

onward is published three times a year for friends of Courage Center, a nonprofit rehabilitation and resource center that advances the lives of children and adults experiencing barriers to health and independence. At Courage Center, we specialize in treating brain injury, spinal cord injury, stroke, chronic pain, autism and disabilities experienced since birth. Founded in 1928, Minnesota-based Courage Center offers advanced technologies and innovation provided in part through the efforts of thousands of volunteers and donors.

Kent Eklund, chairman,
Board of Directors

Lester A. Bruner, chairman,
Courage Center Foundation

Jan Malcolm, chief executive officer

Mary L. Small, director,
Strategic Communications & Marketing

Onward is produced by
Sue Warner, managing editor,
Communications & Marketing

Writers: Mary Jellison, Sue Warner,
Amy Dillahunt

Photography: Richard Anderson,
Vicki McEvoy, Joy Plashko,
Paul VanWinkel

Are we connecting?

Please let us know if we need to correct or remove your address. To save on printing and mail costs, you can receive *Onward* and other Courage Center news by e-mail. Contact Margaret Kenneally at 763.520.0708 or e-mail margaret.kenneally@CourageCenter.org.



NONPROFIT ORG.
U.S. POSTAGE
PAID
COURAGE CENTER



onward

Spring/Summer 2009 – a Courage Center publication

Experiencing a stroke at 31, Brent Gerten works for maximum results

Brent Gerten is a guy on the go. A process development engineer for Boston Scientific in Arden Hills, he loves to see results.

“Achieving results is inherent in my job description,” said Gerten. “My job is to develop manufacturing processes for various medical products, such as defibrillators, pacemakers and stents. Then, we need to validate the process to ensure that it can reproduce quality products reliably. So, I’m all about results.”

So, when Gerten, then 31, experienced a stroke in December 2007, he immediately buckled down, set goals and began tracking his results.

“I was caught totally off-guard with this event. After all, I was very active, working, and a bit of a sports nut playing golf, basketball and broomball. Suddenly, my left side was paralyzed. After a couple of months of acute rehabilitation, I knew I was not yet able to care for myself independently. So I charted out a process for my recovery, with the ability to walk entirely free of aides as my goal.”

Phase One in that process was to enter Courage Center’s Transitional Rehabilitation Program. From February to April 2008, Gerten worked with professional dedication, only this time,



Left to right, The Gerten Family: Brent, Andrew, Samantha and Amy.

his project was personal. He did physical therapy three times a week, independent workouts in Courage Center’s Fitness Center, exercise and relaxation sessions in the warm-water pool, and occupational therapy to relearn daily living skills.

Gerten also found Bioness devices to be helpful. “These devices provided mild electrical stimulation to my muscles and nerves. I used them on my stroke-affected arm and leg. They helped to increase muscle tone and retrained my nerves to fire appropriately again. I especially liked the way the therapists at Courage Center incorporated this stimulation into functional movements, such as walking. I’ve made significant progress as a result.”

Gerten returned home in April 2008 to his wife, Amy, and children, Andrew,

5, and Samantha, 3, whom he credits as his true motivation for his goal of full recovery. “They were all at my side often while I was at Courage Center. In fact, the staff members were very accommodating to families and friends, which is important when you are in a rehab setting for an extended period of time.”

Since returning home, Gerten has continued receiving physical therapy at Courage Center Forest Lake including a new tool called Gait Mate and occupational therapy at Courage Center St. Croix. As for results? “I’m back to work full-time. My left arm is making progress and I can walk around my house without aids.

“My goals include full function. It’s a process, and I intend to get there.”

DONATE YOUR CAR AND HELP PEOPLE WITH DISABILITIES GAIN HEALTH AND INDEPENDENCE

EASY AND FULLY TAX DEDUCTIBLE!

Cars for Courage

COURAGE CENTER
763 520 0540 | 888 440 CARS
www.CourageCenter.org/cars

Join us on Facebook and YouTube!

Join the friends of Courage Center on our Facebook Cause page. Keep up to date on programs, events and news, or make a donation. To find us, go to the CourageCenter.org homepage and click on the Facebook icon.

Courage Center also features videos on our YouTube channel. Come visit us at youtube.com/CourageCenter.org.



Tough times present golden opportunity

Reduce estate taxes and give a fixed annual income to Courage Center



Gary Hargroves

some of the best opportunities present themselves in the most challenging of circumstances.

For persons who want to make future gifts to children and/or grandchildren, who want to lower their gift or estate taxes, and who are charitably minded, there has never been a better time to put estate plans in place. In fact, the

It is difficult to imagine a golden opportunity in tough economic times like these. Yet, we know that

recession presents a rare opportunity with Charitable Lead Trusts.

A Charitable Lead Trust allows you to reduce estate taxes by as much as 95 percent and give a fixed annual income to Courage Center (or any charity) for either a fixed number of years or the life of one or more individuals. At the end of the term, the trust is dissolved and the remaining assets are distributed to your family.

Here's how it works: A person transfers assets into a Charitable Lead Trust for a number of years. At the time of transfer the charitable deduction is calculated. The trustee pays an annual fixed or percentage amount to charity from the proceeds of the trust. At the end of the term, the assets are transferred tax-free to family. In addition

to the initial tax savings, any appreciation in the trust is not subject to gift, estate or capital gains taxes.

In these tough economic times, we've all seen our assets dwindling. When you combine financial gifts to your family with an income stream to a charity using a Charitable Lead Trust, you take advantage of the all-time low interest rates and low asset values to eliminate much of the gift or estate tax on such family gifts."

If you would like to learn more, please contact, Gary Hargroves, at 763.520.0525, gary.hargroves@couragecenter.org.

Courage Center benefits from Cities Sampler proceeds

Every year at holiday time, local radio station Cities 97 releases a CD of live performances with proceeds of the sales of the CD granted to charities of their choosing. Courage Center was one of

several Minnesota charities selected this year to receive a one-time grant from The Cities 97 Sampler Vol. 20 proceeds.

Nearly 500 organizations applied for this grant money.

Courage Center received a grant for \$17,500 for its Transitional Rehabilitation Program.

Thanks Cities 97!

Community members come together to support Courage Center St. Croix

Four hundred people attended the Encourage Breakfast for Courage Center St. Croix at the Oakdale Prom Center on Tuesday, May 19. Karla Hult, KARE 11 reporter and Forest Lake native served as master of ceremonies. Clients A.J. Parron-Wildes and Devin Wildes spoke of their therapy for autism and integration into

Stillwater schools and community. Bob Peltier inspired the crowd with his story of overcoming obstacles following a stroke. Jan Lynn, whose entire family benefited from Courage Center services solicited support from attendees, which resulted in gifts and pledges of more than \$100,000.



A.J. Parron-Wildes and son Devin describe what Courage Center St. Croix means to them.

Power soccer team heads to national tournament



Thunder athletes pictured from left to right: Oliver Huston, Nick Misgen, Nathan Gottschalk, Riley Johnson, Pete Winslow, Nathan Mayer. Coaches, pictured standing, left to right: Scott Thompson, Terry Mayer, Steve Misgen.

Congratulations to Courage Center's Thunder power soccer team, for placing first in the Midwest Regional Division 2 Power Soccer Tournament March 21-22, 2009, at Monticello High School. American Dairy Queen was a sponsor for the two-day tournament which hosted 12 power soccer teams from across the Midwest competed in this two-day national USPSA qualifying tournament presented by American Dairy Queen Corporation. The Thunder now advances to the USPSA National Division 2 Power Soccer Tournament in Carmel, Ind., June 12-14.

Legacy Society celebrates bridging of generations

Members of the Legacy Society of Courage Center gather for their second annual dinner on May 28 at Golden Valley Country Club. The 402 active members have remembered Courage Center by establishing endowment funds, life income arrangements, bequests or other estate plans. This year, the Society celebrated "the bridging of generations."

Tom Van Hausen, a 30-year volunteer, spoke of his experiences, as did

100-year-old Lucille Maun, one of the very first Courage Auxiliary members.

Courage Center CEO Jan Malcolm bestowed Honorary Life Membership award to Lou Burdick and Kay Horsch, and an Outstanding Lifetime Achievement award to volunteer Virginia Schoenbohm Clymer, wife of the late Courage Center founder Wilko Schoenbohm.



Virginia Schoenbohm Clymer with her husband Wayne Clymer.

Volunteer elves in action

For the third consecutive year, engineers from Cummins Power Generation worked on adapting toys for use by Courage Center clients. In December

2008, the Cummins team was joined by engineers from Renewal by Andersen. Together, they adapted 71 toys for use by children with disabilities.

Thanks to their efforts, it was a very merry holiday season for many young Courage Center clients.

Long-lasting relationships are the mainstay of Courage Center Camps



Cody and Meghan sealed their marriage vows with a kiss, where it all began ... Courage North.

Anyone who has ever worked at Courage Center Camps can remember special relationships that were created with the people who worked beside them. Many become lifelong friends. Every so often a special connection is formed between two people that changes their lives forever.

In the summer of 1991, Cody Morrow attended the very first

hemophilia session at Courage North, near Park Rapids, Minn. This would become an annual trip over the next seven summers. In the summer of 1998, a camp visitor changed Morrow's life forever. Meghan Schmidt came to camp for the first time with her mother, a hemophilia nurse. Soon after Cody and Meghan met they became friends. In the summer of 2003 Cody, and Meghan, became an official "camp couple."

Through Courage Center Camps, they visited the B.W.C.A. and Voyagers' National Park, leading and teaching campers and fellow staff. Cody and Meghan worked in a variety of camp jobs: as counselors, cabin leaders and program staff.

Coming back to the place where it all started, Cody and Meghan were married deep in the pines at Courage North on

August 30, 2008. Courage North was filled with friends and family, many who were connected to the place where Cody and Meghan's relationship began.

Cody and Meghan Morrow now live in Duluth and are both still involved as volunteers for the alpine ski program with Courage Center Duluth. "It seemed like a great way to stay involved with Courage Center, an organization that we've been a part of for so many years," said Cody.

"Courage Center programming has changed the lives of so many people," said Meghan. "I love what Courage Center programs do for all people. They allow me to be involved in so many great programs that give people the opportunities to enjoy being active, to feel inspired and to empower others."

Volunteer milestone awards honor gifts of time, talent

More than 100 volunteers, family members and staff gathered Tuesday, April 28 at Courage Center Golden Valley for the 2009 Volunteer Milestone Awards and Dessert Buffet. The annual event honors career milestones for 250, 500, 1,000, and 2,500 volunteer hours and other special volunteer contributions.

Two extraordinary volunteers, Evelyn Goplin and Barbara Kaufmann, were honored for 5,000 volunteer hours. Twenty-five volunteers reached 250 hours, 28 reached 500 hours, 10 reached 1,000 hours and nine reached 2,500 hours. All were honored.

The Malcolm MacKay Tree of Life Award was presented to four volunteers who demonstrated exceptional dedication and loyalty to Courage Center. Dana Frank, Frank Walther and Paula Harter all contributed a minimum of 750 hours over a 15-year period.

Ed and Jenet Jacobson and Janice Knutson received the Pearl Hall Award for their significant and sustained contribution of time, and their unselfishness and inspiration to other volunteers.

The Volunteer Services Recognition Committee thanks our 2,500 volunteers



Courage Center board member Andy Fuller was on hand to help honor Evelyn Goplin for her 5,000 hours of volunteer service.

and the staff who supervise them for their significant contributions to Courage Center programs and clients!

Cars for Courage headquarters relocates to Brooklyn Center

Cars for Courage, Courage Center's vehicle donation program is now located at 6121 Brooklyn Blvd., Brooklyn Center, Minn.

"Our new location, in a former car dealership, gives Cars for Courage more efficient space, parking and allows for further program growth," said Kelly Buttler, director, In-Kind Gifts. Cars for Courage began in 1996, and with the addition of the new Brooklyn Center office, has grown to 13 drop off locations. (Courage Center Golden Valley continues as a vehicle drop off location).

Last year, more than 2,600 vehicles were donated. Proceeds support the programs and services of Courage Center.



Cars for Courage staff members in front of their new headquarters: (left to right) Kelly Buttler, director, In Kind Giving; Janine Timm, donor information specialist; Bob Mattson, inventory and liquidation specialist; and Mark Eldred, donor information specialist.

For a complete list of all vehicle drop-off locations or more information on how to donate, visit www.CourageCenter.org/Cars or call 763.520.0540.

Wheelchair basketball teams are national champs ... again!

Congratulations to Courage Center youth athletes who play in the Prep and Varsity divisions of the National Wheelchair Basketball Association (NWBA). Both the Rolling Rowdies (prep) and Jr. Rolling Timberwolves (varsity) teams are national wheelchair basketball champs, following tournament play at the 2009 NWBA National Championships in Denver, Colo., in March.

The Jr. Rolling Timberwolves, ages 13-18, won their second consecutive national championship by defeating the San Diego Hammer, 51-50, on Saturday, March 21. Tournament awards went to Connor Downes, named Player of the Game in the Championship Game; Ben Kenyon, MVP; and Downes and Chuck Aoki, Second Team, All-Tournament.

The Rolling Rowdies, ages 6-12, won the national title in the Prep Division. Rose Hollerman, who plays for both the Rowdies and Timberwolves, was named MVP female in the Prep Division.

"I could not be prouder of our Courage Center wheelchair basketball teams. To win one national championship is amazing, but to come home with two championship teams is unimaginable," said Jr. Rolling Timberwolves coach Mike Bauler. "I am happy for the seniors on the Jr. Rolling Timberwolves. Winning back-to-back championships is evidence of the time they put in every day to be their best."



Tri-captains of this year's Jr. Rolling Timberwolves (left to right) Ben Kenyon, Connor Downes and Chuck Aoki signed college scholarships in April after being heavily recruited by national college adapted sports programs. Kenyon, Minnetonka High School, signed a wheelchair basketball scholarship with the University of Wisconsin-Whitewater. Downes, Rosemount High School, signed to play wheelchair basketball at the University of Missouri; and Aoki, Minneapolis South High, will attend the University of Arizona to play wheelchair rugby.

What's new at Courage Center

Pediatric Care Navigator assists with ongoing care coordination

Courage Center's new Pediatric Care Navigator acts as a case manager to outpatients from birth to 18 years who receive services at our Golden Valley or Burnsville locations. Services include client consult, evaluation scheduling and ongoing coordination of care with the child and family, physician and care team. The Peds Care Navigator position was made possible through funding by



Pediatric Care Navigator Alison Hanlin credits her success to the close working relationship she shares with Emily Janke, client services specialist.

Delta Dental of Minnesota, the Hoag Family Foundation, Midwest Family Mutual Insurance Company and Women of Courage. Please call 763.520.0494 or pedscarenavigator@CourageCenter.org.

VitalStim for treatment of swallowing disorders

Courage Center now provides VitalStim therapy at our Golden Valley, Burnsville and Forest Lake locations. VitalStim is the only use of neuromuscular electrical stimulation approved by the FDA for the treatment of dysphagia. It is backed by compelling clinical data. For more information, call Golden Valley at 763.520.0312; Burnsville at 952.898.5700; or Forest Lake at 651.464.5235.

Hit the WAVE!

Courage Center Golden Valley has added a WAVE vibration platform to our range of physical therapy services. Smooth, high-frequency vibrations allow muscles to contract and relax 20 to 50 times per second, creating a safe and effective

means of maximizing therapeutic results. For more information, visit www.CourageCenter.org or call Golden Valley at 763.520.0312.

Treatment for balance disorders

Vestibular Rehab services for clients with dizziness and balance disorders are available through physical therapy at both Courage Center Golden Valley and Courage Center St. Croix in Stillwater. In Golden Valley, call 763.520.0312; in Stillwater, call 651.439.8283.

Parkinson's services available in Stillwater

Courage Center St. Croix now offers the LSVT (Lee Silverman Voice Treatment) BIG and LOUD program, one of only a few Minnesota sites certified to offer this evaluation and treatment for Parkinson's clients. A support group for clients with Parkinson's also meets once a month at Courage Center St. Croix. For more information, call 651.439.8283.

Calendar of events

July

Camp Courage Open

An annual golf fundraiser to benefit youth and adult campers at Camp Courage, Maple Lake, Minn.

Date: Monday, July 20, 2009

Time: 12-7 p.m.

Location: Victory Links Golf Course at the National Sports Center, Blaine, Minn.

Contact: Brandon Tucker, 763.520.0658, brandon.tucker@couragecenter.org

Courage Night at the Races

Local celebrities race against each other in stock cars – all to raise awareness for Cars for Courage vehicle donation program.

Day: Sunday, July 26

Time: 5 p.m.

Location: Raceway Park

Contact: Kelly Buttler, 763.520.0360, kelly.buttler@courage.org

August

5K Your Way

A family-friendly fundraising 5K race event. Stay after and enjoy kiddie races, games, tours and sports and recreation demonstrations.

Date: Saturday, Aug. 1, 2009

Time: 7:30 a.m.-noon

Location: Courage Center, Golden Valley

Contact: Jacob Johnson, 763.520.0365, jacob.johnson@couragecenter.org

Medtronic Celebration of Courage Gala

Courage Center's largest fundraiser of the year includes a VIP reception, silent and live auction and presentation of the Medtronic National Courage Award and Jay and Rose Phillips awards.

Date: Saturday, Aug. 15

Time: 6-10 p.m.

Location: The Depot, Minneapolis

Contact: Jacob Johnson, 763.520.0365, jacob.johnson@couragecenter.org

ABRA Marathon Cup

This annual golf fundraiser challenges participants to play 100 holes in one day.

Date: Monday, Aug. 31

Time: 5 a.m.-7 p.m.

Location: The Tournament Players Club, Blaine

Contact: Jacob Johnson, 763.520.0365, jacob.johnson@couragecenter.org

September

Courage North Open

An annual golf fundraiser to benefit camping programs at Courage North.

Date: Wednesday, Sept. 16

Time: 11 a.m.-6 p.m.

Location: Bemidji Town and Country Club

Contact: Brandon Tucker, 763.520.0658, brandon.tucker@couragecenter.org

Cost: \$100

2009 Medtronic Celebration of Courage

Featuring National Courage Award Winner Jordan Thomas, a double amputee. Thomas began the Jordan Thomas Foundation following his accident and rehabilitation experience, to raise money for children with injuries who were not as fortunate as he, and who otherwise would not be able to pay for further rehabilitation.

Saturday August 15, 2009
The Depot, Minneapolis
5:30-6:30 p.m. VIP Reception
6-7 p.m. Cocktail Hour
7-10 p.m. Dinner and Program

For more information or to purchase tickets, contact Jacob Johnson, 763.520.0365, jacob.johnson@couragecenter.org.



Jordan Thomas

No Name

5K your way

RUN - WALK - ROLL - STROLL

Saturday, August 1, 2009

RUN

WALK

ROLL

STROLL

Register today at CourageCenter.org

Please join us Saturday, August 1, 2009!

Enjoy a day of family fun to benefit Courage Center. Run, walk, roll, or stroll through beautiful Theodore Wirth Parkway. Afterwards, stick around and join us for great food, music, games, and for a chance to meet your favorite Minnesota Twins player!