

Life Forward

ON WITH LIFE CAPITAL CAMPAIGN

giving frees us

"Giving frees us from the familiar territory of our own needs by **opening our mind** to the unexplained worlds occupied by the needs of others." - Barbara Bush



On With Life's in-patient program has served over 1,400 individuals who have suffered a brain injury.

"The whole country watched anxiously as Congresswoman Gabrielle Giffords began rehabilitation after surviving a severe brain injury. People everywhere were talking about the therapy she received and the amazing progress she's made. That's what we do and see here every day."

– Julie Fidler Dixon
Executive Director of On With Life



Who We Are

On With Life is a not-for-profit organization that started over 20 years ago as the culmination of the love and determination of a small group of brain injury survivors and their families faced with the challenge of rebuilding their shattered lives.

We provide post acute inpatient and outpatient rehabilitation, as well as long term skilled, supported and independent living services for people who have sustained a traumatic brain injury, stroke, tumor, aneurysm or other brain injury – including those in a minimally conscious state or with complex medical issues.

On With Life in Ankeny is one of only a handful of programs in the world outside of a hospital accredited by CARE, the Rehabilitation Accreditation Commission, as a "Comprehensive Integrated Inpatient Rehabilitation Program – Brain Injury." Our goal is two-fold: to continue to excel at what we do and to add the space and equipment necessary to allow us to help more Iowans living with brain injury.

what we have done for others

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." – Albert Pike

Every year over 2,500 Iowans have a significant brain injury, and more than 8,500 have a stroke.

"My wife, Heather, was in a car accident that left her in a coma with a traumatic brain injury. After eighteen days in the intensive care unit, still in a coma, she was admitted to On With Life. As a result of her determination and the amazing care she received, four months later, she walked out without assistance. None of us know when a loved one may suffer a brain injury from a fall, a stroke, an aneurysm or an accident. We, as a community and a state, are incredibly fortunate to have the very best brain injury rehabilitation services right here in our backyard."

– Troy DeJoode
Husband of a traumatic brain injury survivor



A Vision for What Lies Ahead

Brain injury is an equal opportunity disability. It can happen to anyone at any time. Unlike other disability conditions, an injury to the human brain can result in significant difficulty in virtually every part of an individual's life – the ability to think and to feel, to walk, to take care of and to express oneself, to respond to one's surroundings and to interact with loved ones.

The number of persons wanting to be served on an inpatient and outpatient basis at **On With Life** has grown to such an extent that there is frequently a waiting list.

In order to better serve those who need us, we plan to:

- Add an aquatic therapy pool
- Build additional outpatient therapy areas
- Redesign the dining room
- Create a wellness center with expanded inpatient therapy areas
- Add therapeutic grounds including outdoor walking surfaces
- Remodel the current outpatient space for family housing
- Add additional inpatient beds and new multi-purpose space

the season of giving

"All you have shall some day be given; Therefore give now, that the season of giving **may be yours** and not your inheritors." – Kahlil Gibran

On average only 25% of those who would benefit from aquatic therapy receive it, and then only once a month.



"Water therapy provides muscle strengthening, balance control and a fun distraction from routine physical therapy. The positive cognitive benefit helps as much as the physical therapy."

— Dr. Ben Collins, D.O.
On With Life Medical Director



Aquatic Therapy Pool

Most who suffer a brain injury also experience significant physical impairment as a result of neurological damage. Statistics show that patients receiving aquatic rehabilitation regain functionality much faster than with traditional treatment alone.

Since **On With Life** does not have a pool, only two or three persons at a time get to use an offsite pool one day a week. Individuals must be driven there in a van, so even that limited use takes place only as weather permits, making consistent therapy impossible.

With our own 18' x 24' therapeutic pool and adjoining locker and shower rooms, the majority of those served at **On With Life** will receive

aquatic therapy an average of three times a week. Virtually everyone we serve can benefit from the warm water therapeutic environment where limbs can be stretched, moved and exercised more freely and without pain. Even those in a coma can benefit from this therapeutic intervention. Outpatient survivors will also have access to the rehabilitative benefits of hydrotherapy.

a sacred trust

"Surplus wealth is a sacred trust which its possessor is bound to administer in his lifetime for the good of the community." – Andrew Carnegie

At least a third of those served as an inpatient live close enough to receive continued services as an outpatient.

"I wanted to send you a note to tell you how much On With Life meant to my family. In May 2011 cancer left my wife unable to walk. From August 2011 until the spring of 2012, Lisa came to On With Life outpatient services where she worked with Gina. Gina was absolutely phenomenal!! She enabled my wife to walk and gave her hope in her battle with cancer. My family will always remember Gina as the angel who helped Lisa walk again, and that's why we've directed contributions to On With Life. It is our hope that those gifts will enable others to walk again and have hope."

— Kevin Patterson
Husband of an outpatient therapy recipient



Outpatient Center

Since its inception, **On With Life** has received hundreds of requests to continue therapy on an outpatient basis. In 2010 we started a provisional program to assess the need and received an overwhelming response. The planned outpatient center will contain an occupational and physical therapy gym, along with a practice bedroom and bathroom to rehearse daily living skills either in therapy sessions or with family members. The center will also have dedicated vision and speech therapy rooms and conference rooms where persons served, family members and therapists can gather to make ongoing plans for future progress.

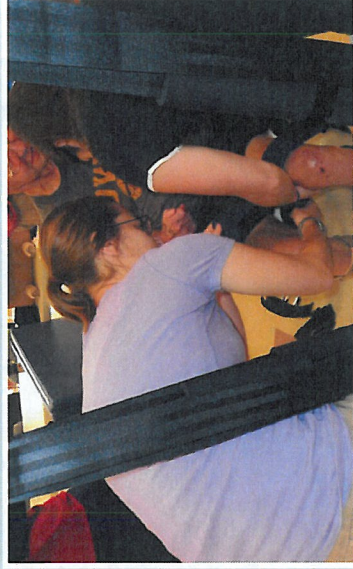
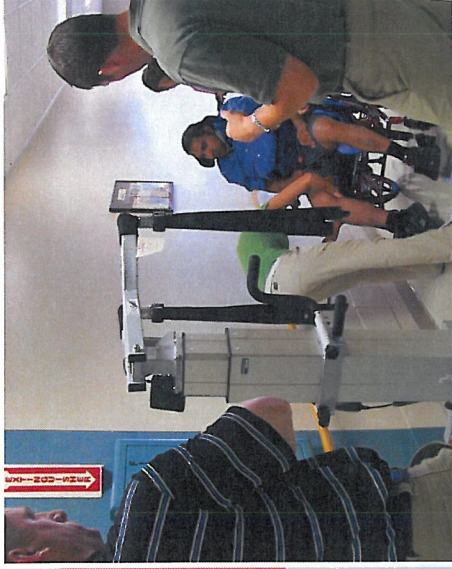
do something

"You can't live a perfect day without doing something **for someone** who will never be able to repay you." — John Wooden

The number of persons On With Life serves on an inpatient basis is 50 % higher than it was 20 years ago.

"I have very little memory of the first several weeks after my head injury. When I first became aware at On With Life, I was sure I could never do anything useful again, but I was able to serve as Provost of Central College for three more years. Today I have retired and live a full life. It is because of On With Life that I have been able to do just that — get on with my life."

— Dr. Tom Iverson
Retired Provost, Central College



Inpatient Therapy and Wellness Center

The number of persons served has increased over the years to the point that some therapy sessions now have to take place in hallways; there just isn't enough room in existing treatment areas.

Additional space for inpatient therapy and rehabilitation will enable **On With Life** to accommodate specialized equipment for more individualized therapy programs, yielding better outcomes. Besides providing needed room for treatment, a wellness center adjacent to the pool will offer the additional benefit of allowing in natural sunlight during sessions and other times when the weather isn't conducive to being outdoors.

twenty years from now

"Twenty years from now you will be more disappointed by the things that **you didn't do** than by the ones you did do." — Mark Twain

The number of persons served, family members and staff who eat meals onsite has doubled since 1991.



"Think about the best meal you've ever eaten. It was most likely not just the food, but also the people at the table that made the experience so memorable. Eating is more than a way to sustain yourself. It is a social experience — a means to build and celebrate your connection to others. On With Life's current dining facilities lack the space necessary to facilitate the social aspects of dining that are so integral in the rehabilitation process."

– Dave Anders
Director of Therapy Services

Dining Room and Coffee Shop

Twenty years ago the common practice was for persons being served to eat in separate dining rooms designed for quiet and privacy. Those served at **On With Life** currently eat in small segregated dining rooms on the nursing unit because there isn't room for family members and guests to eat with them.

Today rehabilitation practices are built around inclusion and individual choice. With a new, larger main dining room, persons served will be able to enjoy the company of family, friends and staff members, significantly increasing the quality of the experience, as well as providing a much more therapeutic and normal life setting. The small existing main dining room will be put to good use as a coffee shop where loved ones and guests can take a break together.

giving is a privilege

"Think of giving not as a duty but as a privilege." – John D. Rockefeller, Jr.

Survivors need to be challenged with walking terrains similar to those they will encounter in real life.



Therapeutic Grounds and Walking Surfaces

Currently, those who are working to regain the ability to walk, practice in the hallways which are often crowded. Those who have recovered enough to be able to practice outside walk with their therapists on the **On With Life** parking lot – far from an ideal circumstance.

Outdoor walking paths will provide opportunities to practice walking with their therapists on a variety of surfaces and inclines. Persons served, family members and visitors will be able to enjoy the outdoor garden and paths to relax and to enhance progress made in therapy.

"I wanted to let your staff know that you have officially been afforded a chapter in my dad's book of life: the one that talks of his comeback, his renewal of mind and his desire for his family. I cannot thank you enough for providing the kind of service that is second to none. It is a service that far surpasses its stated goal of brain rehabilitation and provides an opportunity for life-changing moments."

– Justin D. Rathjen
Son of a traumatic brain injury survivor

we could not fail

"What could we accomplish if we knew we could not fail?" – Eleanor Roosevelt

At least 70% of families with an inpatient loved one at On With Life say they would use onsite family housing.



Family Housing

Families come to **On With Life** from every county in Iowa and from surrounding states to provide support for their loved ones. Very few can afford a hotel stay for weeks or months. With lives already severely disrupted by a brain injury, these mothers, fathers, husbands, wives, brothers, sisters, children and other family members need a decent, affordable place to stay, and we need them to be here. Research clearly documents that family involvement in a prolonged rehabilitation program has a profound positive effect on the outcome. Since family members will be the ones to coordinate or provide care at home, they need to be onsite to participate in the rehabilitation program.

With relatively few changes, a home that temporarily houses our onsite outpatient program will be converted to a five bedroom, four bath family house. It will provide easily accessible shelter as well as refuge for families coping with a devastating injury to their loved one.

"Thank you is so inadequate for what you have accomplished in helping our granddaughter in her recovery from her brain injury. It's amazing how far she has come, but we realize that much more therapy will be required. We were very impressed with your facility and staff whenever we had a chance to visit her there."

– Bill and Lotene
Grandparents of a traumatic brain injury survivor

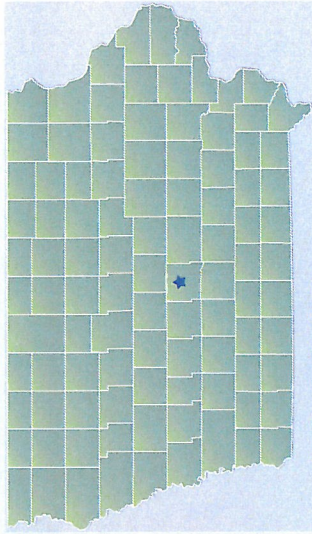
helping others

"You will discover that you have two hands. One is for helping yourself and the other is for helping others." – Audrey Hepburn

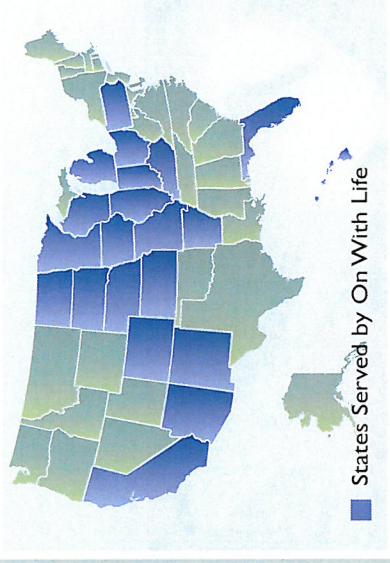
On With Life has served people from all 99 Iowa counties, 20 other states and 14 countries.

"I feel God blessed us when we were able to come to On With Life. I have only great things to say about all of you! Thank you for all your compassion, help and care!!"

— Robin Cranston
Wife of a traumatic brain injury survivor



IOWA



Standard of Care and Dedication

In 2013 On With Life's programs were not only reaccredited by CAREF, but were commended for exemplary performance. This recognition of our continued quest for excellence has been made possible by the dedication and support we receive from our Foundation and Foundation donors.

On With Life Foundation Board

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www.onwithlife.org

make a life

"We make a living by what we get, but we make a life by **what we give.**" – Winston Churchill

“I believe that if you show people the problems, and you show them the solutions, they will be moved to act.” – Bill Gates

Help Us Rebuild Shattered People and Lives

Phase I: \$1,600,000

Outpatient therapy center

Phase II: \$1,300,000

Family housing

Speech therapy classrooms

Outdoor therapy gardens

Storage, garage and parking

Phase III: \$1,300,000

Aquatic therapy pool

Locker rooms

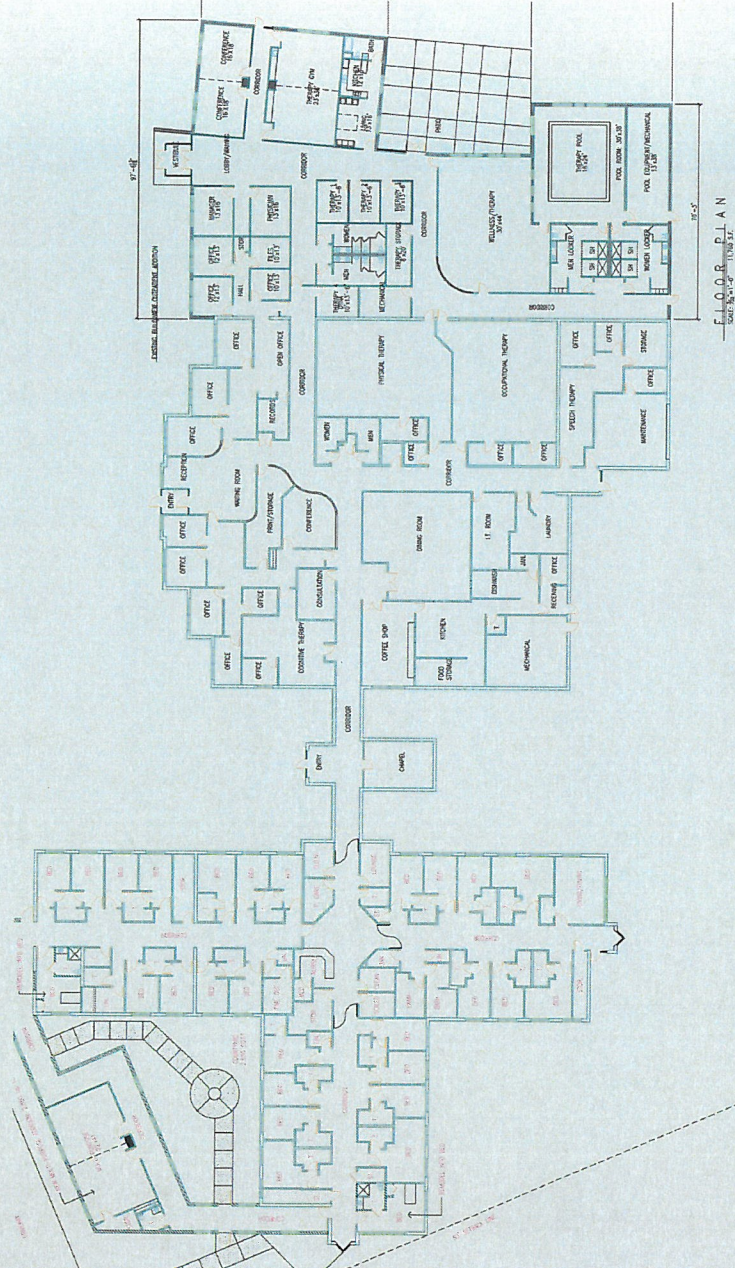
Wellness center

Phase IV: \$800,000

Bed addition and multi-purpose space

Dining room

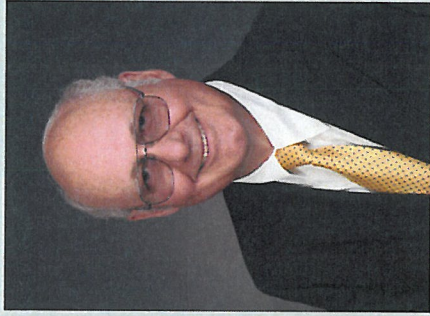
Cafe area



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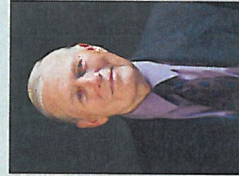
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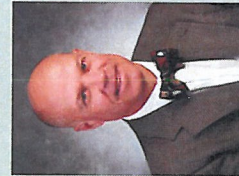
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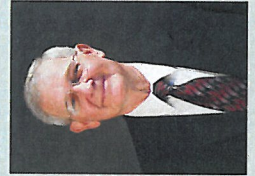
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**Commitments to On With Life's Capital Campaign Project
A Partnership of Private Funding and Public Support**

	<u>Pledge/Payment Totals</u>
Prairie Meadows	400,000
The Principal Group Foundation	250,000
Charlene & Don Lamberti	150,000
EMC Insurance	150,000
On With Life Board	55,000
Jeff Lamberti	50,000
The Iowa Clinic	50,000
Dupont Pioneer	50,000
Carl Moyer	50,000
Dale Howard	50,000
Casey's General Stores	25,000
Meinders Foundation	25,000
Gary Kirke/Mike Richards	25,000
Kehl Family Foundation	10,000
Norman & Marilyn Stine	10,000
Persons Served and Families	10,000
On With Life Staff	10,000
On With Life Foundation	250,000
On With Life, Inc.	250,000
Through January 31, 2015	<hr/> 1,870,000

*“Joining hands, hearts and minds
to help persons living with brain
injury get On With Life.”*

ON WITH LIFE

*Comprehensive Brain Injury
Rehabilitation Services*

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onwithlife.org

Life Forward

ON WITH LIFE CAPITAL CAMPAIGN

The Projects



Outpatient Center

- A new, large specialty therapy gym will allow for improved access to equipment and more options for gait and ambulation training.
- A practice apartment to provide individualized, home-based training.
- A dynavision room to provide enhanced intervention for vision and vestibular deficits.
- A family meeting room for community education.



Aquatic Therapy Pool

- A HydroWorx 12'x20' therapy pool with a variable speed underwater treadmill.
- A large, enclosed atrium wellness center.
- Varying water depths to allow clinicians to treat multiple patients at different stages of weight bearing status.
- Numerous technology components to measure improvements in mobility during recovery.



Therapy Gardens

- New walking trails with varying surfaces and interwoven paths.
- An amphitheater for group activities, a putting green and a small basketball court.
- Interactive areas like a butterfly garden, water features, built-in music areas and a zen garden.
- Satellite gazebos to serve as relaxation areas for families and quiet areas for therapy.



Family House

- Our current Outpatient house will be converted into a 5 bedroom, 4 bathroom family house.
- The house will undergo a makeover to enhance the space and make it a comfortable, home-like environment for loved ones.
- An outdoor play area will add an activity area for our persons' served youngest family members and loved ones.

The Project

Multi-Purpose Space Addition and New Inpatient Beds



- A new, multi-purpose space that will accommodate family gatherings, special events and therapy sessions. In addition, this space will be built as a tornado shelter and able to withstand high winds.
- Two new rooms that will accommodate those with bariatric needs, including built-in ceiling tracks, specialized bed and room furniture, larger doorways and larger bathrooms.
- A new outdoor courtyard area.

The Future

Life Forward: Capital Campaign

Over the course of 22 years, On With Life has been successful at independently building a rehabilitation continuum to meet the needs of Iowans living with brain injury. Life Forward is the first capital campaign ever conducted by On With Life, a not-for-profit organization founded by families.

Phase I: \$1,600,000
Outpatient Therapy Center

Phase II: \$1,300,000
Family housing
Speech therapy classrooms
Outdoor therapy gardens
Storage, garage and parking

Phase III: \$1,300,000
Aquatic therapy pool
Locker rooms
Atrium/wellness center

Phase IV: \$800,000
Bed addition
Multi-purpose space
New, larger dining room
Remodeled cafe area

