot orthotics) that allowed her to walk with the assistance of a front-wheeled walker. It took awhile for her to gain confidence with the equipment, utilizing On With Life’s overhead gait track to do so, but was eventually able to stand up and walk at home with assistance nearby.

*Right: Mackenzie used a standing frame for support during her first several months of therapy at On With Life.*



*Left: Logan supports Mackenzie as she works on taking a lap around the therapy grounds with her KAFOs and walker.*

Now, Mackenzie is working in therapy to transition from the walker to forearm crutches, getting her another step closer towards her wedding-day goal. Between her progress and determination, it’s hard to believe doctors once said there was a slim chance Mackenzie would ever walk again.

“I’ve brought close friends and family with me to physical therapy or have asked them to help me with standing and walking at home, and seeing their faces light up when I get up and walk is such an awesome feeling,” said Mackenzie. “I can’t count how many times people have told me that they are proud of me or that I have inspired them, and it means just as much as the first time I heard it.”

While relearning to walk has been at the forefront of Mackenzie’s recovery journey, she had several other goals she aimed to meet through therapy, many of which she was able to accomplish early on. Since the accident Mackenzie has been able to return home, drive independently with the use of hand controls, and return to work as a registered nurse, now working for a cardiology office in a remote triage role. The progress she has made since her life-changing accident has been significant and impressive to all those who have worked with her.



*Logan and Mackenzie prepare for another walking session using On With Life's overhead gait track.*



*Mackenzie shares her story with KCCI on the one year anniversary of her accident.*

“It has truly been a privilege to work with Mackenzie. She brings out the best in everyone around her and she pushes you to bring your ‘A game’ to every session,” says On With Life physical therapist, Logan Wallace. “I appreciate that because I have grown both as a clinician and as a person. Mackenzie is a fighter and has never once given up on her goals. I am so excited to be a small piece of her journey.”

It was Logan who asked Mackenzie what her goals were for her wedding as soon as Mackenzie got engaged. Once Mackenzie decided she wanted to be able to walk down the aisle without using her assistive equipment, Logan made sure she was constantly reminded of this goal, especially in times of struggle and frustration. This left an impact on Mackenzie, so much so that she asked Logan to be the one to walk her down the aisle on her big day.

“My fiancé and I could not think of a better way to honor Logan and acknowledge the huge role she has played in our lives during this journey,” said Mackenzie.

Between what was one of her hardest days and what will be one of her happiest has been a journey that while extremely challenging, has been rewarding for Mackenzie. She has defied odds and inspired many, and the sight of her walking down the aisle is sure to be an emotional one. As she continues to move forward, she hopes she can share her story to both educate and bring awareness to spinal cord injuries. +

## RAISING THE BAR

On With Life has identified the need for additional post-acute spinal cord injury (SCI) rehabilitation options in Iowa and in response has formed an SCI program development committee. This committee, led by Spinal Cord Injury Coordinator Sam Williams, has and will continue to enhance offerings in both inpatient and outpatient settings with the goal of becoming an accredited spinal cord injury specialty program.



*Sam Williams*  
OTR/L, CBIS, CSRS

*To learn more about On With Life's spinal cord injury program, including its goal to offer and enhance adaptive wellness programming options in Iowa, visit [ONWITHLIFE.ORG/SCI](https://onwithlife.org/sci).*



# PAYING IT *forward*

On With Life staff members are always putting people first at work, and several continue to do so outside of work as well! Here are a few ways On With Life staff give back in their communities.



*Laura pictured with a lasagna, ready to be delivered*

“ I volunteer for Lasagna Love, a nonprofit organization that has volunteers make lasagna for people/families who need a meal. I chose this organization because I love to cook and this is the perfect opportunity to do what I love while also helping others.

**LAURA CARLSON**  
Medical Clinic Coordinator

“ Every year my family and I work together around the holiday season to collect as many food items as possible – my son donated more than 300 items to the Mills County Storehouse this past year!

**TAYLOR KLIMIUK**  
Rehabilitation Coordinator



*Taylor's son pictured with his donations*



*Katie, pictured in the back left row, with her team*

“ I am a coach for Girls on the Run at Rolling Green Elementary school. Our team of 3rd-5th graders meet twice a week for practice where we focus on building self-esteem and other life skills through different activities and running. I enjoy coaching as I think it's so important for girls at this age to build confidence and learn how to navigate difficult situations.

**KATIE GATHMAN**  
Dietitian

“ Every year my husband and I throw a fundraising event – Macy's Miracle Christmas Party. The event collects gifts for Blank Children's Hospital and raises funds for both a family in need and a non-profit organization. We started this event once our daughter was in remission from her own cancer journey; it allows us to give back to Blank Children's Hospital and support other children/families.

**ERIN MEYER**  
Social Worker



*Erin's daughter, Macy, pictured with several On With Life staff members at last year's event*



*Ronnie, pictured third from right, with fellow AFP members*

“ I serve on the Board of Directors for the Association of Fundraising Professionals (AFP) Central Iowa Chapter. Philanthropy is for everyone, and my hope is to continue sharing the importance of time, talent and treasure contributed in various capacities across all communities through my role on the board.

**RONNIE WELLS**  
Development Coordinator



our expert

## Get to Know

**Abi Fortsch**

MA, CCC-SLP, CBIS



ABI FORTSCH

# Q+A

### TITLE:

Speech-Language Pathologist and Certified Brain Injury Specialist

### EXPERIENCE:

Five years at On With Life

### EDUCATION:

University of Northern Iowa for both undergrad and graduate school

### FAMILY:

My husband, Alex, and our two kids Charlotte (3) and Archer (1)

### INTERESTING FACTS:

- + I love decluttering and organizing
- + My favorite music genres are hip hop and Christian
- + I enjoy thrifting



Visit [ONWITHLIFE.ORG/APHASIA](https://onwithlife.org/aphasia) to learn about On With Life's aphasia group for individuals with aphasia and their caregivers

*Aphasia, the loss of ability to understand or express speech, is a common side effect of a stroke, injury or disease affecting the left side of the brain. On With Life speech-language pathologists in both inpatient and outpatient programs work with individuals presenting with aphasia, and Abi Fortsch dives into what this looks like.*

### WHAT DOES AN APHASIA DIAGNOSIS MEAN FOR A PERSON?

Aphasia can present in both expressive language, meaning talking and writing, and receptive language, meaning understanding what a person hears or reads. Each area of language may vary in difficulty, and the level of severity looks different for every individual.

### WHAT THERAPEUTIC TECHNIQUES ARE USED FOR INDIVIDUALS WITH APHASIA?

There are several therapeutic techniques used when working with individuals with aphasia, but some of the

most commonly used at On With Life are melodic intonation therapy and semantic feature analysis. Melodic intonation therapy is used in collaboration with music therapy, and focuses on using music elements such as stress, melody and rhythm. We use specific cueing and singing to increase a person's expressive language.

Semantic feature analysis is a word finding treatment used to increase a person's ability to retrieve semantic features of a target word. For example, persons served are given a target word/picture, such as football, and generate properties of the word, such as sport, throw, kick or touchdown.

### WHAT ARE SOME TIPS FOR COMMUNICATING WITH SOMEONE WHO IS PRESENTING WITH APHASIA?

Talking slow, using short phrases, asking close-ended or yes/no questions, and providing support through gestures and images can all be helpful when communicating with an individual with aphasia. Avoid talking louder than usual or speaking for them and filling in phrases. It is important to remember that their inability to verbally communicate does not mean they cannot understand you and if you need further resources, On With Life has plenty available that we are happy to share with you! +

LONG-TERM PROGRAM  
PREPARES FOR

# relocation

TO POLK CITY

Since 1996, On With Life has operated a Long-Term Skilled Care program in Glenwood, Iowa, which serves as home for 32 individuals who have experienced an acquired brain injury and require long-term services related to the complexity of their life-long care needs.

On With Life's Long-Term program is much different than many other Long-Term facilities in Iowa and even the nation. When the program first opened in the 1990's it was geared toward youth and younger adults who needed long-term care following an injury. Over the years the needs of the program and demographics served have changed (current age range of those served is between 23 and 69), but one thing has remained unchanged: the program's focus on the individual needs and goals of persons served.

Since opening, the Long-Term program has been located within a building on the State of Iowa run Glenwood Resource Center (GRC) campus. In early 2022, On With Life was made aware of the State of Iowa's plans to permanently close the GRC campus by the summer of 2024. This meant the future of On With Life's Long-Term program was suddenly unknown.

"When the State announced GRC's closure in April, we immediately pulled a work group together to

begin reviewing all options for our program," shared Jean Shelton, CEO at On With Life. "Our board was committed to maintaining this service as part of the On With Life continuum but the location of where this program could relocate was unknown."

Over the next few months, On With Life explored all possible options to determine the appropriate future location for the Long-Term program. In October 2022, On With Life made the decision to relocate the program to a recently closed nursing facility in Polk City, Iowa.

"The decision to relocate our Long-Term program to Polk City was not made lightly," shared Jean. "There were many factors and considerations that we had to take into account including the impact it would have on everyone involved, and of course the lives and needs of those we serve."

On With Life received approval from the State of Iowa Certificate of Need Facilities Council to relocate the Long-Term program from Glenwood to Polk City. On With Life was approved to relocate all 32 skilled licensed beds and add an additional eight for a total of 40 licensed beds at the new location. The facility in Polk City will undergo an extensive remodel in 2023 with a goal to be completed in early 2024. +





## A NOTE FROM OUR DEVELOPMENT DIRECTOR



SARA WILSON

Throughout my seven years at On With Life, I have met and talked with some amazing friends and supporters of this life-changing not-for-profit organization. We are grateful to each of you for being a part of the On With Life community and helping to change the lives of individuals and families living with brain injury and other neurological conditions. Throughout the

past year, you have helped bring so many things to life: from supporting persons served and families to helping fund a much-needed construction project – thank you just doesn't seem like enough! Our cup is overflowing thanks to your thoughtfulness and generosity. And we know our persons served, families and staff members feel the same way! Together we have, and will continue, to raise the bar.

As we continue to partner with individuals and organizations who make a difference in our work, we look forward to doing more and more to help those living with brain injury and other neurological conditions. I would welcome the opportunity to connect with you in regard to how your individual passions might align with On With Life's fundraising initiatives.

(515) 289-9611 or [sara.wilson@onwithlife.org](mailto:sara.wilson@onwithlife.org)

## WELCOME, LIZ BREGENZER

To best support our growing programs, we are excited to share Liz Bregenzer has joined the On With Life Foundation team as development + volunteer coordinator. Liz is a Drake University graduate and comes to us from Make-A-Wish Iowa, where she worked as development coordinator.



LIZ BREGENZER

# HOPE

Providing

Supporting On With Life does more than add space in a building or purchase equipment; it provides hope. Thank you for your support in 2022.

1,017

total  
DONORS

69%

EMPLOYEES  
donated

68

CIRCLE  
OF LIFE  
members

1,570

VOLUNTEER  
hours

*To read more about different ways you can support those On With Life serves, visit*

**ONWITHLIFE.ORG/WAYS-TO-GIVE.**



The mural in the Ankeny building

Person served outings, such as this Iowa Cubs game for the Supported Community Living program

The Giant Strides Capital Campaign and new build project



# Your DONATIONS at work



Funding for the annual reunion and t-shirts for attendees



Specialized equipment, including a Dynavision for the Coralville clinic

Funding for employee recognition and engagement opportunities



Innovative technology, including a CoaguChek blood draw machine



## COURTNEY HUBER



Courtney Huber

Courtney Huber, a speech-language pathologist at On With Life, says she has been incredibly blessed in her life to have many role models who embody generosity. “Whether through time, talent or treasure, I believe that we should always give of ourselves for the benefit of others,” said Courtney.

Over the 11 years she has been with the organization, she has given of herself by working with or directly interacting with persons served in all programs in Ankeny, Coralville and Glenwood. In addition, Courtney has given financial support to the On With Life Foundation through the years.

“For me, the reason On With Life is special is that the miracles are real,” Courtney said. “We all see and celebrate the stories of hope and triumph that are highlighted in our media. But for me, this year in particular, the miracles hit home personally. This year, I can say that because of On With Life, a longtime

friend from church was able to return home with his wife and young son. And because of On With Life, my son’s soccer coach was able to return to the pitch.”

Now, through her giving and generosity, Courtney has become the role model she once looked up to. She has increased her financial support and encourages others to do the same, seeing firsthand how donations can make a difference at On With Life.

“The people who make On With Life what it is – our persons served, our families, our staff and our volunteers – are constantly giving of themselves,” Courtney says. “The On With Life Foundation is critical to supporting the hopes and dreams of all those who come in through our doors. Whether it is funding equipment, providing a place to stay or providing needs not covered by insurance, the financial support that you provide keeps miracles happening.” +



Former person served, Tim, his family and representatives from Sammons Financial Group presenting a donation to On With Life

## SAMMONS FINANCIAL GROUP

Sammons Financial Group’s approach to charitable giving is a little different than that of most large corporations. The West Des Moines-based financial services company is employee-owned and supports organizations its employees are active in and passionate about. The On With Life Foundation is fortunate to have received nearly \$30,000 from Sammons Financial Group in the past two years.

“Over the years, multiple employees have had family members who received compassionate care at On With Life,” says Tom Nucaro, vice president and chief tax officer. “This past year alone, two of our employees’ families felt the impact of On With Life. The organization’s work is life changing and a huge blessing to many families.”

Tom, who also chairs the Community Involvement Committee at Sammons Financial

continued on next page

## MCQUILLEN FAMILY

In March 2020, Beth and Matt McQuillen experienced a life-changing event when their daughter, Maggie, suffered a traumatic brain injury from a car accident. Later that year, Maggie was served at On With Life's outpatient clinic in Coralville. Anticipating going into her freshman year of college, Maggie worked through physical, occupational and speech therapy to help her regain function, prepare for school, and get back to the activities she loved to do prior to the accident.

On With Life was there for the McQuillen family, especially Maggie, with great support and resources at a time of need. They were grateful to have local rehabilitative therapy in their local community.

"Had it not been for the foresight and efforts of others to create and develop On With Life and the great

programming it offers, our family's options would have been much more limited," said Matt.

"The staff at On With Life are so good at what they do," said Beth. "It is such a positive environment filled with 'can-do' attitude professionals. The entire team is collaborative, and they truly want only the best for the people they serve."

Because of their appreciation, the McQuillens are active supporters of On With Life, giving both financially and volunteering their time. In February 2022, Maggie served as the honorary co-chair for On With Life's annual Celebrate Hope event supporting the Coralville outpatient clinic. As part of that event, Beth and Matt McQuillen provided the lead gift to purchase a new piece of equipment called a Dynavision for the Coralville program. Just as others had done for the McQuillen family,



McQuillen Family

they chose to lead by example and build awareness in their network through the Celebrate Hope event.

"People are positive and charitable in nature and are supportive if they become aware and are given the opportunity," said Matt. "We are honored to help support the continued efforts to build on the vision of On With Life."

The McQuillen family never imagined they would be using the services of an organization like On With Life, but they are so very grateful it exists and happily support its mission. +

Group, explained that the company usually requires having an employee serving in the role of "internal champion" for an organization to be considered for funding. The committee meets once a month to review requests made by internal champions. Sammons Financial Group also has an annual Community Outreach Program where all employees may nominate their favorite charities to receive grant dollars.

Through this program, assigned teams are given a budget each year to allocate to up to three charitable organizations. The teams decide how they will gather nominations, conduct the voting process and allocate the funds they are responsible to provide.

"We have some very creative employees, and they've made the process fun and engaging," Tom said. "Often our employees, or their family

or friends, have received services from the organizations nominated."

Once the teams have selected their charities, they are presented to the Community Involvement Committee. In the five years since the program was launched, over 60 organizations have received funding. Approximately half of those had not previously been supported by the company but were identified because

of an employee's passion for the organization's cause. On With Life has been blessed by this program two years in a row.

"Our community is grateful to have a world-class facility like On With Life to help families cope with the often stressful and lengthy rehabilitation process associated with brain injuries," says Tom. "I encourage the community to learn more about this wonderful organization." +



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, 2022, and December 31, 2022. 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](mailto:FOUNDATION@ONWITHLIFE.ORG). More information on ways to give can be found online at [ONWITHLIFE.ORG/FOUNDATION](http://ONWITHLIFE.ORG/FOUNDATION).

DONORS WHO CONTRIBUTE \$1,000 OR MORE TO THE ON WITH LIFE EMPOWER HOPE FUND IN A CALENDAR YEAR ARE DESIGNATED AS CIRCLE OF LIFE SOCIETY MEMBERS.



- |   |   |
|---|---|
| Sarah and CJ Alexander  | Dee and Gary Lynk   |
| Lisa and Jeff Anderlik  | Sharron Martin  |
| Debra and David Anders  | Tricia Matthies   |
| Susan Ballard   | Denny Mauser  |
| Diane and William Berndt  | Corey and Patrick Morrison  |
| Jess and Peter Blough   | Colleen and Peter Murphy  |
| Lisa and David Bluder   | Monte Nuehring  |
| Stanton Bonta   | Judy and Carroll Ose Family<br><i>(in honor of Lindsey Ose Weber)</i> |
| Mary and Jeff Brower<br><i>(in honor of Christopher Bolken)</i> | Pam Otto<br><i>(in memory of Mike Ford and Chris Otto)</i>            |
| Janet Phipps Burkhead<br>and Tom Burkhead                       | Henry Peacor  |
| Heather and Matt Chambers Family                                | Phyllis and Marc Peterson   |
| Janelle and Jim Conley  | Dori and Brad Pote  |
| Kevin Doherty<br><i>(in honor of Tim Doherty)</i>               | Dana and Jim Rheinschmidt   |
| Michelle and Chris Doubleday                                    | Ann and Darwin Rohlfsen   |
| Jane Elsasser   | Marci and Don Rudd  |
| Diana and Wayne Evans   | Sarah and Steve Roy   |
| Cynthia and Steven Ewald  | Sally and William Schroeder   |
| Jake Feuerhelm  | Jean Shelton  |
| Gloria and Art Filean   | Cindy Shubbatt  |
| Tammy and Jim Foreman   | Travis M. Sisson  |
| Melissa and Rudy Fors   | Jamie and Matthew Steen   |
| Janet and Randy Freel   | Nancy Aldera Charitable Trust   |
| Becky and Steve Givens  | Steve Van Oort Family   |
| Mo and Jacque Grotjohn  | Ruby Veber  |
| Maurine and Max Hale  | Sheryl and Daniel Vos   |
| Norma Harris  | Donna and Terry Walter  |
| Courtney and Jacob Huber  | Rebecca and Joe Walters   |
| Carrie Huff<br><i>(in memory of Verneal "Bunny" Wimer)</i>      | Deb and Peter Wegner  |
| Marva and Allen Johnson   | Sara and Travis Wilson  |
| Charlene and Don Lamberti                                       | Carol and Tim Wilson  |
| Chris, Bob "Lewy" and John Lewis<br>and Olivia Truina           | Marilyn and Eli Wirtz   |
| Patricia and Charles Leyendecker                                | Andrea and Grant Woodard  |
|   | William Wright  |
|   | Anonymous (3)   |

## Individuals, Organizations & Corporations

- |   |   |  |
|---|---|--|
| ABB/BIS, Inc.                             | Vicki and Richard Bird                        | Chris Norton Foundation                    |
| AbbVie                                    | Amy Bishop                                    | Susan Christopherson                       |
| Abendroth Russell Barnett Law Firm        | Jill and Curt Blake                           | James Clack                                |
| Acadia Pharmaceuticals                    | Lauren Block                                  | Ann Reinhart and Brian Clark               |
| Shelley and Mark Ackermann                | Jess and Peter Blough                         | Classic Cafe                               |
| ACME Chiropractic, PC                     | Lisa and David Bluder                         | Anna Colgan                                |
| Acorda Therapeutics                       | Carmine and Steven Boal                       | Combined Systems Technology                |
| Adam Builders, LLC.                       | Jessica and Matthew Boelman                   | Community Pharmacy                         |
| Karin and John Ahrold                     | Abby and Jared Bogaards                       | Community State Bank                       |
| Joetta and Jerry Akers                    | Cindy and Loren Bogaards                      | Chad Conlan                                |
| Taylor Albaugh                            | Frank Bognanno                                | Abby and Drew Conley                       |
| Dianne Alber                              | Judy and Mark Bohlmann                        | Janelle and Jim Conley                     |
| Luke Alessio                              | Dawn Bohrer                                   | Kari and Derek Conley                      |
| John Allen                                | Bruce Boland                                  | Renee and Dana Conley                      |
| Susan and Rex Allen                       | Stanton Bonta                                 | Betty and Robert Conrad                    |
| Amazon Smiles                             | Pam Bormann                                   | Denise Conrad                              |
| American Prosthetics<br>& Orthotics, Inc. | Chris Boutdavong                              | Kristen Conway                             |
| Cathy and Bob Amfahr                      | Beth Boyden                                   | Angie Cook                                 |
| Anneal Pharmaceuticals                    | Glen Braddy                                   | Brittany Cook                              |
| Lisa and Jeff Anderlik                    | Samantha Braune                               | Nancy Cook                                 |
| Debra and David Anders                    | Steven Breese                                 | Paula Cordes                               |
| Cindy and Randall Anderson                | Max Bridgewater                               | Costco Wholesale Corporation               |
| June and Dennis Anderson                  | BrightStar Care                               | Country Landscapes                         |
| Vicky and Larry Anderson                  | Olivia Broich                                 | Mary Cox                                   |
| Amy and Dave Andreesen                    | Adam Brown                                    | Libby Crimmings                            |
| Ankeny Church of the Brethren             | Bonnie and Douglas Brown                      | Cynthia Cruz                               |
| Ankeny Community Foundation               | John Bruggeman                                | Kyle Culp                                  |
| Ankeny First United<br>Methodist Church   | Karen and Brad Brunia                         | Samantha Cumings                           |
| Ankeny Sanitation                         | Patricia Buckingham                           | Debbie and Robert Davis                    |
| Deb and Paul Arend                        | Kathy and Gary Burger                         | Lorraine Davis                             |
| Laura and Jeffrey Arensdorf               | Jen and Andy Burke                            | Minda and Mark Dearden                     |
| AssuredPartners                           | Janet Phipps Burkhead<br>and Tom Burkhead     | Amy and Brian deBuhr                       |
| Sandra and David Austin                   | Lori and Alex Burton                          | David Demarest                             |
| Carol Bakkie                              | Mindy Campbell                                | Dr. Richard Deming                         |
| Bankers Trust Company                     | Sherry Lynn Carder                            | Robin and Mark Denkinger                   |
| Jennifer Barbour                          | Tasha and Matthew Carl                        | Steve Denkinger                            |
| Susan Barnes                              | Laura and Ken Carlson                         | Deborah and Wade Derry                     |
| Teresa Barnes                             | Marlys and Greg Carlson                       | Shannon Dickey                             |
| Jill Barnitz                              | Tom Carlstrom                                 | Carla and Steve Dippold                    |
| Sarah and Brady Barthole                  | Linda and Randy Carroll                       | Julie Fidler Dixon and<br>Dr. Dennis Dixon |
| Mandy Beason                              | Alex Carter                                   | Kevin Doherty                              |
| Jason Beck                                | Barb Cassler                                  | Susan and Paul Doster                      |
| Sarah and Jeff Becker                     | Lizz Cassler                                  | Michelle and Chris Doubleday               |
| Justin Beede                              | Cedar Rapids Metro<br>Parkinson's Association | Deb Droll                                  |
| Adam Bergen                               | Tawny and Kurt Chamberlain                    | Kristin Duroe                              |
| Veda and Terry Bergeson                   | Heather and Matt Chambers Family              | Lana and Donald Duysen                     |
| Loretta and Richard Bergez                | Cora and Albert Chan                          | Matthew Easley                             |
| Diane and William Berndt                  | Debra Chandler                                | Easter Seals Iowa                          |
| Best Finish Auto Sales                    | Joyce and Rick Chapman                        | Nicholas Eblen                             |
| Melanie and Tyler Bettin                  | Shaylee Cheers                                | Ed Hosch & Sons, Inc.                      |
| Dale Bickenbach                           | Amanda and Brian Cheese                       | Eden Plus, LLC                             |
| Pat Bielenberg                            | Chemorse                                      | Stephanie and Shawn Edwards                |
|   |   | Michael Egert                              |

Sally Ehler  
El Porton  
Elite Glass & Metal, LLC  
Amy and Todd Elgren  
Terri Ellison  
Heather Elsasser  
Jane Elsasser  
Megan and Zach Elsbecker  
EMC Insurance Companies  
Annie Escher  
Nate Esser  
Vonnie and Greg Esterling  
Diana and Wayne Evans  
Jo Marie and Steven Evans  
Tamara Evans  
Cynthia and Steven Ewald  
Executive Functions  
Management, Inc.  
Liz Fenstermacher  
Jake Feuerhelm  
Feuerhelm Law Office, P.C.  
Fidelity Bank & Trust  
Todd Figley  
Gloria and Art Filean  
First National Bank  
Donald and Marcia Flory  
Dianna and Dean Ford  
Tammy and Jim Foreman  
Melissa and Rudy Fors  
Roger Fors  
Abi Fortsch  
Barbara and Craig Foss  
Jane Foster  
Janet and Randy Freel  
Christa Freeman  
Kara and David Freeman  
Paula and Wilbert Freeseaman  
Kathy French  
Joanne and Tom Friedman  
Joanne's Event Rentals, LLC.  
Jane and Craig Funk  
Fusion Medical Staffing, LLC.  
Galligan Law P.C.  
Game Knight, LLC.  
Lucinda Gannon  
John Ganske  
Barbro Garland  
Patrick Garvey  
Sheri and Jeff Gatchel  
Katie Gathman  
GE Healthcare  
Mary Gilman  
Becky and Steve Givens  
Givinga Foundation, Inc.  
Glad Tidings Assembly of God  
Glenwood Family Dentistry  
Glenwood Optimist  
Glenwood State Bank  
Kris Goodlin  
Judith Graham  
Grand Living At Bridgewater  
Granger Assumption Knights  
of Columbus, Chapter 12130  
Keith Gredys  
Nancy Greening  
GreenState Credit Union

Robert Michael  
Greenwood Family  
Grinnell Mutual Group Foundation  
Claire Gripenberg  
Mo and Jacque Grotjohn  
Liz and Jake Gruver  
Guardian Security Systems, Inc.  
Amy Guidry  
Liz and Devon Gurnett  
Peg Armstrong-Gustafson  
and Gregg D. Gustafson  
Emily Haack  
Lynn and Howard Hagen  
Hagen Installations, Inc.  
Leanne Halder  
Maurine and Max Hale  
Norma Hanke  
Russell Hansen  
Marc Harding  
Jane and Roger Hargens  
Christy and Michael Harger  
Tim Harmeyer  
Sean Harmon  
Debra Harrell  
Norma Harris  
Karen and Bruce Harvey  
Heartland Finishes  
Kim Butler Hegedus  
James Henter  
Geraldine and Charles Herfkens  
Sara Herman  
Kathy Herring  
Jan and Jim Herzberg  
Scott Higgins  
Debra and Ron Hines  
Connie Hirst  
Andrea Hitzel  
Dave Hjalquist  
Hailey Hogrefe  
Diana and Tom Hoogestraat  
Mark Houk  
Kelsee Hove  
Lynn and Jon Hruska  
Hubbell Realty Company  
Courtney and Jacob Huber  
Huber Fencing, LLC  
Mary Jo and David Hudson  
Sherry Huffman  
Shannon Hughes  
Jade Hunt  
Stefany Hunter  
HyVee Reusable Bag Program  
Megan and Daniel Ihrke  
IMEG Corp  
IMT Insurance Company  
Angie Ingle  
Iowa Speech Language  
Hearing Association  
ITC Midwest  
Angie Jackson  
Ashley Jackson  
Trichelle and Adam Jackson  
Onica Jacobs  
Richard Jacobs  
Tracy and Mike Jagim  
Ryan Jansa  
Lisa Jarosh

Sheila and Sean Jenkins  
Jim Hughes Real Estate  
John Deere  
Karen Johnson  
Marva and Allen Johnson  
Dana and Dwaine Johnston  
Jennifer Johnston  
Sara P. and Robert G. Johnston  
Kayla Jones  
Lance Jones  
Linda Jones  
Allison Jordan  
Susan Jordan  
Wendy Jorgensen  
Toni Judge  
K & R Consulting Group, Inc.  
Howard Kamish  
Karen Kastrop  
Sheku Kawa  
Rosemary Keleher  
Sharon and Jack Keller  
Michelle King  
Gary Kirke  
Taylor Klimiuk  
Ty Klobassa  
Echo and Scott Klumpers  
Knights of Columbus  
#1791 Anamosa  
Knights of Columbus OLIH  
Marla and Steve Knutson  
Mikhayla Korpela  
Marilyn and Lowell Kramme  
Josie Krause  
Kreg Tool Company  
Brian Krewson  
Brady Krischel  
Jennifer and Mike Krischel  
Cassa and Dean Kuhn  
Kyowa-Kirin, Inc.  
Charlene and Don Lamberti  
Jeffrey Lamberti  
Lamberti, Gocke & Luetje, P.C.  
Chad Lang  
Pam and Terry Lange  
Kelsey Langel  
Walker Langel  
Kate Benson Larson  
and Ross Larson  
Dawn and Tom Ledin  
Barb and John Ledvina  
Gloria Lee  
Rebecca and Jeb Lee  
Legacy Fitness of Ankeny  
Alexis Leibert  
Shaunda and Chad Leiffert  
Donald Letendre  
Letsch Law Firm  
Chris, Bob "Lewy" and John  
Lewis and Olivia Truini  
Patricia and Charles Leyendecker  
Sara Lindaman  
Keith Lippincott  
Mallory Lonergan  
Melanie Long  
Derek Lord  
Lona and Bill Love  
Tong Luvan

Dee and Gary Lynk  
Mary MacGillivray  
Kirk MacVey  
Carol and Greg Madsen  
Krista Maeder  
Prachi and Pramod Mahajan  
Lloyd Major  
Lindsay Maltas  
Malvernbank  
Angela Manley  
Kristi and Paul Manley  
Patty Manuel  
Marren Family  
Laura Martin  
Sharron Martin  
Martin Brothers  
Distributing Co., Inc.  
Denny Mauser  
Luisita McBurney  
Susan and Doug McCoy  
Jordan McCulloch  
Dorothy McDermott  
Corliss McDonald  
Mandi McDonald  
Natalie and Marty McDonald  
Deb and Steve McEachron  
McFarland Clinic  
Kara and Matthew McGarvey  
Gail and Shayne McGaughy  
Alli McGuinn  
Andrea and Mark McKinley  
Andrea McKinley  
Deb and Jim McNamara  
Michael McNeil  
Laura McPike  
Beth and Matt McQuillen  
Raina Meads  
Medtronic  
Lois and Burnett Mens  
Hannah and Alex Merfeld  
MetroWaxx  
Erin Meyer  
MFI LLC  
Midwest Heritage  
Financial Services  
Carol and Randy Miller  
Tammy Miller  
Marilyn and Craig Millhollin  
Jami and Ben Milne  
Shelby Rae Minnmann  
Maletta and Ralph Modellmog  
Modern Woodmen of  
America Chapter 18060  
Greg Mollman  
Martha Moreland  
Jennifer Morris  
Corey and Patrick Morrison  
Linda Moser  
Dee Moss  
Penny and Carl Moyer  
Carol Murken  
Cindy and Dan Murphy  
Colleen and Peter Murphy  
Pat and Larry Murphy  
Trent Murphy  
Landan Myers  
Nationwide Retirement Solutions

Barb and Scott Nessa  
Network For Good / Cope to Hope  
Emily Nielsen  
Nikkel & Associates, Inc.  
Deborah Nizzi  
Susan Norgaard  
Linda and Leonard Northway  
Matt and Melissa  
Nosbisch and Family  
Aaron Nosekabel  
Matthew Novak  
NuCara Home Medical  
Monte Nuehring  
NuMotion  
Amy and Joshua O'Brien  
Kayla O'Donnell  
Ohnward Bank & Trust  
Sue and Dick O'Neill  
Order of the Eastern Star -  
Grand Chapter of Iowa  
Jeumina Osmankic  
Pamela Otto  
Arlene Page  
Papa's Pizza  
Holly Parker  
Lori and Tim Patterson  
Kristin Pauley  
Dani Paulsen  
Tiffany Paulsen  
Penny and Michael Pearcy  
Ronald Pearson  
Cyndi and John Pederson  
Lynda Perry  
Dilara and Kevin Peterson  
Mary Peterson  
Phyllis and Marc Peterson  
Kelly Phann  
Sarah Pimlott  
Bradley Plunkett  
Amy Points  
Stephanie and Bruce Poitry  
Polk County Auditor's Office  
Polk County Board of Supervisors  
Kristy Pomrenke  
Erin and Dwight Porter  
Tave Porto  
Matt Portrey  
Dori and Brad Pote  
Deb and Leo Powell  
Prairie Meadows  
Racetrack and Casino  
Tonya Pride  
Principal Charity Classic  
- Birdies for Charity  
Principal Financial  
Group Foundation  
Quester  
Laurie Quint  
Joan and David Racki  
Magen and Matt Rainey  
Travis Rasmussen  
Geri Reed  
Kim and Alex Reed  
Randy Reid  
Connie and Richard Reinhart  
Annette Renaud  
Reutzel Pharmacy

Stanley Reynolds  
Haley and Kyle Rhamy  
Stephanie and Shawn Rhoades  
Carrie Richardson  
Sonni Ricklefs  
Right Dose Pharmacy  
John Rigler II  
Kay and Bob Riley  
Barb and Jim Rinell  
Bobbi Jo and Ian Rinker  
Janine and Jim Rinker  
Riverside Casino & Golf Resort  
Jackie Roberts  
Nick Robertson  
Stephanie Robinson  
Rockow Consulting Inc.  
Tara Rogers  
Roggy Eye Clinic  
Christi and Scott Rohlfing  
Ann and Darwin Rohlfesen  
Madison Rollefson  
Phyllis Ross  
Andrea and Aaron Rothrock  
Rowe & Baker Painting  
Sarah and Steve Roy  
Marc and Don Rudd  
Lisa and David Russell  
Ryan Companies  
Ryun, Givens & Co., P.C.  
Sammons Financial Group  
Sue Sandahl  
Paula and Tom Sandmeier  
Wyatt Sargent  
Danyail Sathren  
Mary Scarpino  
Scheels - Jordan Creek  
Stephanie and Jason Schmid  
Kevin Schneider  
Richard Schnormeier  
Cyndy and Roger Sell  
SGH Concepts  
Kimberly and Craig Shadur  
Heidi Sharp  
Sheldahl United Methodist  
Church Women  
Jean Shelton  
Suzy and John Shierholz  
Michelle and Dale Shriver  
Cindy Shubatt  
Sheila Sinclair  
Travis M. Sisson  
Helen Smith  
Molly and Dennis Smith  
Smith Insurance L.L.C.  
Snyder and Associates, Inc.  
Solon Retirement Village  
Jill Southworth  
Spavia - Ankeny  
Stuart Spencer  
Kimberly Spitzig  
Sonja Squiers  
State of Iowa  
Steel Erectors of Iowa, LLC  
Jamie and Matthew Steen  
Stacy and Craig Stevens  
Lauri and Pat Stilwill



Kathy and Robert Stone  
 Carly Straub  
 James Streck  
 John Streif  
 Karen and Duane Strepke  
 Eric Strom  
 Studio A Designs  
 Subway - Glenwood  
 Sugar Makers, Inc.  
 Emily Summerfield  
 SVPA Architects  
 Mary and Mark Tallman  
 Vilja Taryvdas  
 Taylor Rep, LLC  
 Connie and Dusky Terry  
 Somvang and Paychit Thavonekham  
 The Accel Foundation  
 The Auto Club Group  
 The Hansen Company  
 The Iowa Clinic, P.C.

The Kidder Company  
 The Meinders Foundation  
 The Noble Foundation  
 The Rasmussen Group  
 Jody and Brandon Thies  
 Whitney Thomas  
 Abigail Thompson  
 Courtney and Mark Thompson  
 Kate Thompson  
 Bill Thurm and Marilyn Michels  
 Sarah and Tyler Timko  
 Nancy Aldera Charitable Trust  
 Tricia and Chad Tramp  
 Amy Troll  
 Doris Tuftee  
 Tanya and Joshua  
 Turner, Braeden  
 Karen and Greg Tylka  
 Kelsey Tyrrell  
 Julia Underwood  
 UnitedHealth Group  
 Uptown Garage  
 Brewing Company  
 Cheryl and Terry Van Oort  
 Steve Van Oort Family  
 Terri VanSickle  
 Lindsay Vaux Eldredge  
 Jennifer Veber  
 Ruby Veber  
 Kam and Steve Stupka  
 Veridian Credit Union  
 Angela and Ric Volk  
 Jeanne and Jim Von Arb  
 Brenda Vonnahme  
 Shirley and Mike Vore  
 Joyce and Raymond Vos  
 Sheryl and Daniel Vos  
 Voya Financial  
 Waldinger Corporation  
 Pat Waldron  
 Rita and Brian Waldron  
 Donna and Terry Walter  
 Rebecca and Joe Walters  
 Shelley and Jeff Wangsness  
 Waterfront Seafood Market  
 Brandon Wear  
 Kathy and Mel Weatherwax  
 Joyce and Darrel Webb  
 Deb and Peter Wegner  
 Nicole and Chris Weidman  
 Patricia Weir  
 Linda and Larry Wellendorf  
 Wellmark Foundation  
 Adam and Ronnie Wells  
 Frances Wells  
 Sarah and Doug Wells  
 Deborah and Douglas West  
 Neil Wilkinson  
 Amanda and Jeff Wille  
 Anna Williams  
 Anne and Brad Williams  
 Carol and Laurin Williams  
 Danielle Williams  
 Samantha Williams  
 Tiffany and Phil Williams  
 Carol and Tim Wilson  
 Pam and Mark Wilson  
 Sara and Travis Wilson  
 Windmill Manor  
 Marilyn and Eli Wirtz  
 Susan A. and C.

Arthur Wittmack  
 Kathy Wonders  
 Andrea and Grant Woodard  
 Sarah Workman  
 Ryan Wright  
 William Wright  
 Renee Wuest  
 Kenzie Wyble  
 Bill Wyszenski  
 Chandler Yokley  
 Jennifer Youngquist  
 Daniel Zinnel

**Thank you to those who gave through:**

Amazon Smiles  
 Frontstream  
 PayPal Charitable Giving Fund  
 Thrivent  
 United Way of Central Iowa

**Honors:**

**in honor of Chase Aeschliman**  
 Evie and Rolland Verness

**in honor of John Ahrold**  
 Mary and Daniel Kelly Family Foundation

**in honor of Sandra Austin**  
 Sylvia Williams

**in honor of Mary Ballard**  
 Susan Ballard

**in honor of Todd Bergeson**  
 Veda and Terry Bergeson

**in honor of Amy Bishop**  
 Carolyn Kadel and Chuck Bishop

**in honor of Timothy Blanchard**  
 AbbVie  
 Aaron Blanchard  
 Sammons Financial Group  
 Molly Wendel

**in honor of Christopher Bolken**  
 Mary Brower

**in honor of Mike Burke**  
 Modern Woodmen of America

**in honor of Morgan Carroll**  
 Linda and Randy Carroll

**in honor of Hannah Christian**  
 Maisi Watts

**in honor of Brian Clark**  
 Abby Adrian  
 Jerrie Bringle

Danielle Burds  
 Cheryl Butler  
 Dalton Clark  
 Kelly Hagge  
 Jana Morgan  
 Kerry Nelsen  
 Brooke Raasch  
 John Ryan  
 Ryan Companies  
 Jordan Stokes  
 Tyler Strub  
 Ben Swenson  
 Matthew Van Loon  
 George Warren

**in honor of Janelle Conley**  
 Sharon and Jay Butterfield

**in honor of Caleb Deist**  
 Heather and Matt Chambers Family

**in honor of Tim Doherty**  
 Kevin Doherty  
 Colleen and Peter Murphy  
 Paula Rounds  
 Kris and Tim Stumpf

**in honor of Margaret Egli**  
 Sharen and Delbert Egli  
 Olson Family Fund

**in honor of Steve Evans**  
 Modern Woodmen of America

**in honor of Adam Finnegan**  
 Tammy and William Zook

**in honor of Nance Fleming**  
 Claire and Thomas Brown

**in honor of Cindy Friedrichsen**  
 Modern Woodmen of America

**in honor of Eddie Hatfield**  
 Kendell Brinkmann

**in honor of Greg Haverkamp**  
 Wilda and Don Haverkamp

**in honor of Zachary Jackson**  
 Dana and Dwaine Johnston

**in honor of Ryan Jansa**  
 Rebecca Ferrin  
 Marge Jansa

**in honor of Bob and Diana Johns**  
 Craig Johns

**in honor of Allen Johnson**  
 Tracey and Richard Johnson

**in honor of Christina Kuecker**  
 Julie and Dan Kuecker

**in honor of Greg Lage**  
 Cathy Talcott

**in honor of Don and Charlene Lamberti**  
 Frank Bognanno

**in honor of Heather Lang**  
 Timothy Watson

**in honor of David Marr**  
 Cindy and Daniel Hollar

**in honor of Luisita McBurney**  
 Molly and Dennis Smith

**in honor of Deb McNamara**  
 Tammy Miller  
 Teresa Reieson  
 Vicki Weaver  
 Julie and Timothy Weida

**in honor of Maggie McQuillen**  
 Joanne and Ernest Buresh  
 Tracey and Troy Louwagie  
 Tylar Samuels  
 Deb and Aaron Zumbach

**in honor of Debbie Helley Nizzi**  
 Kristen Wyer

**in honor of Rick Overton**  
 Modern Woodmen of America

**in honor of Dorothy Lou Pedersen**  
 Phyllis and Marc Peterson

**in honor of John Pederson**  
 Virginia Crimmings

**in honor of Paul Porter**  
 Kate Benson Larson  
 and Ross Larson

**in honor of Candace Ranfeld**  
 Barbara Bowers  
 Kacy Webster

**in honor of Jason Rheinschmidt**  
 Dana and Jim Rheinschmidt

**in honor of Emma Kiefer Rudd**  
 Mary Sorensen

**in honor of David Russell**  
 Anne and Brad Williams

**in honor of On With Life Staff**  
 Sarah and CJ Alexander  
 Judy and Mark Nemmers

**in honor of Karen Tylka**  
 Cindy and Christopher Peta  
 Wendy Wintersteen and Robert Waggoner

**in honor of Denise and Dan Varnum**  
 Maren Lenhart

**in honor of Anthony Waldron**  
 Joyce and Brad Pingel

**in honor of Lindsey Ose Weber**  
 Judy and Carroll Ose Family

**in honor of Megan Wentland**  
 Karen Schulz

**in honor of Doug West**  
 Justin Mandelbaum

**in honor of Mark and Pam Wilson**  
 Jill Barnitz  
 Jan and John Kardos

**in honor of Art Wittmack**  
 Abigail Allard

**Memorials:**

**in memory of Vern Balk**  
 Jeanne Balk

**in memory of Evelyn Adams Benson**  
 Benson Family Foundation

**in memory of Dennis Brazelton**  
 Louise VanderLinden

**in memory of Connor David Burke**  
 Margaret and Dave Pfannes

**in memory of Lauren Burkhardt**  
 Tricia Matthies

**in memory of Dr. William "Bill" Campbell**  
 Genelle and Stephen Campbell

**in memory of Andy Christiansen**  
 Carol Christiansen

**in memory of Tom Clark**  
 Janice and Gary Brown  
 Camille Calhoun  
 James Campney

Jane, Mike and Cory Clark  
 Phyllis and Jack Clark  
 Gwen and Duane Essex  
 Beth and Donald Flannery

Hubbell Terrace Hill Questers  
 Lynn Johnson  
 Denise and Kurt Koester

Mary Kramer  
 Keith Kreft  
 Susan and Dennis Langwith  
 June and Richard Malliet

Louise and Charles McDonald  
 Jan McMurray  
 Kristi Moriarty  
 Rose and Scott Reents

Sharon and Greg Roth  
 Janet Smith  
 Robert Underkofler  
 Malinda Wiesner

Ann and James Willer  
 Jean and Robert Williams  
 Susan and Peter Wirtz  
 Carol and Brian Worth

**WAYS TO GIVE**

**GIFTS TO THE ON WITH LIFE FOUNDATION CAN BE MADE IN PERSON, ONLINE OR THROUGH THE MAIL AND CAN INCLUDE:**

- Gifts made to the On With Life Empower Hope 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

**in memory of Charles Colosimo III**  
Jackie Roberts

**in memory of Sam Crain**  
Deanna and Tim Bell  
Cherie Cartier  
Kathleen and Donald Evans  
Scott Jones  
Jean and Gordon Leth  
Lezlie and Daniel Lundy  
Diane and Craig Madill  
Carol Myers  
Coral and Dennis Myers  
Ruth and Martin Roelsgard  
Susie and Daniel Sondag  
Debra Van Gundy  
Nancy and Joseph Wauters  
Rebecca and Bruce Ziebell

**in memory of Peg Davison**  
Linda Lehman

**in memory of Timothy DeLong**  
Lea Rosson DeLong

**in memory of Julie DeReus**  
Frances Wells

**in memory of Craig Elsasser**  
Jane Elsasser

**in memory of Will Farlow**  
Nancy Tinnean

**in memory of Gerry Fehn**  
Sue and Randy Garvey

**in memory of Diane Feldt**  
Anonymous

**in memory of Mary Foust**  
Corliss McDonald

**in memory of Thomas B. Gau**  
Kate Benson Larson  
and Ross Larson

**in memory of Garry Gerjets**  
Jill Allen  
Patsy Beese  
Cathy and Greg Gerjets  
Kum & Go Charitable Fund  
Carole and Larry Otteman  
Lisa Wakefield  
Arlene Zerr

**in memory of Bobbi and Joan Ginsberg**  
Johanna Mayer and  
Joel Rosenthal

**in memory of Chad Greening**  
Families of Ryan Greening  
and Jodi Swett

**in memory of Matt Hanke**  
Susan Ballard  
Jennifer and John Flaugh  
Norma Hanke  
Sally and William Schroeder

**in memory of Christie Hanson**  
Johanna Crawford  
Jeffery Hoyer  
Tim Jacobs  
Rhonda Mixon

**in memory of Clayton L. Harvey, Jr.**  
Roni Anderson

**in memory of Leonard Jansa**  
Rebecca Ferrin  
Judith and Joseph Franc  
Leigh Gaddis  
Marge Jansa

**in memory of Elaine Jones**  
Susan and Louis Anderson  
Deborah Donald  
Adeline Drenkhahn  
Myrna and Christopher Garcia  
Elaine Jones  
Terry Kraft  
Andrea Leaman

**in memory of Joel M. Justin**  
Jerome Justin

**in memory of Helen Krogmeier**  
Susan Christensen  
Kate Benson Larson  
and Ross Larson  
Corey and Patrick Morrison  
Sara and Travis Wilson

**in memory of Marvin Lehman**  
Linda Lehman

**in memory of Michael McNamara**  
Barbara Alley  
Debra and Steve Ruddick  
Julie and Timothy Weida

**in memory of Luke Meakins**  
Robert Meakins

**in memory of Alan Meyer**  
Jill Carroll  
Shari Foster  
Friends and Family  
of the Francos  
Judi Granstra  
Lynn Johanson  
Kari Hansen-Limbert  
Patricia Meyer  
Janice and Thomas Watson

**in memory of Lawrence Meyer**  
Rhonda Meyer

**in memory of Mark Minnihan**  
Cynthia Fletcher  
Patti Woo

**in memory of Shirley Muehlenthaler**  
Lynn Bedford  
Ann and Joseph Brunkhorst  
Sue Burke

Barbara and Sidney Conkel  
Vicki and Thomas Elsen  
Sharon and Ronald Jones  
Sally Vander Linden  
Diane Muehlenthaler  
Marilyn and Kenneth Nelson  
Barbara Olinger  
Bob Riemenschneider  
Elaine Spitzig  
Debra and William Stibal  
Becky and Craig Thompson  
Vision Financial Group

**in memory of Jim Nelson**  
Helen Nelson

**in memory of John Ogden**  
Dana and Dwaine Johnston

**in memory of Mark A. Peacor**  
Henry Peacor

**in memory of Heather Randolph**  
Sharon and A. William Anstey  
Deb Blackwell  
Grace and Terry Larsen  
Teresa and Richard Madison

**in memory of Rob Redmon**  
Madge and Ronald Cremer

**in memory of Margaret Myrtle Richards**  
Kate Benson Larson  
and Ross Larson

**in memory of Margaret Rowe**  
Alison and Larry Casey  
Jeanne and Jim O'Halloran  
Amy and Phillip Oliver  
Tracey and Jerome Rayhons  
Marjorie Schaffner  
Anne and Mark West

**in memory of Bob Schoemann**  
Roger Fox

**in memory of Nick Seamonds**  
Marita Doerning

**in memory of Lucas Sigler**  
Toni and Jeffrey Anderson  
Monica and David Augspurger  
Susan and Melvin Beavers  
Michele and William Belzer  
Shellie and Steven Billings  
Scott Blum  
Angie and Neil Borgmann  
Barbara Bowers  
Joanna Brightman  
Care Initiatives  
Bradford Carr  
Linette and Terry Case  
Amie Chumbley  
Julie Clarke  
DCG Soccer Club  
Tracey Desmarais  
Becky Duckett  
Neala and Jim Ellingson  
Elva Farrell

Janet Fleming  
Elaine, Erick, Ean and  
Eli Followwill  
Kimberly and Patrick Freeland  
Carolyn Gandy  
Linda and Michael Golwitzer  
Betsy and Mike Grove  
Kathleen Harrison  
Melanie and Rob Harryman,  
Katie Harryman  
Heather, Shane and Boys  
Geraldine and Thomas  
Henderson  
Liz Hendricks  
Dan Herrig  
Shelley Horak  
David Huff  
Iowa Hospital Association  
Melissa and Jeffrey Jochims  
Jacqueline Kaiser  
Sara Klaessy  
Jennifer Knowles  
Amy and Daniel Koestner  
Ronda, Kevin, Cameron  
and Caden Kreis  
Robert Kreklau  
Amy and Todd Lawton  
Allison Levit  
Julie Nartker, Aidyn  
and Xander Lieb  
Katrina Lindbloom  
Lauren Long  
Lisa Loomis  
Holly Lynd  
Joan Maxwell  
Cathleen McMichael  
Denise and Chris Murano  
Emily Nadermann  
Nebraska City Middle School  
Nancy Peate  
Michelle Pharis  
Jena Pike  
Steven Poole  
Maira Prister  
Candace Ranfeld  
Mary Rewinski  
Teresa Richardson  
Janet Ridgeway  
Amy Rose  
Kristen and Gerad Rosenbeck  
Patricia Schipper  
Steve Schmidt  
Kristen Scovera  
Jodi Shanno  
State Auto Insurance Companies  
Stivers Ford Lincoln  
Julie and Craig Thompson  
Adrienne and Ben Vance  
Warrior Tattoo Studio, LLC.  
Kacy Webster  
Julie Wood  
Scott Wright

**in memory of Helen Smith**  
Pamela and Steve Berg  
Amy and Bill Bethel  
Madelyn and Kenny Beugger  
Alea Brim  
Shirley Broerman  
Diane and David Burkhardt  
Angela Chianese

Randal DeBruin  
Norma, Marilyn &  
Goldie Dingeman  
Janet Hart  
Vicky Kessler  
Carol Ann and Daniel Knutson  
Marla and Steve Knutson  
Lorraine and Mark Lemahieu  
Connie and Clifford Marlow  
Jone and Dennis Molyneux  
Lisa and David Russell  
Ilda Van Zee  
Lorraine and Leroy Verbeek  
Anne and Brad Williams

**in memory of John, Marjorie and Scott Swan**  
Kathy and Tom Bailey

**in memory of Verneal "Bunny" Traver**  
Carrie Huff

**in memory of Eben & Mary VanDusseldorp**  
Dianna and Larry Ambrosio  
Barbara and Eugene Croft  
Megan and Matt Darbyshire  
Carl Edman  
Marta Ford  
Diane and Patrick Gannon  
Kathleen Gannon  
Rachel and Donald Hall  
Vikki and Chris Herbold  
Patricia and Frank Holdmeyer  
Verle Howe  
Ralph McGregor  
Regina and John McLaughlin  
Janet and John Oberhart  
Laura and Anthony Pasket  
Joanne and Steven Rossler  
Carol and Alvin Swift  
Kathi and Dave Talsma  
US Navy Seabee's of Iowa  
Gloria and Karl Valster  
Van Wall Equipment  
Karen and Reg VanDusseldorp  
VanDusseldorp, Inc.  
Ms. Wharff  
Linda and Denis Wilcox

**in memory of Dr. Ollie Weigel**  
Patricia and Eldon Krull

**in memory of J Heather Will**  
Missi and Marc Rogers

**THANK YOU TO  
ON WITH LIFE'S  
2022 VOLUNTEERS,  
A GROUP OF  
INDIVIDUALS WHO  
GIVE UNSELFISHLY  
OF THEIR TIME AND  
TALENTS TO  
THE ON WITH LIFE  
MISSION.**

### **Individuals:**

John Allen  
June Anderson  
Dana Bastian  
Natalie Bohnenkamp  
Mike Burke  
Janelle Conley  
Abby Eckert  
Jeff Elsasser  
Steve Evans  
Kyle Graven  
Camryn Hanson  
Mary Kennedy  
Anita Mautz  
Corliss McDonald  
Shelley McLaren  
Jerry Nail  
Rick Overton  
Tony Pawlosky  
Haley Redman  
Donna Rice  
Michelle Sigler  
Wanda Walters  
Darrel Webb  
Joyce Webb  
Sara Weringa  
Allison Winter

### **Groups:**

Ankeny Centennial  
High School  
Casey's Interns  
Community State Bank  
Girl Scout Troop 849  
Ryan Companies  
Waukee APEX





**ON WITH LIFE**  
BRAIN INJURY + STROKE + NEURO

715 SW Ankeny Road | Ankeny, Iowa 50023

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

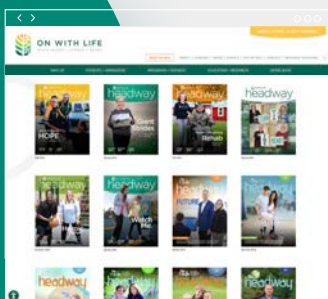
NON-PROFIT ORG.  
US POSTAGE  
**PAID**  
PERMIT NO. 691  
DES MOINES, IA

Do you prefer to access Headway digitally?

*Let us know!*



Fill out the online form to opt out of receiving future editions via mail. You can find this edition, along with all previous editions, online at [ONWITHLIFE.ORG/HEADWAY](http://ONWITHLIFE.ORG/HEADWAY).



# Save the Dates

APRIL	JUNE	JUNE
14	15	25
Annual Spring Neuro Rehabilitation Conference	New Outpatient Building Open House	Celebrate Hope
ANKENY	ANKENY	IOWA CITY

JULY	AUGUST	SEPTEMBER	OCTOBER
08	06	22	12
Celebrate Summer	Annual Reunion	Celebrate Life	Parkinson's Disease Conference
GLENWOOD	ANKENY	ANKENY	IOWA CITY