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Saving hope

More than 60 years ago, as injured World War II soldiers began to fill Veterans Hospitals and young polio victims crowded children's wards, interest in rehabilitative medicine began to grow. Our need was urgent: we had to find ways to re-educate the impaired brains and muscles of our fathers and brothers, daughters and sons.



Berlinda
Tyler-Jamison

When the American Board of Physical Medicine and Rehabilitation was created in 1949 – followed by the creation of Rehabilitation Services as a medical specialty in Rock Island County – we took a major step.

Rehab has come a long way

Today's stroke, spinal cord and trauma patients enjoy amazing advances. From specialized software for speech therapy to computer games that help refine motor skills, Trinity's Foundation-supported Rehabilitation Center provides patients with state-of-the-art support.

These tools help our most hopeless patients walk, talk and live again.

Katy Kilgore's recovery was nothing short of a miracle. Thanks to your generosity, the tools that help our highly-trained, deeply-compassionate staff facilitate such miracles are in place. Thanks to your generosity, patients like Katy who had lost all hope can hope again.

Blessings,

Berlinda Tyler-Jamison
President



Katy Kilgore, left, is grateful to be home with her daughter, enjoying life again, after a series of brain events nearly cost her her life last year. Aggressive rehabilitation at Trinity's Foundation-supported Rehabilitation Center helped Katy regain mobility, speech and even her sense of humor.

Katy's Miracle

To meet 43-year-old Katy Kilgore today, you would never dream that she just relearned to walk, talk and crack a joke 12 months ago. It all started after dinner with her husband one night, when she decided to go back to their East Moline home and lie down. Her all-day headache was getting worse. As she tried to get comfortable, though, she felt something that made her panic. *She felt her face fall.*

"I knew right away that I was having a stroke," she says. "I remember trying to push something weird away from my face when I suddenly recognized my wedding ring. It was my own arm. I said, *Call 911*, and that's the last thing I remember."

By the time Katy's family reached the Emergency Room, she had had three strokes, an aneurism and had been resuscitated twice. The medical

"I remember trying to push something away from me ... it was my own arm."

staff prepared Katy's family for the worst. They expected her to die.

A miraculous recovery
Despite the strikes against her, Katy

lived. After multiple surgeries to repair both the aneurism and the formerly-undetected hole in her heart that apparently caused the strokes to begin with, Katy just kept improving physically. But her body's improvement was only the first step in Katy's long journey to recovery.

"I kept thinking *why me?*," Katy says. "I couldn't do anything. I wanted to go back to my job as a bank teller. I wanted to be home with my family. I wanted to see my dogs."

Which was what Trinity's rehab nurses and therapists planned to help her do. Using the specialized technology and equipment for

Katy's Miracle cont'd.

brain-injured patients provided in part through the Foundation, they helped teach Katy how to walk, talk, turn on the TV and pour a cup of water during an intensive two month period.

"The things we take for granted are key to everyday life," Jodi Dykema, director of Trinity Rehab Services, says. "Our goal is to reintegrate brain-injured patients into the community and we do that by practicing independent living activities. Thanks to the Foundation, we can offer extra practice with the Independent Living Trial room. It has a regular queen bed so patients can practice getting in and out of a real bed and get used to having their spouses sleep next to them again."

When Katy and her husband used the room last year, the therapists furnished it with items similar to what she would return to.

"We try to outfit the room like the patient's own home, with items like recliners and throw rugs," LuAnn Klein, manager of Trinity Rehab Therapies, says. "They sleep, use a VCR and turn on lamps. They walk down the hall and make dinner in the kitchen. It allows them to return to real life, with the safety of us being right outside the door."

Today's joys

Katy, who walks now with a cane, is grateful for the intensive help she received. "They say I had such a good mental recovery because the therapy I received was so thorough," she says. "It's amazing I didn't die, and even more amazing that I have my mental abilities. I still have some short-term memory issues, but my personality is back. I can still crack a joke. I love being home with my family and my dogs. I hope to continue to regain mobility and strength, but sure am glad for what I have."

Foundation Volunteer is Giving Back

Jan Garmong is serving as the Volunteer Chairperson of the 2008 Trinity Golf Classic. She recently took some time to answer our questions about the importance of philanthropy.



Jan Garmong

Q Why is philanthropy especially important today?

I grew up in a lower-middle class family without money to attend college. I was lucky enough to qualify for a "full ride" scholarship which paid completely for me to attend Indiana University. At the time, I am not sure I fully understood what a wonderful gift I had been given! When it was time for my son to attend college, I truly realized my former good fortune.

I am so grateful for all that has been done for me by others. I hope that the small things that I do can help someone else. I would not be where I am right now but for the kindness and generosity of others.

Q Why do you, personally, give to Trinity Health Foundation?

Philanthropy is what allows us to continue to enjoy the good life-style aspects of our society, including state-of-the-art healthcare. Taxation cannot support all of the things that we enjoy and take for granted in our lives.

There are many people who are unable to pay for their own healthcare or insurance. The generosity of others is what allows people to receive healthcare services they would not otherwise be able to get.

Q What would you say to those who can afford to give but do not?

You are missing out on the great feeling of knowing you have helped someone else. Try it. See for yourself!

Mark your calendar



Sept. 4-5

Trinity Golf Classic at the
Rock Island Arsenal Country Club



Oct. 21

Sunset in the Vineyard at the
Davenport Outing Club



Nov. 1

Trinity's Disco Ball at the
Davenport RiverCenter