Craig staffers innovate to help rural physician make safer deliveries

Dr. Mike Welch had a bit of a problem.

Because of his paraplegia and lack of muscle control in his trunk, the medical resident was having trouble getting into a good position to deliver babies. He had been bracing himself on the bed with one hand and delivering from the side, with a nurse’s assistance. It was a workable solution, but he knew there had to be a better way.

Enter the problem-solvers: Craig’s Outpatient Program and Rehabilitation Engineering department.

Mike is currently a medical resident with North Colorado Family Medicine’s Wray Rural Training Program. He is spending his first 15 months training in Greeley, Colorado, and will move to a rural practice in Wray, Colorado, for the remainder of his residency training.

“I knew that when I moved into the rural setting, I would be participating in many more deliveries without as much support,” he says. “I wanted to have a good solution for handling this.”

The leaders of Mike’s residency program reached out to Craig for advice. The Outpatient Program invited Mike to come in for an evaluation, and he spent a day and a half meeting with a team (cont’d)
After examining the situation and discussing options ranging from harnesses to corsets, the therapists took Mike to see Dave Birkle, one of Craig's rehabilitation engineers.

Craig’s donor-funded Rehabilitation Engineering department is managed by two full-time engineers and a handful of dedicated volunteers, who work in conjunction with all clinical departments and physicians to design, develop, modify, and apply rehabilitative and assistive technology, providing customized solutions to meet patient needs.

The Outpatient Program team originally approached Dave about creating a chest-strap clamp that would attach to the back of Mike’s wheelchair.

After trying various options, they realized that a strap would cause Mike’s back to bow when he was leaning forward, taking away his arm leverage.

Dave then had the idea of creating a chest support that would attach to a lap tray mount—something he makes for many patients. After some trial and error and adjustments, they decided on a simple T-bar wrapped in pipe insulation that attaches to a board under Mike’s wheelchair seat. This center-mount chest support allows Mike to lean forward with his arms over the bar, giving him total support but complete freedom to move his arms.

“It was a very simple solution,” says Dave. “The secret to smart engineering is to keep it simple and make it robust.”

To ensure that the solution would really work, Jenny and Donna put Mike to the test. They borrowed a procedure suite from Craig’s Urology Clinic and a simulation mannequin from Craig’s Nursing Education department. They wrapped a newborn-size weight with plastic and coated it with lubricant to allow Mike to practice a “delivery” with his new device.

“We wanted to make sure that we were sending Mike back to his program with a solution that would help, and we wanted to let his program director know we had evaluated the device in as close to a real-life scenario as possible,” says Jenny.

Jenny says that this type of interdisciplinary treatment approach is not seen in most other facilities. “We aren't reimbursed by insurance companies for co-treatments, but Craig knows that we need to work together and share our perspectives for the good of patients like Mike.”

Mike has already found an additional use for the support—as an aid to help him hold his trombone while he plays. He envisions it being useful for other medical procedures, including gynecological exams and trauma response. Other Craig patients have seen it and have imagined uses ranging from photography to hunting to welding.

“This is one of the reasons people work at Craig, seeing something like this happen,” says Dave. “The difference it makes for people is priceless, and you can’t buy feedback like that.”
Jandel Allen-Davis, M.D., given Martin Luther King Jr. Humanitarian Award

Craig Hospital’s president and CEO, Jandel Allen-Davis, M.D., was recognized as a 2019 Dr. Martin Luther King, Jr. Colorado Holiday Commission honoree.

She received the 2019 Humanitarian Award for her outstanding community service on both the national and local levels. The award recognizes citizens who exemplify the drive of Dr. Martin Luther King, Jr. to help make the world a better place.

The award was presented at the reception before the Colorado Symphony Orchestra performance on Jan. 15 at the Denver Center for the Performing Arts.

Partnership with PopSockets nets more than $170,000 for Craig programs

PopSockets, the maker of ubiquitous colorful, collapsible phone grips, recently donated $170,980.76 to Craig.

The gift, which represents 10 percent of all net proceeds from sales on PopSockets.com during the second quarter of 2018, will benefit Craig’s Culture of Care funds. This grouping of innovative programs includes Therapeutic Recreation, Assistive Technology, Community Reintegration, Music Therapy, and more.

In addition to its financial support, PopSockets also donated 10,000 PopSockets grips to Craig for marketing and patient use. Some individuals with spinal cord or traumatic brain injuries are unable to extend their fingers, which makes it difficult or impossible to hold their phones. With the addition of a PopSockets grip – a small, collapsible device that adheres to the back of a phone for easy, one-handed holding – patients may be able to wrap their fingers around the grip and operate their phones independently. Accessing a phone allows Craig patients not only to be safe but also to see their calendars, send and receive text messages and email, and open apps using voice commands.

Craig graduate Ashley Jack received a PopSocket in her Craig welcome bag, a gift of necessities from the Craig Foundation. According to Ashley, having a PopSocket has helped immensely because her phone is large. “I can’t grab it by itself, so I need the PopSocket to be able to hold my phone. I have a little bit of a grip with my natural tenodesis grasp [flexing the wrist muscles to make the fingers close and relax], so it allows me to grip the PopSocket perfectly.”

Having access to technology is important to her. “It allows you to stay connected to family and friends through the journey at Craig.”

Access is also important for patients when they return home, allowing them to manage their homes, families, school and work.

“We are so grateful for the generosity of the PopSockets team,” said Mary Feller, executive director of the Craig Foundation. “This partnership is a great example of how corporations can work with us to truly make a difference in the lives of patients.”
New book chronicles Craig grad’s recovery, stories of the “helpers”

It started in the wee hours of the morning — a quick email dashed off to colleagues and friends.

“Our son, Ted, had a serious mountain bike accident. The outlook is not good. We are glad to have him alive and breathing on his own. Beyond that, I don't know.”

Timothy and Jorja Krause had just taken a call that no parent ever wants to receive. Their twenty-five year old son, Theo (called Ted in his younger years), had sustained a severe spinal cord injury in an accident on a remote mountain trail outside Crested Butte, Colorado. Having lost all sensation from his neck down, Theo was airlifted to Grand Junction and was heading into surgery. The initial prognosis was bleak.

In the days that followed, as Theo regained his strength in the ICU at St. Mary’s Hospital, and as he rehabilitated at Craig, Tim continued his email updates.

“It was good for me; it was a way to process everything I was being told,” says Tim. “What I didn't realize was that the updates were starting to be forwarded to others — I didn't know how big the distribution had gotten.”

Tim found writing to be cathartic as he processed Theo's injury and what it meant to his family. His updates grappled with big issues of science, faith and parenting. “You are forced to test everything that you’ve ever believed when you go through something like this,” he says. “Whether the readers agreed with me or didn't agree, my writing allowed others to join in as I thought through these things.”

Theo progressed quickly through Craig’s program and was discharged from inpatient therapy after only seven weeks, an outcome that many deemed remarkable.

As Tim’s emails slowed with Theo’s progress through outpatient therapy, his friends and colleagues reached out and asked for updates. Many suggested that he write a book.

“At first, I thought it was crazy idea - it’s a huge project,” says Tim. “But I eventually went to Theo and asked his permission. He said it was OK as long as I didn’t make it a ‘hero story’ about him.”

The resulting book, “Finding Theo: A Father’s True Story of Loss, Courage, and Discovery,” was published in August and is available from Amazon, Tattered Cover, Barnes & Noble and almost anywhere else books are sold.

While Theo’s story is the thread that runs throughout the book, the heart of the story is in the profiles of the rescuers, doctors and therapists who played a role in his recovery. To hear their stories and learn how they had come to cross paths with the Krause family, Tim spent months tracking down and interviewing individuals who helped Theo.

Craig's Dr. Berliner and therapists Maggie (Ireland) Dahlin, Chuck Hammond, and Caitlin Glennon are featured prominently in the book.

Tim found that the vast majority of his interviewees had set out on a path in life only to have that path interrupted by adversity or tragedy. “So many said that after they were forced to rethink their original path, they discovered what they were really supposed to be doing,” says Tim. “They really resonated with their gifts and how those gifts could be applied in the world.”

Tim says while the book is uplifting, it is not a self-help book. “It’s not a book that says ‘Here are 10 steps to a happy life.’ There are no clean answers to our story,” he says. “But the message of our story is that if you dedicate yourself
to a vision for your future, even in the face of tragic loss, you can do more than you imagined. Who you become is not defined by the things you cannot do. And, you are not alone in that journey. People will step in to help you, just like they helped my family.”

Tim is promoting the book through social media, timothykrausebooks.com and speaking engagements along with Theo. He is donating a portion of the proceeds to the Craig Hospital Foundation.

Two years after his accident, Theo is walking, running, snowboarding, and living independently in Washington, D.C. He writes in the book’s epilogue, “I have had the opportunity to learn that joy can come from suffering and that empathy leads to happiness. Wisdom begins with ‘I can. These lessons did not come easily.”

Tim hopes that it is these lessons that will resonate with the book’s readers. “I hope that it helps people coming out of Craig, and I hope that it helps medical professionals be reminded that what they do every day has life consequences for a long time.”

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**Other books by Craig graduates**

**“58 Feet: The Second That Changed Our Lives”**
Mark and Robyn Glaser were involved in a serious motorcycle accident in 2010. Mark sustained brain and spinal injuries and spent six weeks rehabilitating at Craig. He wrote a book, “58 Feet,” about his accident, surgeries, rehabilitation and recovery. The project originally began as a journal for his then-unborn child. To piece together his story, he relied on feedback from many people, journal entries kept by Robyn, hospital and physician reports, and police and EMT reports. The couple hopes the book will inspire others to tackle the challenges they face. “58 Feet” is available on Amazon, and all proceeds will benefit the Craig Hospital Foundation.

**“My Next Step: An Extraordinary Journey of Healing and Hope”**
Craig benefactor Dave Liniger was an inpatient at Craig in 2012, learning to walk again following a staph infection that left him paralyzed from the neck down. After three critical surgeries and six months in the hospital, Dave returned home. He wrote a book, “My Next Step: An Extraordinary Journey of Healing and Hope,” about his experience with his illness and recovery. According to Dave, the book will help those facing tragedy find the courage to accept their situation and do what is necessary to take the next step toward a meaningful life. Dave and his wife, Gail, are the founders of RE/MAX LLC. The book is available on Amazon.

**“Cycle of Hope”**
On September 17, 2000, Tricia Downing’s life took a detour. While training on her bicycle, she was struck by a car that turned directly in her path. She was paralyzed from the chest down. As a competitive road and track cyclist and lifelong athlete, losing the use of her legs was devastating to her. “Cycle of Hope” chronicles Tricia’s journey from the first moments of impact with the car through rehab at Craig and her emergence as a world-class athlete. Tricia also is the author of “Chance for Rain,” a novel which was published in August 2018. Both books are available on Amazon, at Denver-area Tattered Cover locations, and barnesandnoble.com.
Couple's spirit of generosity lives on through charitable giving

For Rowe and Elizabeth “Betty” Rudolph, giving back was part of their DNA.

The third-generation Denver natives were bastions of the community, constantly giving their time and resources to various nonprofits, including Craig Hospital.

Their commitment to philanthropy extended beyond their lives. Following Rowe’s death in 2012 and Betty’s death in June 2018, the couple’s charitable remainder trust made a generous gift to Craig.

Rowe and Betty both attended Denver’s East High School, but they didn’t meet until they both attended the University of Colorado in the 1940s.

Rowe served with the Army in World War II, where he earned five battle stars and a Bronze Star. He returned to Denver to marry Betty in 1946 and started in a position in insurance sales. The couple moved to the East Coast, but they missed Denver so much that they soon moved back.

“At the time, he was told that coming back to Denver was committing financial suicide, because it was just a cow town,” says the couple’s daughter, Ann Byrd. “He didn’t care; he loved Denver.”

Rowe and other young people helped fuel Denver’s post-war growth, according to Ann. “He started in insurance, and then his career took off into financial and estate planning,” she says. “He was really at the leading edge of that field.”

Rowe was known for his clear and defined morals and outgoing, gregarious personality, while Betty was quiet, a voracious learner and gracious to all who met her.

At some point, Rowe was introduced to Craig Hospital and served as a member of both the hospital and foundation boards from 1967 to 1980. He used his influence to encourage others — many of his clients were Denver’s first multimillionaires — to give their wealth away to such places as Craig.

Ann believes that her father’s support of Craig might have been due to seeing his fellow soldiers sustain devastating injuries during World War II. “He never understood why some guy next to him was injured but he was not. It was very difficult for him to talk about. He was very gratified by the work done at Craig to help reintegrate people following serious injuries.”

Rowe and Betty spent much of their time attending and hosting charity benefits and events for a variety of causes, including Craig, Meals on Wheels, the Assistance League of Denver, the Boy Scouts, Denver’s Community Chest, the ballet, the symphony, the Arthritis Foundation, and the Juvenile Diabetes Research Foundation.

The Rudolphs taught their three daughters — Cathy, Joni and Ann — the importance of serving.

“They taught us that the biggest part of our lives should be helping others, and that sacrificing our own resources always comes back to us as a benefit,” says Ann. “Their love and tolerance of all people made the most profound impact on us — we miss them greatly.”

Frank Craig Society members such as Rowe and Betty have made plans in their wills or estates to leave a legacy gift to Craig. These contributions make a significant difference in the future of Craig, creating a lasting legacy for the donor while helping ensure independent futures for those Craig serves. For more information about planned giving or if you have already included Craig in your estate plans, please contact Jacquie Hall at 303-789-8208 or jahall@craighospital.org.
Craig receives top-10 ranking for the 29th year

In August, U.S. News & World Report announced that Craig Hospital was again ranked a top-10 rehabilitation hospital in the U.S. Craig has ranked in the top 10 every year since the rankings began in 1990. The annual rankings are gathered through a survey of rehabilitation physicians from across the country.

Funds in Focus: Culture of Care

Craig's mission is to provide exceptional patient and family-centered care for those affected by spinal cord or brain injury throughout their lifetimes, striving for optimal health, independence and life quality. To achieve this mission, we go well beyond the therapy and medical care covered by insurance to provide a range of programs that changes the trajectory of patients’ futures, sparking hope, opportunity and empowerment.

Craig’s Culture of Care programs are at the heart of Craig’s unique approach to rehabilitation and rely on the generosity and commitment of donors. They include:

- The **Assistive Tech Lab** provides hands-on education and training on technological resources to help patients communicate, control their environment, and achieve work and school goals.
- The **Community Reintegration** program helps patients overcome barriers to returning to work, school or other productive activity through assessments, career exploration, coaching and employer education.
- Craig’s **Neurologic Music Therapy** program supports patients with their rehabilitation and recovery of nonmusical functions, such as motor skills, speech, language and cognitive functioning.
- The **Nurse Advice Line** provides access to expert medical advice through this award-winning, national phone-based resource.
- **Complementary alternative medicine** helps patients improve and restore physical, cognitive and emotional well-being through alternative medicine, including massage, acupuncture and yoga.
- **Therapeutic Recreation** provides leisure-time activities that shape our identities, give life fullness, and promote physical and mental health through recreational activities.
- The **School Program** empowers young patients to continue their studies while at Craig by helping them stay on track academically and retain ties with their schools, teachers and peers.

The Craig Foundation must raise $2,040,000 for Culture of Care programs in fiscal 2019 to ensure that patients have uninterrupted access to these important therapies. To make a donation to the Culture of Care fund, visit craighospital.org/foundation/culture-of-care or call 303-789-8650.
Team Tanner 424 unites to raise money for Craig in honor of TBI grad

It all started with this Facebook post on January 27. In anticipation and celebration of her boyfriend Tanner’s April birthday, Robyn Davis launched a fundraising page on teamcraig.org.

“Kindness is a language which the deaf can hear and the blind can see.”

This has always been one of my favorite quotes and is where my passion for helping others and giving back stems. But, another huge motivation in my life is the selflessness that Tanner has shown me. He is kind, humble, loyal, slow to anger and always puts his friends and family before himself.

This year, I’ve decided to give back to the place that gave so much to him, Craig Hospital. Craig is where Tanner spent many months recovering from his dirt bike accident – learning how to live with a Traumatic Brain Injury (TBI). Because Tanner isn’t big on material things, for his birthday I’ve decided his gift will be a donation to Craig Hospital in his “Team Tanner 424” name.

My ambitious goal is to fundraise $1,000. Please consider donating and helping me make this gift possible by giving online. Every dollar counts and I sincerely appreciate any donation made.

This is a secret, so if you would like to share this post to help me spread the word, be sure to change the post settings so that it is hidden from Tanner!”

Over the months, Robyn shared her effort on social media. People gave. Robyn posted fundraising updates. People gave more. She showered people with appreciation and was genuinely humbled by the strength and generosity of her community. In one of her posts, Robyn shared, “I know this is a gift for Tanner, but I must say, this experience has been a gift for me too. Everyone’s support has been amazing and I can’t thank everyone enough.”

Because of the success of her fundraiser, Robyn decided to surprise Tanner a month early on the six-year anniversary of his wreck, with the donations made in his Team Tanner 424 name. She put together a book about her fundraising journey including Facebook posts, pictures, the fundraising total, and a list of donors. Tanner was thrilled and honored by this celebration.

“Fundraising was so simple. I set up a team page then shared it on my Facebook for a few months. The support of our friends and family was remarkable. I sincerely believe hosting the fundraiser gave everyone the opportunity to thank Craig for all that they did in his rehabilitation. Craig saved Tanner’s life and for that we are eternally grateful. ~Robyn Davis

Robyn and Tanner’s community came together with over 40 people donating more than $3,100 to Craig’s Culture of Care programs – programs that are not covered by insurance but are critical to rehabilitation success.

The Craig Foundation is honored by the passion of Robyn and so many other peer-to-peer fundraisers who choose to give back to Craig in this way. For more information about how YOU can fundraise for Craig, visit teamcraig.org or contact Becky at bplunkett@craighospital.org.
Daniels Fund continues support of Craig with $365,580 grant for equipment

Craig recently received a $365,580 grant from the Daniels Fund for Project EQL and rehabilitative equipment upgrades.

Of this gift, $125,000 will go to the Project EQL fund to help at least 155 patients with financial needs. This donor-supported program of the Craig Foundation ensures every Craig patient, regardless of financial situation and insurance coverage, returns home with the basic adaptive equipment that will maximize independence, dignity, safety and life quality. Examples include power or manual wheelchairs, a lift that allows family members to transfer their loved one into a bed, a shower chair that enables daily self-care and other basic adaptive tools.

An additional $240,580 was awarded for the purchase of upgraded rehabilitative equipment. Craig will purchase an Andago, a C-Mill treadmill, an ArmeoSenso machine and an Xcite FES system.

The Andago provides therapists with a versatile tool for overground gait training, bridging the gap between treadmill use and free walking. The unique combination of self-directed gait, body weight support and mobility enables intensive rehabilitation therapy. The C-Mill is another cutting-edge tool for gait training, helping patients train for everyday life environments, such as walking in a crowded area or avoiding obstacles, through the use of virtual reality applications. The Xcite FES system delivers 12 channels of electrical stimulation to nerves, which activate muscles in sequence to promote functional movement and neuromuscular re-education, while the ArmeoSenso machine offers patients with mild to moderate impairment a self-initiated, active, motivating and repetitive arm movement in a 3D workspace.

The Daniels Fund, established by cable television pioneer Bill Daniels, is a private charitable foundation dedicated to making life better for the people of Colorado, New Mexico, Utah and Wyoming through its grants program, scholarship program and ethics initiative. The Daniels Fund has awarded more than $3.8 million to Craig over the years.
Young patient gives back to help others

Gavin Foth, a 17-year-old Craig Hospital graduate from Manhattan, Montana, presented Craig administrators with a check for $1,800 during a recent visit. Gavin's family participated in the Montana Pitmaster Classic BBQ competition in August. Gavin elected to donate the money raised from the barbecue and sales of #GSTRONG T-shirts to help other Craig patients. “Instead of keeping it, he instantly said, ‘I want to give it back to Craig Hospital,’” says his mother, Kortney Combs. “Gavin was one of those patients who received help from Craig; all he wanted was to give back.” Gavin rehabilitated at Craig for six months following a spinal cord injury he sustained in an ATV accident.

Boeing awards Craig $20,000 to support Veterans

The Craig Foundation recently received a $20,000 grant from Boeing to support Operation TBI Freedom. This Colorado Springs-based program of Craig Hospital provides case management services for Veterans with traumatic brain injuries. OTF’s expert military support specialists work closely with each client to create an individualized life plan that addresses physical and mental health, suicide prevention, financial counseling, daily living activities, benefits navigation, education, employment, housing, legal issues, and family functioning. OTF has served over 3,000 Veterans and more than 5,000 caregivers and family members since the program’s founding in 2008.

Mike Fordyce receives the Christopher Reeve Spirit of Courage Award

Mike Fordyce, retired Craig CEO, accepted the Christopher Reeve Spirit of Courage Award at the Christopher & Dana Reeve Foundation Magical Evening Gala in New York City on Nov. 15. This award was commissioned in 1998 by Christopher Reeve to honor the exceptional efforts of individuals who have championed the cause of spinal cord research and worked to improve the lives of the disabled with tremendous energy and generosity. This is not an annual award but rather one that is presented only when an outstanding partnership or example merits this special recognition.

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Dr. Alan Weintraub recognized for leadership

The medical director of Craig’s brain injury program, Dr. Alan Weintraub, was recognized by Becker’s Healthcare as a Physician Leader in the 2018 edition of the 112 Hospital and Health System Physician Leaders to Know list.

Recognized individuals have committed their careers to advancing health care access and delivery as both clinicians and strategic leaders.

Diane Reinhard wins C-Suite Award

Vice President of Patient Care Diane Reinhard received the Denver Business Journal 2018 C-Suite Award. These awards are given to individuals based on community involvement, contributions to management and innovation within their fields.

The Christopher & Dana Reeve Foundation awarded Craig a $50,000 High Impact Priority and Direct Effect grant. The grant will support Craig’s Community Reintegration program, which serves individuals living with spinal cord and brain injuries. The program empowers patients to overcome the barriers that come with a return to work, school or other productive activity. Regaining employment allows Craig patients to achieve enhanced financial security and deeper community connections as well as greater satisfaction in life. This results in greater productivity, greater contribution to the economy, and decreased burden on taxpayers and welfare programs.

Join us for an inspirational evening that benefits Craig Hospital patients and their families.

Honoring Tom & Michele Castle and Tricia Downing

2019 Chairs
Charlie & Judy McNeil

SATURDAY, APRIL 27, 2019

5:30 p.m. | COCKTAILS & SILENT AUCTION
7:00 p.m. | DINNER & PROGRAM

HYATT REGENCY DENVER
AT THE
COLORADO CONVENTION CENTER

Tickets may be purchased online at craighospital.org/PUSH
Save the Date
Learn more at craighospital.org/foundation/events

PUSH Gala | April 27, 2019
Craig’s biggest fundraiser of the year, the annual PUSH dinner, raises money to support Craig’s programs and research. brain injury.
craighospital.org/PUSH

Craig Hospital Golf Tournament presented by RE/MAX, LLC | July 24, 2019
A spectacular day of golf at Sanctuary to raise money for individuals with spinal cord and brain injuries.
craighospital.org/sanctuary

Pedal 4 Possible | September 14, 2019
The fifth annual charity bike ride along the flatirons through Boulder County will feature courses for all skill levels, including a 10K, 30K, 50K, 100K and 100 mile route.
pedal4possible.org