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Dear Friends,

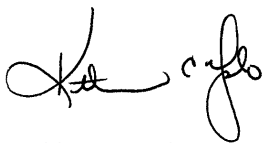
At Marianjoy, we have a tradition of starting every meeting with a reflection. Reflections allow the team time to center and reflect on the task at hand.

One of the recent reflections was a quote by Richard Bower that says, "The call to simplicity and freedom is a reminder that our worth comes not from the amount of our involvements, achievements, or possessions, but from the depth and care which we bring to each moment, place, and person in our lives." The quote gave me pause to reflect on the many caring spirits of individuals who make a daily impact on the patients we treat at Marianjoy.

In this issue of Marianjoy Matters, we recognize the generosity of the Tellabs Foundation as we celebrated the grand opening of the new Tellabs Center for Neurorehabilitation and Neuroplasticity, made possible by their generous \$2.5 million grant. We also remember our colleague Jim Decker, scholarship program coordinator and tireless advocate of higher education for those with disabilities, who left an indelible mark on the Marianjoy community. Lastly, we highlight how Marianjoy is caring for former patients, their families and caregivers through support groups. Offered at no cost, support groups are creating new possibilities for participants—affirming Marianjoy's commitment to providing lifelong resources for health and rehabilitation to the community.

We are grateful for those who are passionate about Marianjoy's mission—to deliver compassionate rehabilitative care so that patients can return to an active lifestyle of their choosing. Thank you for your continued support of Marianjoy.

Sincerely,



Kathleen C. Yosko
President, Marianjoy Rehabilitation Hospital

Maximizing Recovery Promoting Independence



Tellabs Center for Neurorehabilitation and Neuroplasticity Opens to Maximize Patient Recovery

On September 14, Marianjoy unveiled the new Tellabs Center for Neurorehabilitation and Neuroplasticity (TCNN) with a grand opening reception for representatives from the Tellabs Foundation, members of the Marianjoy President's Advisory Council and other key organization stakeholders. The event featured a brief program and guided tours of the 4,800-square-foot treatment facility. Marianjoy therapists demonstrated the state-of-the-art therapy

equipment available in the TCNN including exoskeletons, balance training systems, vision rehabilitative tools and much more.

Made possible by a generous \$2.5 million grant from the Tellabs Foundation, the TCNN promotes neuroplasticity, a growing focus of research in the field of Physical Medicine and Rehabilitation that examines the capability of nerve cells to reorganize and create new pathways around damaged areas in the brain. The Center delivers evidence-based treatment that maximizes recovery and promotes independence for patients recovering from neurologic conditions, including stroke, brain injury,

spinal cord injury, Guillain-Barré syndrome, multiple sclerosis, Parkinson's disease, cerebral palsy, and a variety of other diagnoses.

While formalized research with the newly-acquired technology is in its early stages, our physicians are observing remarkable outcomes with patients in the TCNN. Marianjoy is one of a select few clinical facilities in the nation to offer such a wide range of the latest technology and serves as a national model for neurorehabilitation clinics.

To learn more about the TCNN, please visit [Marianjoy.org](https://www.marianjoy.org).

Remembering Jim Decker: Marianjoy Scholarship Program Coordinator



PHOTO: Jim Decker in the Marianjoy enabling garden.

Jim Decker will be remembered as an ambassador of the caring spirit of Marianjoy. From his initial experience as one of Marianjoy's first patients, to his impassioned leadership of the Marianjoy Scholarship Program till his passing, Jim's devotion to Marianjoy lives on in the program he helped to create.

Jim Decker had a remarkable 40-year history with Marianjoy, beginning as a spinal cord injury patient. In his desire to give back to the hospital that helped him, he returned as a volunteer. For several years, Jim volunteered at Marianjoy by visiting patients and sharing his story. He had the ability to connect with many people with shared experiences. "When I was a patient, one of the things that really helped me was being able to talk to other people who were going through the same thing I was. That's why I decided to come back," said Jim in a 2012 interview.

Jim pursued an opportunity to become

IN MEMORIAM

"Looking back, I feel fulfilled that I found a purpose; I feel I've been led here all along. This has felt like this is where I'm meant to be..."

Jim Decker,
Coordinator, Marianjoy
Scholarship Program

a member of the Marianjoy staff in the volunteer department. The perfect fit for Jim, he could mentor volunteers and work with many friends he had known from his years as a volunteer. One of his greatest supporters was Bruce Schurman, former president of Marianjoy Rehabilitation Hospital. It was Bruce who first approached

Jim about leading the Marianjoy Scholarship Program. Jim's life experience made him uniquely qualified for this role: After his spinal cord injury, he made the decision to go to college, as he felt his previous occupation—construction—no longer fit his circumstances. "For someone who's 30 years old and newly in a wheelchair, who's never been to college—that's intimidating," Jim recalled.

"That's part of why I love the Marianjoy Scholarship Program so much—I know how difficult it can be for someone with a disability to go to college, because I did it."

Over the decades, Jim has inspired hundreds of students, from valedictorians to students who never thought they would have a chance at higher education, to pursue their academic dreams, overcoming any obstacles their disabilities might seem to present on that path. "Getting to know these young people every year, and the fact that the Marianjoy Scholarship

Program continues to grow—it's just a thrill. It never grows old; every year, it's exciting."

"When I was injured, it was difficult to see anything positive in the future," Jim reflected, "but good things can come out of bad situations. Looking back, I feel fulfilled that I found a purpose; I feel I've been led here all along, that this is where I'm meant to be. This is the best place to utilize my experiences, and I love the feeling of being accepted for who I am and what I have to give."

Though Jim has passed on, his memory lives on in the spirit of the Marianjoy Scholarship Program and in the countless lives he touched. In tribute to Jim's legacy, the Jim Decker Memorial Scholarship has been established as part of the Marianjoy Scholarship Program.

To read Jim's patient story, visit marianjoy.org/Patients/Stories/JimDecker.aspx. To donate to the Marianjoy Scholarship Program, please visit marianjoyfoundation.org/scholarship/Scholarship2.aspx.

In Memoriam

As a four-time Marianjoy Scholarship award recipient, I've had the privilege of knowing Jim over the past five years. I can still hear the excitement in his voice when he called me to tell me that I had been chosen for the award. Jim would also check on me occasionally to see how I was doing and how my goals of reaching my dreams were going. He always had such wise words of encouragement to give me and genuinely wanted me to succeed. He truly made an impression in my life. **-Maria Senne**

Jim Decker was humble and compassionate, taking a genuine interest in those around him. He impacted the lives of many through his service and dedication to the Scholarship Program. He always took the time to ask about college and encourage me in the pursuit of a higher education. There was an unmistakable sense of joy and sincerity in his demeanor. It was evident that he truly enjoyed serving at Marianjoy. Jim embodied Marianjoy's mission by showing compassion and respect to all, and he will be greatly missed! **-Juleah Puccinelli**

Jim's passion for and dedication to the Marianjoy Scholarship program and its recipients was very evident through the many hours he devoted to the scholarship process and his desire to get to know each recipient and their personal journey. I greatly appreciated his warm welcome and encouragement to continue to pursue a higher education over the years.

-Gianna Puccinelli

Over the last three years, I had the good fortune of receiving a call from Mr. Decker saying that I was a scholarship recipient. In our conversations, it was apparent how much he enjoyed working with Marianjoy, as well as the impact that he had on the recipient's lives. He will be greatly missed.

-Noah Mussay

Jim Decker and the Scholarship Program throughout the years...



LEFT: Kathleen Yosko, president of Marianjoy, presents Jim with a Legacy Brick Paver (above), in honor of his many years of service.

For more information on purchasing a Legacy Brick Paver as a permanent honorarium, visit marianjoyfoundation.org/WaystoGive.



Extending Conventional Therapy: Support Groups at Marianjoy

As a partner in a lifetime of healing, Marianjoy sponsors a variety of support groups, where former patients, their families, and caregivers can share experiences, learn about resources and network. These free programs are also open to the general community. "There are a number of benefits to participation in a support group," says Richard Trezona, Ph.D., Marianjoy staff psychologist. "These include group members providing emotional support to one another as they cope with the unique challenges of their particular illness and disability. Utilizing the emotional support of others can be an important factor in successful coping for those with chronic illness."

Support groups can reduce feelings of social isolation for patients and their families, creating the opportunity to interact with others in a relaxed and non-judgmental setting. "Talking with others with a similar illness can also reduce feelings of social stigma, and build a sense of greater self-esteem," says Trezona. "This can be especially true when patients can model effective coping and social interaction for one another."

Marianjoy's various support and resource groups have become a much-needed extension of conventional therapy. One of these groups, the Lives in Motion Resource Group, was created to help those living with a spinal cord injury (SCI). "Education, resources and peer support are the main objectives of this group. However, as I've watched individuals share their similar day-to-day challenges, there is a kinship that emerges based on an understanding and appreciation for what another member is going through," explains Monica Scalise, an occupational therapist at Marianjoy who leads the group. "Group participants include those who are still receiving outpatient

"Communication and socialization are a big part of our lives. We want to help our members work on these skills so they can participate in everyday activities..."

**Michelle Armour,
Marianjoy Speech-Language
Pathologist**

therapy, former patients and community members who are living with a SCI. However, what makes our group unique is that we encourage newly injured patients who have just begun their inpatient rehabilitation at Marianjoy to attend. It's important to have them connect early-on with others in the SCI community to help answer their questions and alleviate some of their anxiety and fears."

Similarly, the goal of the Aphasia Conversation Group is to forge a bond between those with the language disorder. Caused by a brain injury or a cerebral vascular accident or a stroke, aphasia can include impairments of verbal expression, comprehension, reading and writing. Attendees focus on their social and communication skills in a comfortable, supportive environment.

"Communication and socialization are a big part of our lives. We want to help our members work on these skills so they can participate in everyday activities that most of us take for granted, like carrying on a conversation in a social setting," explains Marianjoy speech-language pathologist Michelle Armour. "Another important aspect of this group is inviting caregivers

to attend. They gather in a separate room where a different speaker each month presents on strategies to help their loved ones, while offering resources that are available in the community."

In addition to the monthly structured meetings, many of the groups plan a variety of community activities.

"Our members drive the planning of the meetings, and there are times they want to do something different, like go to the movies, go to the zoo, attend a sporting event, or have a game night," notes Scalise. "It's a great opportunity for all of us to go out, maybe experience something new and have fun together."

To learn more about Marianjoy's support and resource groups, visit [Marianjoy.org/Navigations/Resources](https://www.marianjoy.org/Navigations/Resources).



Support Groups at Marianjoy

Support groups are provided at no cost as a service to the community.

All groups meet at Marianjoy Rehabilitation Hospital in Wheaton, Illinois, unless otherwise noted.

SUPPORT GROUP	COMMUNITY SERVED	MEETS
ALS	Provides answers, resources, and support to people affected by the motor neuron disease Amyotrophic Lateral Sclerosis (ALS)	Fourth Saturday of the month (except for Holidays) 10:30 am-12:00 pm 630.909.8439
Amputee	Supportive setting offering educational opportunities, social contacts and events.	Second Tuesday of the month (except December, January and February); 5:30-7:00 pm 630.909.8410
Aphasia Conversation Group	For those who are experiencing aphasia or a change in language/communication following a stroke or injury.	First Wednesday of the month (except January); 5:00-6:30 pm 630-909-8562
Chronic Pain	For those living with chronic pain, looking for support and willing to provide support to others.	First Thursday of the month 3:30-5:00 pm Oakbrook Terrace location 630.909.6500
Connections—Teen and Young Adult Brain Injury	This support group is specifically designed for teens and young adults living with brain injury.	First Thursday of the month (except July, August and September) 6:30-8:00 pm. 630.909.6165
High Hopes Brain Injury	This resource group is for those who have sustained a brain injury and their families. Education is provided regarding aspects of living with brain injury and avenues for coping with stress.	Second Tuesday of the month (except February) 6:30-8:00 pm 630.909.8410
Lives in Motion—Spinal Cord Resource	For paraplegics and quadriplegics, their family members and caregivers. Topics involve dealing with real-life issues and concerns regarding a spinal cord injury.	Fourth Tuesday of the month (except December and January) 6:00-7:30 pm; 630.909.8410
MS	For those with Multiple sclerosis (MS).	Third Wednesday of the month (April through November) 5:00-6:30 pm; 630.909.8410
Parkinson's	For those with Parkinson's Disease. Starts meeting in May 2017.	Second Wednesday of every other month; 5:00-6:00 pm; 630.909.8410
Stroke	Education on topics related to life after a stroke, while providing support and socialization to its members.	First Tuesday of the month (except January and February) 4:15-5:30 pm; 630.909.8410

Coming Soon

Marianjoy Rehabilitation Hospital

part of
M Northwestern
Medicine

26W171 Roosevelt Road
Wheaton, Illinois 60187
800.462.2366 • Marianjoy.org

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Marianjoy Rehabilitation Hospital is a state-of-the-art facility with 127 beds for inpatient and subacute rehabilitation care. Marianjoy offers inpatient rehabilitation programs in stroke; brain and spinal cord injury; musculoskeletal and neuromuscular disorders; and pediatrics. Our Wheaton campus features uniquely designed accessible gardens, a labyrinth, a chapel and a meditation room. Marianjoy maintains an extensive network of inpatient, subacute, and outpatient sites, as well as physician clinics throughout the Chicagoland area and is now part of Northwestern Medicine.



Marianjoy Center for Emerging Fitness

Whether you are an experienced athlete, new to exercise, or have physical limitations, join us in Marianjoy's Emerging Fitness Center for a variety of group exercise classes! Classes rotate every six weeks.

For more information, visit Marianjoy.org or call 630.909.7150.

Marianjoy Rehabilitation Hospital

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