

RIC ASSOCIATE BOARD UPDATE

SPRING 2007

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FROM OUR PRESIDENT...

For those who were able to attend the April 24 meeting, we had a terrific presentation by members of **RIC'S THERAPEUTIC RECREATION DEPARTMENT**. Since this program is a beneficiary of our support it was valuable to hear more about their current activities and how they are making a difference in the lives

of RIC patients. Services such as these are typically not reimbursable through insurance, so the costs are supported directly by philanthropy. It is incredibly gratifying to hear the stories of patients who have been helped by this



David Hoese

type of therapy as well as to hear the passion of those who work directly with the patients. It is a vivid reminder of our cause and why our efforts on behalf of RIC are critical.

This promises to be a great year for the Associate Board as well as RIC. The hospital continues to be recognized for its medical advancements and level of care, and the leadership team, headed by **Dr. JOANNE SMITH**, has charted a bold course. Financial performance has dramatically improved allowing for continued development of programs to serve our patients while still funding the future of RIC. The benefits derived from Associate Board support are significant, from both a development and awareness perspective, and events like **ARTFUTURA** (May 18) and **BEARCAT BALL** (November 10) do more than just raise money. They send a positive signal to those outside the hospital community that RIC is an organization that they should learn more about. **LET'S DO EVERYTHING WE CAN TO PUBLICIZE ARTFUTURA TO MAKE IT A NIGHT TO REMEMBER FOR THE HOSPITAL AND ALL THOSE IN ATTENDANCE!** ❁

ARTFUTURA 2007: INNOVATION IS DRAWING NEAR!

As you may know, the Associate Board is hosting its 5th annual art exhibition: **ARTFUTURA, AT THE CHICAGO CULTURAL CENTER MAY 18 – 27, 2007**. The exhibition, judged by James Rondeau, Curator of Modern and Contemporary Art at The Art Institute, features artwork of artists from all over the country. This year's theme is "Innovation" and reflects the groundbreaking work we are doing at RIC and **JENNIFER SCHIFF** and **DAVID MORDINI** are this year's event co-chairs.

THE OPENING NIGHT AND AWARD PARTY IS ON FRIDAY, MAY 18 FROM 6 P.M. – 10:30 P.M. AT THE CHICAGO CULTURAL CENTER, 77 E. RANDOLPH. Event proceeds fund our part-time art therapist and help purchase art supplies for the **THERAPEUTIC RECREATION DEPARTMENT** and RIC patients that participate in our art therapy programs will also have works on display at the

event. For more information on art therapy, please see the article on page 3.

Please let Jennifer or David know if you're interested in volunteering at the event. There are plenty of opportunities for helping out including set-up and many other day-of activities on the 18th.

Also, feel free to share with any friends or family that might be interested in purchasing tickets to the party (\$50 in advance, \$60 at the door), they can do so online at www.associateboard.org. We hope you can join the Associate Board at this event! ❁



BEARCAT BALL ► 11.10.07

The Associate Board of the Rehabilitation Institute of Chicago presents the **9TH ANNUAL BEARCAT BALL!**

WHO: ASSOCIATE BOARD OF THE REHABILITATION INSTITUTE OF CHICAGO
WHAT: 9TH ANNUAL BEARCAT BALL
WHEN: SATURDAY, NOVEMBER 10, 2007 7PM TO MIDNIGHT
WHERE: THE MERCHANDISE MART
WHY: FUNDRAISER FOR PEDIATRICS AT RIC

Planning for the 2007 Bearcat Ball is underway! Now in its 9th year, the event will be held on Saturday, November 10, 2007 from 7pm to 12am at the Merchandise Mart. **PROCEEDS FROM THE BEARCAT BALL BENEFIT THE PEDIATRIC CHARITY CARE PROGRAM AT THE RIC**, providing rehabilitative treatment and equipment to disabled children, regardless of their financial circumstance. Benefactor tickets are \$250 (includes a Benefactor Reception from 7-8pm), Individual tickets are \$125 and "Virtual Tables" of 10 are available for \$2,500. During the Benefactor Reception, we will recognize this year's **TREE OF LIFE RECIPIENT**, who will be named shortly.

This year's Bearcat will include dancing to the music of the **DON CAGEN ORCHESTRA**, a silent auction of high-end items, gaming provided by Majestic Casino and delicious food prepared by the brightest chefs and restaurants in Chicago. Our decor will take a fresh twist on a classic evening, playing upon the tree visuals that are found in the RIC's logo as well as the Tree of Life Award.

We are looking for both individual and corporate sponsors for the Bearcat Ball and we welcome any leads from the Associate Board. Many thanks to **PEPPER CONSTRUCTION** and **JP MORGAN PRIVATE CLIENT SERVICES** who have already stepped forward as sponsors. This is what truly makes the event unique and is something we intend to convey directly with the overall look and feel of the evening.

If you would like to be a part of the Bearcat Ball please feel free to contact **LINDSEY AXEL**, **INGA STENTA** or **ERICA SCULLY**, this year's Co-Chairs. We welcome your involvement! ☼

2007 U.S. INDEPENDENCE CUP/NORTH AMERICAN CHALLENGE CUP REGATTA

Members of the **US DISABLED SAILING TEAM** and many other of the country's top disabled sailors will travel to Chicago this August to compete in a the **2007 U.S. INDEPENDENCE CUP/NORTH AMERICAN CHALLENGE CUP REGATTA (IC/NACC)**. For the last 15 years, this National Championship showcases the top athletes in disabled sailing. The event will take place August 3-7, 2007 at the Chicago Yacht Club (and lakefront), Belmont Harbor, 300 West Belmont Avenue.

Executive Committee members **JOHN SCULLY** and **KEVIN HULL** are organizing an event during the August 3rd weekend for Associate Board members and their families to go out to Belmont Harbor and watch the races. Please contact Bridget Vrba at bvrba@ric.org if you are interested in attending.



Four-time consecutive IC/NACC champion **KAREN MITCHELL**, of Deerfield Beach, Fla., is returning this year with crew JP Creignou (St. Petersburg, Fla.). During the 2004 IC/NACC, Mitchell predicted she'd be the first woman to sail for the U.S. in the 2008 Paralympics. "That's my goal. In order to make my goal, I have to think that way," she said. Now that she has made the 2007 US Disabled Sailing Team racing the doublehanded SKUD-18, she is well on her way to realize her goal. Mitchell suffered a diving injury in 1980 and became a quadriplegic. In '94 she discovered the sport of sailing, and today she is ranked as one of the best disabled sailors in the country. "The IC/NACC championship is definitely a great way to prepare," said Mitchell. "My philosophy is to get in as many boats as you can, as often as you can."

For more information about the U.S. Independence Cup/North American Challenge Cup, please visit the event website at www.ussailing.org/championships/adult/usic/. Saturday/Sunday Races 8:30 a.m. to 5:30 p.m., Monday Races 8:30 a.m. to 3:30 p.m. For more information about how to view the race, for results and pictures from the event as it happens, visit www.chicagoyachtclub.org. The U.S. Independence Cup is part of US SAILING's National Adult Championships program. ☼

FOCUS ON ART THERAPY

by Phoebe Whisnant, Art Therapist/Activity Coordinator

RIC'S 2007 ART THERAPY PROGRAM is going strong thanks to the generous **\$25,000 DONATION RAISED BY THE ASSOCIATE BOARD DURING ARTFUTURA IN 2006**. In advance of this year's fundraiser, I'd like to share information about our program so that you'll be aware of how the funds are being utilized.

Art therapy is an expressive form of therapy which provides RIC patients with a unique opportunity to use art as a means of self-expression and self-discovery during their rehabilitation process. We offer individual and group treatment for adult and pediatric patients who have been referred by their physicians or other allied health professionals. Sessions are conducted in an encouraging and non-judgmental environment where the therapist acts as facilitator and guide for the patient's art-making process. Patients are given open-ended directives that place an emphasis on the art-making process itself, rather than the finished product. This approach allows patients to use their imaginations freely and promotes enhanced feelings of self-esteem and adjustment to disability. Treatment goals are based on the needs of each individual and work in concert with other disciplines such as occupational therapy and speech therapy to form a holistic approach to patient care. Since the myriad thoughts and emotions that accompany an illness or disability can oftentimes be difficult to put into words, art offers a valuable form of non-verbal expression that is particularly effective for our patient population.

I have had the privilege to work with one particular patient, **MICHELE**, who has made significant progress during her time in our program. Michele sustained a spinal cord injury in a car accident resulting in quadriplegia. She had no education or training in art prior to her injury. When she was first referred to art therapy she had difficulty holding a paintbrush and would drop it frequently. She had poor wrist flexion and had to rely on gross motor movement of her shoulder and frequent turning of the canvas in order to paint. She would experience muscle fatigue which required frequent rest breaks during our 60-minute sessions. Over time, Michele's fine motor control improved, she gained more flexibility in her wrist, and her endurance increased so that she could paint for several hours without fatigue. She became inspired by the works of **O'KEEFE**, **ROTHKO**, and **MONDRIAN**, and this motivated her to develop various painting techniques. Michele has transformed into an amazing artist whose passion for painting will continue long after she has left RIC.

Michele is just one example of the many patients who have benefited from our art therapy program. Her artwork, and that of other patients, will be on display during the **ARTFUTURA OPENING NIGHT AND AWARDS PARTY ON MAY 18TH**. I encourage you to attend and help us ensure this program's continued success in 2008. *



TOP: Michele at work; **MIDDLE:** A close-up of one of Michele's paintings; **BOTTOM:** A patient at RIC using a modified paint brush

WHAT'S GOING ON AT "THE CENTER" by Mitch Carr

The **RIC WIRTZ SPORTS PROGRAM** and **GALVIN FITNESS CENTER** have had an exciting fall and winter! The men's and women's wheelchair basketball teams had successful seasons. The men's team, the **RIC HORNETS**, began the season with a new coach, **SAM GLOMP**, and a lot of new faces on the bench. The Hornets finished the year 8-8 and more importantly the team finished the season with fourteen players on the active roster list—the largest consistent turnout in years! The women's team experienced similar success with sixteen athletes rostered and finishing fifth overall at nationals. The women's basketball team also announced a new partnership with the WNBA's Chicago Sky: The RIC Express women's basketball team is now the **RIC SKY**.

The **RIC BEARS QUAD RUGBY TEAM** had a strong season and is nationally ranked sixth; the Bears' highest ranking in a decade. The **RIC BLACKHAWKS SLED HOCKEY PROGRAM** continues to be one of the largest and most successful in the country. With coach, Paralympian **PATRICK BYRNE** at the helm, the RIC Blackhawks lost only two games going into the Chowder Cup in Boston, their final competition of the season where they took second place. **THE CARING FOR KIDS PROGRAM** increased its programmatic offerings in the first half of the year adding to our community-based opportunities for children with disabilities to partake in sports and recreational activities. **THE PARALYMPIC SERVICES PROGRAM** successfully worked with the City of Chicago and the Chicago Park District to host a Paralympic Day for kids this past December.

Additionally, February saw the Galvin Fitness Center grow from 4000 to 6000 square feet. The expansion marks a historic step forward in the Center's development and its ability to accommodate increased programming such as group classes for Arthritis, Parkinson's, and Quigong, a form of Tai Chi. The Fitness Center has developed new programs such as Functional Fitness and Warm Water Movement as a growing first step at integrating the services of Fitness Center as part of the post-rehabilitation continuum at RIC.

It has been an outstanding start to the year and we look forward to the summer programs that are just around the corner. ☼



RIC Hornet Ramon Canelleda fights for the Ball at NWBA Regionals



ABOVE: Lizette enjoys a ride at RIC Caring for Kids event at Equastrian Connection

RIGHT: AB President David Hoese accepting the community impact award given to the Associate Board from the Sports Program at the 25th Anniversary Banquet. The award was presented to him by long time program participant, Gus Zografopoulos, who is in the background.



MEMBER NEWS

HEATHER TOWNSEND has been elected Vice President ❖❖ **KEVIN HULL** has been elected to the new executive position of Liaison to the Hospital and Community. He will be working with a committee on ideas for a new AB event. ❖❖ **COURTNEY MCGOVERN** has been elected Membership Chair ❖❖ On March 1, 2007 **MARGIE AND KEVIN STINEMAN** welcomed a baby girl, Margaret Helen Stineman, "Meg". ❖

WELCOME NEW ASSOCIATE BOARD MEMBERS!

JULIE BONIECKI
DALE HEIMS
MONIKA LOTTER
ZACH MALONE

NATALIE SCHAEFER
RAY SIMONAITIS
BRIAN STANG
AMANDA WURZBACH ❖

ABCs: ASSOCIATE BOARD COMPANIONS

The fall season for the Associate Board Companions, the ABCs, is starting up and **THERE ARE STILL OPENINGS IF ANYONE IS INTERESTED IN VOLUNTEERING ON MONDAY NIGHTS ON THE PEDIATRIC FLOOR.** A fun way to really familiarize you with the missions of the RIC and the Associate Board, you will also become better acquainted with the hospital and its staff. This is a hands-on opportunity to meet the patients, their families



Mask making the Mardi Gras event held at RIC.

and to make a difference in their daily life. The volunteers lead activities and crafts for the children and their families. April's **MARDI GRAS EVENT** was another hit this year with patients and volunteers. Thank you



The Mudcats keep the party rocking.

to everyone who participated! For more information, contact **SARAH CRANE** at sarahsqc@aol.com. ❖

CALENDAR OF EVENTS 2007

MAY 18 6-10:30 p.m.	ArtFutura Opening Night & Awards Party
MAY 30 6:30 pm	Bearcat Ball Committee Meeting
JULY 16 6:30 pm	Bearcat Ball Committee Meeting
AUGUST 30 6:30 pm	Bearcat Ball Committee Meeting
SEPTEMBER TBD	Bearcat Kick-Off Party
SEPTEMBER TBD	Quarterly Meeting and Bearcat Invite Stuffing Party
NOVEMBER 10	Bearcat Ball The Merchandise Mart

2007-2008 OFFICERS

DAVID HOESE, President
JENNIFER LANE LANDOLT, Vice President
HEATHER TOWNSEND, Vice President
ANDREW GOLTRA, Treasurer
LINDSAY TAYLOR, Secretary/Newsletter Design
SARAH CRANE, Volunteers
KEVIN HULL, Liaison to the Hospital and Community
COURTNEY MCGOVERN, Membership
JOHN SCULLY, Board Enrichment Officer

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Rehabilitation Institute of Chicago

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