



**A future of opportunities,
made possible by you.**



GRATITUDE REPORT 2020



Me and my six siblings

I'm Abigail.

I live in Lowell, Arkansas, with my parents and siblings. I am the third-oldest of seven children. We are a very close-knit family, and there is never a dull moment in my house.

My dad is my biggest supporter, and my mom and I are super tight. When I talk to her, it is like talking to a friend.



My mom and dad



I love to play soccer!



Senior Year, 2020

Senior Year

In January 2020, my life was going great. I was in the second semester of my senior year in high school. Anytime there was any sort of an event at school or church, I was there. I led several programs at my school, including a mentoring program for younger students. I ran track and had signed a national letter of intent to play soccer at Ouachita Baptist University. I was crowned homecoming queen.

I began experiencing some numbness in my left shin. I thought it was shin splints and I brushed it off. I didn't even tell my parents.

On Jan. 20, 2020, I woke up and rolled over in bed. Suddenly I felt excruciating back pain that wrapped around my body. It was the worst pain I'd ever experienced. No position brought relief.

I managed to make my way downstairs and asked my parents to make me a chiropractic appointment, then fell asleep restlessly on the couch. When I woke up an hour later, everything from my abdomen down was numb.



Signing my letter of intent to play at Ouachita.



Homecoming 2019



The pain was overwhelming sometimes

Diagnosis

The chiropractor checked my reflexes (nonexistent) and sent me directly to the emergency room.

I spent 10 days at the hospital, being tested and scanned. "We're baffled," the doctors kept saying.

Eventually, I was given a diagnosis of exclusion: a fibrocartilaginous embolism. The doctor said that a piece of a herniated disk had chipped off and lodged in my spinal cord, causing a spinal stroke.

No one knew what caused it.

The pain was hard to describe, and I was very scared. But I still had peace. My faith is a very big part of who I am, and I knew that I could trust that there would be a purpose in this. No matter what the outcome was, I knew I was safe and would still have joy in my life.

The constant visits from my friends and family helped.

Time to go.

When my neurologists determined that I did have a spinal cord injury, they recommended that we come to Craig for rehabilitation.

My family researched several facilities, but we were drawn to Craig because of the School Program. I was so close to graduating, I didn't want to be held back because I was missing school. Chris from Craig's Admissions Department flew out to visit me, and after that, things began falling into place.



I have the best friends in the world



I'm going to Craig!



Leaving the hospital for my flight on the air ambulance

Craig Hospital

After my air ambulance flight, I was rolled into my room at Craig. The people who greeted me were so happy. They made me feel comforted even though I was a thousand miles away from my community.

On Monday morning, we hit the ground running with therapy. My physical therapist, Mrs. Maggie asked me what my goals were. I told her I wanted to run again. From that point forward, my goal became my care team's goal.



In my room at Craig



Working out in the 4th floor gym

Home away from home.

Before I left the hospital in Arkansas, I had started moving a toe. On my first day in physical therapy at Craig, I was able to take a few steps supported in the Vector gait training harness system. After that, every day was different. I loved all of my therapies. I never felt like I was in a hospital.

I baked cake and bread with my occupational therapists Mrs. Johanna

and Mrs. Katie so that I could relearn how to work in a kitchen with my new body. I used the underwater treadmill and the air-supported treadmill in the PEAK Center. In therapeutic recreation, I was able to ride a recumbent bike, play ping pong and go paddleboarding in the pool. I even used a virtual reality system.



Cycling in the neighborhood around Craig



Paddleboarding in the Craig pool to work on my balance



Using the C-Mill virtual reality treadmill



The fam!

Family

Having my family with me during my time at Craig was incredible. My mom and my younger brothers stayed in one of Craig's Family Housing apartments near campus. My dad came every weekend. My older siblings visited often. Someone was always there to eat lunch with me, play games during downtime and keep me company. Having them with me was like having a piece of home. I even caught one of my

little brothers having a foot race in the hallway with one of the doctors.

We loved it when Craig animal therapists came to visit. Torrey the Newfoundland came to my room every Monday night with her owner, Joe. Joe was so intentional about visiting with me, remembering all about my family and talking with me about my progress.



Meeting Torrey, the Newfie



School

I never felt stressed about finishing my senior year, which was a huge thing for me. My Craig teacher, Laura, was amazing. She worked with my teachers back home to create a reasonable learning plan that would allow me to graduate on time with my class. Laura made learning fun, from running Jeopardy games helping me learn facts to taking me outside to do my homework. She even helped me with a dissection! I don't think I would have made it through without her there to help me with the work and to be my advocate.



Dissecting a heart with Laura's help.



Teen Rehab

I loved being involved with the Teen Rehab at Craig program. It was incredibly helpful to participate in activities and education sessions with people my age. We went on outings and to dinner to learn how to navigate the world with our new devices and bodies.

We built close friendships because we could relate to each other. Every one of

us had a different injury story, but there was a common factor of pain. Being injured was the lowest point in my life, and it was probably theirs too. It was helpful to meet people who were in that dark valley with you and were also working to come out on the other side stronger. I still stay in touch with my Craig friends, even though we live all over the country.

When I first got to Craig, I was told that every patient meets with a psychologist. I didn't understand why, but in retrospect, I realize how much it helped. Dr. Lindsey helped me process my injury.

The best way I can describe it is a journey. Because I was in Colorado,

I was able to see mountains at every turn. Every day I was conquering new mountains and learning new things. I was in the thick of some of the worst months of my life, but I had joy because my whole care team was around me, encouraging and supporting me.



Visiting the mountains on a weekend trip



I love my care team members!

Homeward Bound



Thank you, Craig!

After I was discharged from inpatient therapy, I worked with the outpatient therapists for weeks. Mr. Tyler, my physical therapist, taught me how to manage stairs so that I could return home to my room on the second floor.

I've left behind my wheelchair and my walking sticks, because of Craig.

When I went back home to Arkansas, I was able to graduate with my class, walking to accept my diploma. I received a scholarship for college from Craig's Alumni Educational Scholarship fund but ultimately decided to take the semester off to focus on my appointments and ongoing therapies. I plan to start online classes soon.

A part of my heart remains in Colorado. In September, I was able to participate in Craig's virtual Pedal 4 Possible event to raise money for Craig programs. I pushed myself and was able to run three miles for the first time since my spinal stroke.



*Pedal 4 Possible 2020.
I ran three miles!*



Someday

I think if you asked me pre-stroke where I'd be in two years, the answer would be very different than what I'd say now. I don't know what my future holds. But that's a beautiful thing, the ability to be flexible and wait for it to unfold.

Someday I want to help people the way the nurses and therapists helped me. I'm not sure what that looks like, but I'm excited about the opportunity and the ability to find out.

-Abigail Howard

The excitement that Abigail feels about her future would not be possible without your help.

In this most challenging year, you showed up. You helped us provide innovative programs like the School Program, Therapeutic Recreation and Teen Rehab at Craig.

You made sure that our patients wouldn't be ruined by the financial challenges resulting from catastrophic injuries.

You funded research that advances the field of spinal cord and brain injury rehabilitation.

You helped veterans with brain injuries navigate the challenges of civilian life.

You provided vital rehabilitation equipment and ensured our facilities provide the best possible rehabilitation experience.

You attended events, volunteered and did so much more.

And when COVID-19 shutdowns began, you cared for our team of healthcare heroes, helped us launch telehealth services and helped our patients when the challenges kept piling on.

Because of you, we look to the future with excitement.

We are grateful.

Fiscal Year 2020 at a Glance

Total Number of Donors 4,075

Total Contributions Received \$9,155,073

Sources of Support

Individuals	53%
Foundations & trusts	14%
Corporations	12.2%
Alumni family	8%
Alumni	7.3%
Other	5.5%



Total Funds Distributed \$7,075,503

Distribution of Funds

Unrestricted	44.6%
Culture of care (hospital programs)	20%
Patient assistance	20%
Capital	6.5%
Operation TBI Freedom	5.7%
Special purpose	2.3%
Research	0.9%



With your help, we were able to **distribute \$1,415,100** in financial assistance and equipment to Craig patients in Fiscal Year 2020.

Patient Assistance Breakdown

Durable medical equipment	30.5%
Scholarships for going back to school, therapeutic recreation or the PEAK	12.5%
Home and vehicle modifications	12%
Transportation for patients and families	9.7%
Mortgage and rent assistance	8.4%
Dental or medical assistance	6.6%
Air ambulance for patients	2.4%
Caregiver training and support	2.2%
Outpatient services and NeuroRecovery Network program	1.3%
Emergency assistance	0.1%
Other	14.3%

Craig was ranked among the **top 10 rehabilitation hospitals** for the **31st consecutive year** by U.S. News and World Report.

Craig was the first freestanding rehabilitation hospital to receive the prestigious **Magnet designation** for nursing excellence **four consecutive times**.

In Fiscal Year 2020, Craig treated **438 inpatients and 1,407 outpatients**. Inpatients came from 36 states. The leading causes of inpatient injury were **vehicular accidents (39%)**, **medical situations (21%)** and **falls (18%)**.

Seventy-four percent of Craig inpatients **were male** in Fiscal Year 2020.

Of Fiscal Year 2020 inpatients, 51% had a **brain injury**, 42% had a **spinal cord injury**, 7% had **multiple traumas** and 1% had **other diagnoses**.

Despite COVID-19 shutdowns, Craig's PEAK Center served **183 personal training clients** in Fiscal Year 2020 with a total of **9,400** personal training hours.

Prompted by the COVID-19 situation, Craig physical and occupational therapists secured **licenses to practice in 23 states**, allowing Craig to launch a national telehealth program.

Attendance at Craig's SCI patient and caregiver support groups **increased by 67%** after they converted to the Zoom platform in March due to COVID-19 restrictions on in-person gatherings.

Craig's research department oversees **\$6.9 million** in federal, state, foundation and industry-sponsored brain and spinal cord injury research funding.

Craig was named a 2020 Top Workplace by the Denver Post for the **seventh time** since 2012.

President's Circle Members

These generous individuals, corporations, foundations and other donors supported Craig Hospital with a gift of \$10,000 or more between Oct.1, 2019 and Sept. 30, 2020.

To learn more about how you can join the President's Circle, please contact 303-789-8650 or foundation@craighospital.org.

(17) Anonymous	The Corley Family Fund	David Goodman
Stacy Abel	Thomas and Lisa Corley	Richard and Maureen Graff
Aegon Transamerica Foundation	The Charlotte Gallup Croze	Greater Kansas City
Nancy D. Aldera	Memorial Fund	Community Foundation
Charitable Trust	Daniels Fund	Toledo Community Foundation
Jandel Allen-Davis	Davis Partnership, PC	David and Margaret Grohne
and Anthony Davis	DeAngelis Family Foundation	Riki and Ashley Hashimoto
Arrow Electronics, Inc.	Ken and Lorrie DeAngelis	Shirley Haus
The Autrey Foundation	Nicholas DeAngelis	The Hearst Foundations
Gary and Sandy Autrey	Delta Dental of Colorado	Scott and Cheryl Hefner
Barrett and Kristin Baker	The Denver Foundation	Virginia W. Hill Foundation
Robert and Debbie Bennett	Drs. Janette and Michael	The Hilltop Foundation
William Brauneis	Durham	Honnen Equipment Company
Alex L. Brewer Family	Alea and Daniel Dye	Mark and Katharine Honnen
Foundation	Edward S. Moore Family	Mike and Rhea Hoops
Dorrace Brewer	Foundation	Jennifer and Mark Hopkins
Robert Bridger	El Pomar Foundation	Judith Hopper
Chris and Jana Briggs	Elkco Properties	Kenneth and Mary Hunt
Rachelle and Trevor Brotman	Stephen Elken	InTandem Human Resources, LLC
Betty Ann Burick	Ben and Pat Ellis	J & R Development, LLC
Michael and Elisa Campbell	Empower Retirement	J.E. Dunn Construction
Carson Foundation	John H. Empson Trust	James and Kim Jannicelli
Thomas and Michele Castle	Ewing Law, PC	The Jay and Rose Phillips
Catalyst Foundation	EY	Family Foundation of Colorado
Centura Health	Eric and Kathleen Feagler	Jewish Community Federation
Chainlinks Retail Advisors Inc	FirstBank Holding Company	and Endowment Fund
James and Linda Chalat	Joan K. Fleming	JHM Roddy Family Foundation
Chromzak Clarke Family Fund	Jack and Frances Foster	John Johns
CNS Medical Group, PC	Charitable Fund	Kaiser Permanente
Coloplast	Daniel and Kathy Frank	George Karl
Colorado Rockies	The Galena Foundation	Keating, Wagner, Polidori,
Baseball Club	The Jerry Gart Family Foundation	& Free, P.C.
Colorado Springs Health	John and Martha Gart	Kenneth and Sue Kelley
Foundation	GE Johnson Construction	Sean Kerins
Colorado Tour Line, LLC	Company	KeyBank
Community First Foundation	The George L. Shields	Mark and Janet Krause
Considine Family Foundation	Foundation, Inc.	Peter Kudla
Terence and Betsy Considine	Margot R. Gilbert	John and Stacey Kurath
COPIC Insurance Company	Roger and Kate Goddu	Land Title Guarantee Company

Carolyn Lebo
 Liniger Fund
 Gail and David Liniger
 Mary Pat Link and John Strohm
 Lockton Companies, LLC
 Michael and Karen Long
 Carol Mace
 Marcia and Michael Madden
 Mary R. Sissel Fund
 Dan and Stacey May
 Charlie and Judy McNeil
 MDC Richmond American
 Homes Foundation
 Louis R. & Dorothy M. Meister
 Foundation
 Metropolitan Residential
 Advisors
 Sandra Monteko-Sherman
 Waynell Morris
 MTECH Mechanical
 Charles and Susan Murphy
 The Myers Family
 Foundation Inc
 Arthur and Bernadette Myers
 The Craig H. Neilsen
 Foundation
 NexGen Resources
 Corporation

Northern Trust Charitable
 Giving Program
 Devra and Michael Ochs
 OraLabs, Inc.
 Organix Supply, LLC
 PCL Construction
 Enterprises, Inc.
 David Peterschmidt
 Pinnacol Assurance
 PNC Bank, N.A.
 Dana and Jay Polonsky
 Polsinelli PC
 Lisa Reckler Cohn and
 Richard Cohn
 Diane and Bill Reinhard
 Harold Reiter
 RLC Foundation
 John and Patricia Robb
 Rose and Tom Robeson
 John and Lisa Robinson
 Jim and Carol Roddy
 Rose Community Foundation
 Dwight Ryland
 Mary and Richard Saxe
 Gary and Suzan Schlatter
 Schlessman Family Foundation
 The Schuler Family Foundation
 James Schuler

Ellen Scott
 Keith Shereda Foundation
 Keith Shereda
 Rebecca Simone
 Mary and George Sissel
 Southwest Airlines
 Henry G. Stifel III
 Stephen M. Strachan
 Elaine Strauch
 Strohm-Link Family
 Foundation
 Swedish Medical Center
 Auxiliary
 Syntrinsic Investment Counsel
 Trask Family Foundation
 Mr. and Mrs. Frederick K. Trask, III
 Al and Frances Troppmann
 UnitedAccess
 Robert and Carla Urwiler
 US Bank
 Teresa Van De Bogart
 John and Robin Volk
 Steven and Elaine Wagner
 William C. Brauneis Fund
 Ronald James Woods Foundation



“If Craig wasn’t around, I could possibly still be in a wheelchair. If donors didn’t support Craig, I wouldn’t be able to live the life I can now lead. You don’t realize how much you’ve impacted my life, and there are not enough words to be able to express my gratitude.”

Abigail Howard
 Craig Graduate 2020

Frank Craig Society Members

Frank Craig Society members have made plans in their wills or estates to leave a legacy gift to Craig Hospital. These contributions make a significant difference in our future, creating a lasting legacy for the donor while helping assure independent futures for Craig patients.

For more information about planned giving, or if you have already included Craig in your estate plans and you are not on this list, please contact 303-789-8650 or foundation@craighospital.org.

(13) Anonymous	Joanne Davis	Loren and Joan Gergens*
(2) Anonymous*	Marcie Davis and	Dr. Charles T. Gnewuch
Lester and Bridgette Abberley	Franz Freibert	Glenna Goodacre* and
Marlene and Lester Ablin	Maurice Davis	Mike Schmidt
Ira and Dana Adler	Alice Darlene Davison*	Leanne Gorsuch
Arlan Anderson*	Terry DaVolt	Richard and Maureen Graff
Janet Anderson*	Patricia Dean	James Griffin
Mary Armstrong	Debra and Joseph DeBartolo	Nancy Gwilliam
Yvonne Azar*	Ann and Donald Denison	Jacqueline Hall
Carolyn and Vance Bateman	Carl Dick, III	Richard Hall, Jr.
William and Jane Becher	Cortlandt* and Martha Dietler*	Dr. and Mrs. Charles Hamlin
Steve Bell	Donald and Lydia Digby	Dr. Cynthia Harrison-Felix and
Sonja Benson*	Johanna Donlin	Mr. Michael Felix
Nancy Berge*	Jonathan and Debbie Doty	Shirley Haus
Rance and Linda Bighorse	Dorothy Law Doubleday*	Linda and Troy Hays
Sharon Blackburn and	Jane and Stephen Driskell	Catherine Heckel
Theresa Chase	Barbara Duff	Judith and Tom Heimerl
Joan Bole*	Randall and Sandra Dunn	Dr. and Mrs. Thomas M. Heiser, M.D.
Jacqueline Bowen	Sidney Durham	Lynn Hendrickson
Robert Bowen*	Mark Dykman*	Vernon* and Lynn Hendrickson
Barbara Brehm	Chris Edgar	E. M. Heppenstall*
John Brown	Stephen Elken	Susan Hetherington-Anderson*
Arabelle J. Burnett	Estate of Evelyn Juanita Cline	Keith and Kellie Hicks
Revocable Trust	Marlene and Floyd Everhart, Jr.	Dr. Hollen J. Hiller*
Dr. Lester Butt &	Karen Evert	Donald Hodel
Mrs. Candice Kiesow	Timothy and Katherine Farrell	Mr. Donald R. Hodges* and
Mark David Campbell	Laurie Fenske	Dr. Sieglinde Freed
Carol Carpenter*	Gary Forde	Esther Holloway
Leo Carrow	Mike and Terri Fordyce	Rae Holmberg*
Debra Cartwright	Mark-Anthony Franchi	Kenneth and Barbara Hosack
Lynne and Jean-Michel Cortes	Lee D. Franken*	Mr. Gregory S. Houck
Mark Cote*	James and Yvonne French	Tonya Howey
The Charlotte Gallup Croze	Ronald and Sandra Frink	John and Dorothy Hudson
Memorial Fund	Sally Gart	Linnette Hulbert*

Thomas Isaac
 Charles and Carolyn Jackson
 John Johns
 Judith Johnson
 Phillip Kamachi*
 Walter F. Kant Revocable Trust
 Susan L. Kant Revocable Trust
 Charles Kant
 Caroline Karlin
 Robert Kastle*
 Kyle Kauffman
 Julie and Richard Keegan
 Clifford Kolman*
 Margaret Kolman*
 William Krause*
 Daniel P. Lammertse, MD and
 Janet E. Tucker, DDS
 Elizabeth Langen
 Stephanie Laube
 Coleen Lawler
 James and Rhonda LeClair
 Estate of Ella Marie Lehman
 Dr. Mark E. Levine
 Karen Lewinn
 Leon and Linda Lewis
 Gail and David Liniger
 John and Rosemary Lokie
 Patricia Long
 Richard and Susan Lowrey
 James MacDonald*
 Carol Mace
 Mr. and Mrs. William S. Mackay
 Steven and Nancy Madrid
 Mr. Thomas R. Malley and Dr.
 Elaine Weng
 Dennis Mankel
 Scott and Cathy Manley
 Ken and Sharon Marquardt
 Dan and Stacey May
 Phillip and Linda McCurdy
 Robert McGinty*
 Dick and Cynthia McGuire
 Ronald McKenzie*
 Bill McKown*
 Helen Jean Mitchell and
 Joseph Eugene Rogers
 Sandra Monteko-Sherman

Ernest Moore*
 Patricia and Kenneth Moore
 Mary Carroll Sinclair Morris*
 Stephen Mullins
 Elaine Nassen
 Daniel and Jan Nicholson
 Gerald and Betsy Nishikawa
 Eric Northbrook
 Nanine Odell
 Dennis O'Malley and Denise
 Denton
 Kenneth Opalsky
 Carol Padlick
 Barbara and Bob Page
 Judy Paley
 Daniel Pando
 Jill Pando
 Stephen* and Pat Parkhouse
 Richard and Victoria Parsons
 Kyle and Leann Pearson
 Michel and Maryse Perrigaud
 Rick and Christine Pfaffmann
 Mary Alice Phillips
 John Pipe* and Carol Willard
 Girard Plante
 John Poole*
 James and Connie Popovich
 Gary Potter
 Karen Quinn and Kyle Kovalik
 Timothy and Deanna Railing
 Dana Raimondi*
 Leland Randles
 Thomas Regnier
 Joseph and Carol Roddy
 Dan Rogers
 Richard E. Rogers and
 Ruth Ann Rogers*
 Rowe and Betty Rudolph*
 Gary Russell
 Dwight Ryland
 Vernon Sachs*
 Antonio Santistevan
 Mable Schenk*
 Conrad and Hazel Schmidt*
 Daniel and Kathy Schmidt
 Chet and Louise Schwartz
 Don Scott*

Michael Seversen*
 Janna Shisler
 Douglas and Angela Shull
 Eric Simon
 Patricia and David Skolnik
 Cynthia and Eric Slack
 Sue Smith*
 Marj and Robert Smith
 James Spira*
 Beatrice Stallman
 Mr. Robert F. Stark, Jr.
 Kirk and Bonnie Steele
 Henry G. Stifel III
 Fred and Debbie Stone*
 Estate of Jesse Stoner
 Patricia* and Don Strait*
 Whitney and
 Kathryn Sunderland
 Mark Svendsen
 Jack Taylor and
 Ann Marie Damian
 Patricia Toni-Karam
 Kenneth Townsend
 Patricia and Curt Townsend
 Mr. & Mrs. Frederick K Trask III
 Drs. Simon Turner and
 Ann Wagner
 Lawrence and Darcy Turner
 Mark Van Kat
 Paul and Claire Veneziale
 Barbara Vogler
 Norma Watts
 Clara Webb*
 Lisabeth Weideman
 Todd Whitney
 Tom and Deanna Wilscom
 Janet Wilson
 Fred and Michele Winston
 Dan and Sally Wise
 Carolyn Schaefer Wollard and
 Dave Wollard
 Ben Wright, Jr.*

*deceased



GRATITUDE REPORT 2020