

Redefining What's Possible

Your Impact in Fiscal Year 2023





Behind our patients, there are hundreds of compassionate people dedicated to helping them, cheering them on and celebrating their successes. Thank you for being one of those people.

You've helped patients, like Lucy (pictured here and on the cover), with the most severe, complex conditions to recover lost abilities and return to full lives.

Lucy was just two years old when another vehicle hit her family's car on a winter's night, leaving her with a fractured femur, a spinal cord contusion and a large break between the base of her skull and first vertebra.

Despite her injuries, Lucy participated in therapy with enthusiasm and joy, an infectious smile always on her face. To her, it just felt like playing, and playing is what kids love and live for, after all.

Just like children, adults want to return to the activities and people they love.

In this report, you'll learn how your generosity helps us treat the whole person—body, mind and spirit. Programs like adaptive sports and fitness, music and art therapy, peer mentoring and vocational training are just as important as physical and cognitive rehabilitation, but they aren't covered by insurance. We rely on your kindness to offer this type of quality-of-life programming to the greatest number of patients.

Similarly, we depend on your forward-thinking and generosity to help support our breakthrough research that is Advancing Human Ability[®].

I'm proud to share everything you've made possible for our patients and their families this past year. Thank you for choosing to help them thrive.

With gratitude for your passion, commitment and support,

Laura Ferrio, MBA, MSN, RN, CRRN, NEA-BC

Senior Vice President, Chief Operating Officer

Laura Ferrio

President, Keystone Board



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Research

Our Translational Research Model of Care



46 principal investigators132+ research projects

Our clinicians and research scientists are uniquely skilled at collaboration and work toward shortening the time between discovery and implementation. This integration of medicine and science fuels better, faster patient recoveries.

In FY23, more than 132 Shirley Ryan AbilityLab research projects and clinical trials were underway, all promising to bring about better patient outcomes. With 46 principal investigators, we are one of the largest rehabilitation research organizations in the world, featuring:

- 200+ research team members
- 132+ research projects
- \$8M+ in grant applications submitted every month by our investigators
- \$140M in grants received



Catalyst Grants: Employee-driven Innovation

50 applications

191 employees

The Sheli Z. and Burton X. Rosenberg Catalyst Grant Program awards different levels of funding for the best employeedriven research pilot projects. All projects use the model of pairing clinicians (or any employee) with scientists to improve something we do—e.g., a patient treatment, a device, a nursing protocol, data collection, even an operating system. Catalyst Grants are available at four different levels, with specific requirements matching the complexity, required expertise and cost of the project. Since the program's inception, 27% of employees have applied for a Catalyst Grant.

Below is a brief summary of recently awarded projects.

Aquatic Therapy Prosthesis

The team is creating a prosthesis (artificial body part) that enables patients with lower-limb loss to perform tasks such as standing, strength training and stair climbing while participating in aquatic therapy.

Neurostimulation Combined with a Supramolecular Biomaterial to Promote Recovery After Spinal Cord Injury

The goal of this pilot is to study the effects of combining gentle electrical stimulation of the brain and peripheral nerves with the injection of a special biological substance to promote healing of spinal cord injuries.

A Smarter Tracheostomy Tube Holder

The focus of this project is to develop a device to keep a patient's breathing tube in the correct position, prevent accidental removal and alert staff if a patient attempts to remove it.

Cortical Activity During Swallowing in Acute, Post-Stroke Patients

This pilot aims to investigate patterns of brain activity associated with normal and abnormal swallowing after stroke and determine the potential impact of swallowing therapy on brain activity.

Consultative Care Approach for People with Multiple Sclerosis (MS)

The purpose of this project is to develop a physical therapy care plan for people with MS to be used in the earlier stages of the disease, and then create educational materials for integration into the Shirley Ryan AbilityLab home exercise software program.



An Innovative Project Funded by Your Catalyst Grant Program Gifts: An Adapted Brake for Off-road Cycles

Mike Wehner, CTRS, ATP, therapeutic recreation manager, and Frank Ursetta, MS, engineer IV, of The Regenstein Foundation Center for Bionic Medicine, saw the need for a special braking system to be used by adaptive cyclists with tetraplegia (paralysis below the neck).

With Catalyst Grant funding, this team partnered to create a new bike braking system that allows individuals with tetraplegia to use trunk movements to brake, rather than using their upper extremities to do so, enabling more patients to participate in therapeutic recreation. This system is now used routinely throughout Shirley Ryan AbilityLab in therapeutic recreation sessions and outdoors in off-road settings.

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The Center for Research Acceleration

At Shirley Ryan AbilityLab, we benefit from unique access to a large and diverse patient population with the most complex, or rare, diagnoses. Everything we do here can be studied, yet only a fraction of our patients who want to participate in research are involved.

Established in 2023, the Kenneth C. Griffin Center for Research Acceleration (CRA) was created to analyze data from 100% of our inpatients, thus putting significantly more research insight into practice.

The CRA will speed scientific discovery and patient recovery by providing scientists and clinicians with an integrated platform

consisting of a comprehensive patient database, research-grade data and a clinical research registry that will include a master catalogue of all ongoing research studies.

Monica Perez, PT, PhD, scientific chair, The Harris Family Foundation Arms + Hands Lab, is the executive director of the CRA. Dr. Perez is a physical therapist and neuroscientist renowned for her spinal cord injury research. We look forward to seeing her develop the CRA's infrastructure and processes, supercharging our research environment, and propelling increasingly better outcomes.





"Development of the Center for Research Acceleration is in full swing, and we are excited to see the early fruits of aligning our patient care with our research operation. This Center will give our patients the best opportunity to be involved in state-of-the-art research and will give our scientists the tools they need to use science to make patients better."

Richard L. Lieber, PhD Chief Scientific Officer

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Research Spotlight: Accelerating Precision Rehabilitation

Our Biologics Lab — one of few within a rehabilitation setting — enables our researchers to study living, human tissue. This special type of lab enables physicianscientists like Colin Franz, MD, PhD, to study, at the cellular level, biological approaches for treating a variety of diseases.

In one such study, Dr. Franz is developing organoids — artificially grown masses of cells or tissue that resemble organs — to see whether this technique can contribute to life-changing discoveries for our patients.

Using the extraordinary technology and equipment in our Biologics Lab, Dr. Franz is taking cells from human volunteers and making these tissues testable as organoids. Using organoids to test drugs, study tissue regeneration and assess interventions not only produces more accurate results than would be possible using animal tissue, but it also makes testing less invasive for patients.

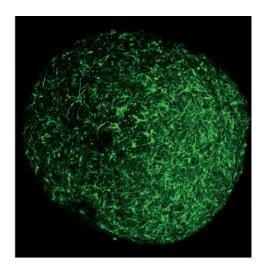
Results promise to be more translatable to rehabilitation populations and lead to interventions that are tailored specifically

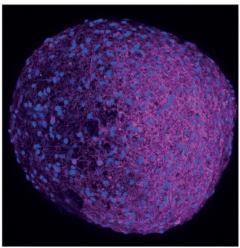
Your generosity fuels innovation and custom therapies.
Thank you.

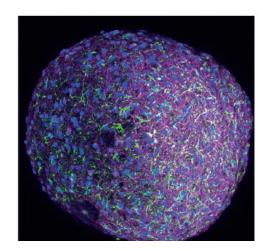
to the needs of individual patients. Dr. Franz is already using organoids to improve precision medicine for neurorehabilitation patients.

An important part of having a comprehensive rehabilitation research program is pursuing innovation. Growing and using organoids represents a perfect example of how science and medicine are a marriage made in translation. We are world leaders in leveraging this technology to Advance Human Ability®.









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Quality of Life Programs

Adaptive Sports

428 participants **]** sports

Shirley Ryan AbilityLab continues to offer Chicago's most comprehensive adaptive sports program, with year-round competitive and recreational sports opportunities for youth and adults living with a physical impairment.

In FY23, the Adaptive Sports Program served 428 adult participants across 11 sports programs and four sports clinics. Of those athletes, 76 participated in team sports, including wheelchair softball, basketball, rugby and sled hockey.

In addition, 28 participants attended our two military sport camps, and 42 kids participated in our spring-break and summer sports camps held in partnership with the Chicago Park District.

Thanks to your support, we introduced 438 patients to a variety of adaptive sports at our offsite locations across Chicago and the surrounding suburbs. Through these sports experience days, participants were able to use adaptive sports equipment as well as enjoy the opportunities that sports provide.



"After I sustained a complete spinal cord injury in 2016, I thought biking on forest preserve trails was no longer an option for me. The mountain bike group is friendly, supportive and encouraging, and the friendships I've formed are invaluable. I have so much fun when I'm able to focus on what I can do instead of my limitations."

— Candace H.

Functional Fitness

7,855 one-on-one sessions **217** new members

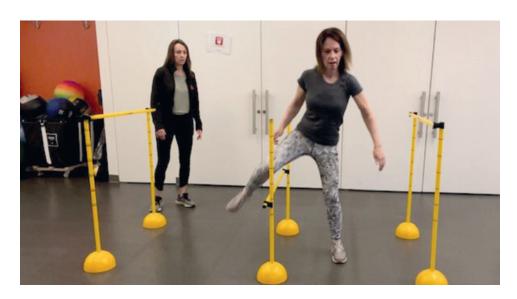
The Goldman Functional Fitness Program focuses on improving individual ability and ease of doing daily living activities, lessening dependence on caregivers and increasing the likelihood of long-term physical independence.

Different from personal training, the Goldman Functional Fitness Program entails one-on-one sessions led by a degreed exercise physiologist focused on improving neuromotor fitness, functional ability level and quality of life.

In FY23, the program served 217 new members during a total of 7,855 sessions (in-person, virtual individual and group). The youngest program participant was 20 years old, while the eldest was 95.

"Shortly after my Parkinson's disease (PD) diagnosis, my doctor referred me to Shirley Ryan AbilityLab Fitness Center. Joining the Fitness Center has been life-changing for me. Through my one-on-one workout sessions and the proactive PD classes, I've learned proper technique and how the exercises relate to my movements in daily living. The Fitness Center is more than just a gym to me — it's a place that gives me confidence, encouragement and most of all, hope."

— Denise C.



Sports for Kids



88 children participated7 sports

In FY23, the Tengelsen Family Foundation Sports for Kids Program provided adaptive sports and fitness offerings to more than 88 children across seven sports.

Through this program, Shirley Ryan AbilityLab partnered with After School Matters and the Chicago Park District to host the first-ever spring break adaptive sports camp for teens. Over the course of five days, high school students with and without physical impairments played various adaptive sports, including wheelchair basketball, wheelchair football, boccia, handcycling and pickleball. The camp provided a rare opportunity to play together. We look forward to continuing this partnership, offering inclusive sports opportunities for all kids.

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Assistive Technology

589 inpatient users841 outpatient users

This program offers high-tech, custom tools that aid in communication, learning and operation of mobility or household devices.

As an example, if a patient has difficulty speaking, augmentative and alternative communication devices can help them express themselves. If a patient's manual dexterity is limited, these same tools can be controlled by a joystick, alternative keyboard, switches or even their eyes.

Specially trained therapists will assess, identify and recommend the appropriate assistive devices for each patient. This technology enables patients to live with greater independence, comfort and quality of life.

In FY23, our speech-language pathologists and occupational therapists assisted 589 inpatients and 841 outpatients with their technology needs.



Caring for Our Community

\$19.8 million provided 9,881 patients

Shirley Ryan AbilityLab is dedicated to providing the highest quality patient care, regardless of a patient's ability to pay. Patients in need receive access to the full range of inpatient, outpatient and day rehabilitation services, as well as the creation and fitting of prosthetic limbs and orthotic braces; recreational therapy; and assistive technology.

In FY23, the hospital provided \$19.8 million in unreimbursed care to 2,162 pediatric and 7,719 adult patients.

Your generous support helps low-income residents live better and healthier lives. For our most vulnerable patients — children — you ensure that their health and future is not determined by their family's financial circumstances.

"As a pediatric rehabilitation medicine specialist, I am honored to provide holistic rehabilitation care to all of my patients, including comprehensive therapies, orthotics and specialized adaptive devices to maximize their function. Your contributions are a true gift, allowing each child to maximize their functional potential and thrive at home and at school — alongside their peers."

— Gadi Revivo, DO Section Chief Pediatric Rehabilitation Medicine

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Ethics

215 consultations2,000 staff engagements

At Shirley Ryan AbilityLab, patients, families and their medical teams often face complex, dynamic and life-altering decisions. The Donnelley Ethics Program team works to understand these challenges, address the risks and benefits of available treatment options, and advocate for the values and preferences of patients and families.

Program ethicists provide decision-making support in situations such as the following:

- A patient with cancer needs help making medical decisions and must choose between a significant other and a daughter to serve as healthcare power of attorney.
- A patient with a progressive neurodegenerative diagnosis needs assistance with safely taking care of her basic needs, but she highly prizes living at home and maintaining as much independence as possible.
- A pediatric patient is scared of surgery, and his parents are torn between respecting their son's rights and encouraging him to consider potential long-term gain.

Educational program highlights included:

- Decisional-capacity evaluation training for professionals who care for patients with communication disorders
- Do Not Resuscitate (DNR) communications training for resident physicians and advanced practice nurses
- Allied-health education on patient-centered care
- Translational ethics education related to stem cell research in spinal cord injury and cerebral palsy

Global Patient Services

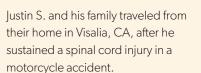
8 international patients

22 countries

Global Patient Services (GPS) helps coordinate care and manage logistics for patients from other countries and neighboring states who come to Shirley Ryan AbilityLab for our best-in-class care. We received 256 international inquiries from 46 countries and provided care for 81 international patients from 22 countries

Through our Family and Patient Housing Program, Shirley Ryan AbilityLab provided accommodations for 200 families from 39 states — for a combined total of 253 stays in FY23.

How You Help Keep Families Together



Although he and his wife, Jenny, knew he would receive the best rehabilitation care at Shirley Ryan AbilityLab, they worried about being in a big city so far from home and their support network of family and friends. Learning that they would have free, comfortable lodging just a five-minute walk from the hospital helped ease their minds.

For two months, Jenny, her sister and her kids stayed at the Hyatt Centric Chicago, only two blocks from the hospital.

Jenny was able to visit Justin frequently, and even participated in his therapy sessions. The kids got to see him in between other activities, which included distance learning and exploring Chicago's sites.



"The Shirley Ryan AbilityLab team provided us with everything we needed. We were able to celebrate our daughter's birthday together. The kids got to cheer on Justin as he propelled himself in a manual wheelchair for the first time. We were together for every milestone along the way."

— Jenny S.

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LIFE Center

1,355 resource requests
174 countries reached

The Henry B. Betts, MD, LIFE Center continued to offer the most comprehensive collection of educational resources for people living with a wide range of cognitive and physical impairments, chronic conditions or diseases affecting function (i.e., ability). Through its services, the LIFE Center promotes Learning, Innovation, Family and Empowerment. Resources are always available free of charge, thanks to you.

In FY23, LIFE Center educators, along with our 35 peer mentors, reached 1,509 patients, family members, caregivers and children through in-person customized education sessions that focused on quality of life following discharge. Online, the LIFE Center reached people from more than 174 countries, with web traffic averaging 12,113 page views per month.

Because of you, patients get the support they need to reconnect with the world and live lives they love. "I met my peer mentor, Rob, while I was an inpatient.
Adjusting to life with a spinal cord injury has been extremely challenging. The emotional and physical challenges can seem BIG at times. Having someone who's been through it gives me hope. Rob's example helps me feel like, 'I can do this'."

— Doug M.



Spiritual Care

3,563 patients supported

Spiritual care is always available for inpatients, families and staff at Shirley Ryan AbilityLab to meet the variety of spiritual needs that can arise after sustaining a traumatic injury, living with a chronic illness or serving as a frontline healthcare professional. In the last year, chaplains of different faiths were available, seven days a week, to provide inclusive spiritual assessment for 3,563 patients of 11+ faith identities. Encounters included faith counseling, family support and intervention, crisis intervention, grief counseling, pastoral care, communion, challah and juice, and other complimentary therapies, including meditation and progressiverelaxation groups.

This past year, Chaplain Antoinette "Toni" Daniels partnered with Art Therapist Ana Kim and Music Therapist April Hickey to create a group designed to promote relaxation, social interaction, pain management and emotional expression. The group meets weekly to engage inpatients in meditation, song-sharing, lyrics analysis, tone chimes and response art. The songs are selected by the group, and patients can listen from their rooms. In FY23, 75 participants attended in person.



"I came to Shirley Ryan AbilityLab for inpatient therapy for aphasia, which I developed after a stroke. Although aphasia doesn't affect my intelligence, it makes speaking difficult. I was really struggling with this shift in ability when I met Chaplain Michelle on my second day in the hospital. It was a tough day — very emotional and filled with uncertainty. Her visits over time helped me focus on the work ahead of me, and I'm in a totally different place now."

— Marlon S.

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Therapeutic Recreation



9,197 patient interactions

Therapeutic Recreation helps patients build on skills from other therapies, resume previous recreational interests or learn new ones. It also offers participants social outlets and opportunities to just relax and have fun. This type of therapeutic leisure programming nurtures body and spirit, and helps patients advance in their healing journeys.

In FY23, therapists engaged 9,197 patients in recreational activities, including adaptive sports, music, art, horticultural and animal-assisted therapies. Programming also featured practical community re-integration outings using Chicago Public Transit and participating in air-travel training.

Healing Body, Mind & Spirit Through Music: Meet Music Therapist April Hickey

What's the purpose of music therapy?

Music therapy is used to support the physical, mental, emotional and social needs of patients. I collaborate with pretty much every department in the hospital to help patients achieve their larger therapeutic goals.

Can you give some examples of how you use music to help patients reach physical or social goals?

Recently, I worked with a pediatric patient who was struggling in physical therapy. She was in a lot of pain and afraid to even try standing or walking. So I incorporated singing and playing instruments into her exercises, giving her rhythmic and melodic cues for when she should sit, stand or walk, and for how long. It gave her something enjoyable and fun to focus on and removed the fear of the unknown.

In another example, we were trying to get a group of men with brain injury to interact with each other, so we gave them tone chimes — they're like little hand bells. We made it into a game of tag in which one person played his chimes toward someone and then that person played his toward someone else, and around the room it went. Suddenly, this group of people who weren't looking at or talking to each other were smiling, laughing and engaging with



each other! They were able to communicate and connect in a nonverbal way, while also creating beautiful sounds.

How does music therapy contribute to healing?

Music therapy supports the whole person — body, mind and spirit. It provides a nonpharmaceutical source of pain relief, boosts feelings of self-esteem and confidence, and uplifts people spiritually.

What's your favorite part of your job?

Mostly, I love hearing people say that they feel better after engaging in music. Being in a healing environment and involving people in something that is spiritually fulfilling and emotionally uplifting is incredibly important and vital to the healing process. It's very rewarding to provide that experience for people.

This program wouldn't exist without the generous support of donors like you.

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Child Life

259 patients supported

Certified Child Life Specialists are degreed experts in child development who work with children and families to promote a positive hospital experience. Through education, therapeutic play and preparation for procedures, they help young patients manage the stress and uncertainty of acute and chronic illness, injury, trauma, loss and bereavement.

FY23 program highlights included:

- Six special events, including a back-to-school celebration and visits from Santa, the Star Wars 501st Legion Troopers and Holiday Heroes (costumed superheroes)
- Six premiere movie viewings in the Blackhawks' Studio for patients and families (Encanto, The Little Mermaid, Elemental, Indiana Jones, Guardians of the Galaxy 3 and The Haunted Mansion)
- Twenty-five therapy dog visits with our four-footed therapists Wrigley and Louis
- Four community outings, including visits to the Chicago Children's Theater and the Chicago Children's Museum



Vocational Rehabilitation

603 referrals

The Vocational Rehabilitation Program promotes equal access to employment for patients and community members who have lost ability due to serious injury or chronic conditions.

In FY23, counselors connected 32 individuals with productive jobs suited

to their ability levels. Program staff also responded to 603 referrals for additional support services, which included one-on-one counseling, return-to-work evaluations and job analyses, assistance with navigating disability policies and workplace accommodations, and work trial assessments or internships.

Shirley Ryan AbilityLab offers the only hospital-based vocational program in Chicago to provide this level of assistance.

Empowered & Independent: Meet Nicole



In 2019, Nicole became paralyzed below the waist after sustaining a spinal cord injury in a car accident.

She wanted to return to her job as a preschool teacher, but didn't know what was possible, given her new circumstances. Her physical therapist at DayRehab connected her with our Vocational Rehabilitation program.

Nicole's vocational counselor guided her through the complexities of workplace accommodations and even accompanied her to the meeting with her employer. She outlined the types of modification Nicole would need to make her workplace accessible.

Her counselor also helped Nicole apply for a grant that paid for modifications to her car, enabling her to drive again — a major milestone and boost to her independence.

"I love vocational rehabilitation!" she said. "They've helped me with so much and connected me to so many resources that I never knew existed. Navigating life as a paraplegic, especially at the beginning, can be overwhelming. but my counselor, Jennifer, was always just an email away."

Thank you for giving Nicole the support and resources she needed to return to doing what she loves — teaching!

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Education

Staff Development

The Kabiller Humanitarian Prize is a prestigious annual award given to exceptional Shirley Ryan AbilityLab employees who personify our organization's uniquely compassionate culture. Winners receive a cash prize, plus funding and protected time to create and execute a humanitarian project.

Meet Our 2023 Winner

As an administrative assistant in The Renée Crown Center for Spinal Cord Innovation, Stephanie Perkins regularly observed the compassionate care Shirley Ryan AbilityLab staff provided to patients throughout the Covid-19 pandemic, despite their own mental and physical exhaustion. She

recognized the importance of self-care for her colleagues and developed a set of principles and strategies to guide them. Stephanie named her program "The Power of the T.U.C.K.," which stands for Together Understanding Compassion and Kindness, and piloted the program with the team on the 21st floor.

She hopes to make the program available to staff across all Shirley Ryan AbilityLab locations.



"Reconnection with ourselves ensures connection with patients and their families. I hope 'The Power of the T.U.C.K' will promote a positive and supportive workplace culture, which will lead to more favorable patient outcomes and satisfaction."

— Stephanie



Medical Residency Program

Shirley Ryan AbilityLab is not only a world-renowned translational research rehabilitation hospital, but it's also a highly-regarded teaching hospital. We are proud to be the clinical training home for Northwestern University Feinberg School of Medicine Department of Physical Medicine and Rehabilitation (PM&R).

We operate one of the largest — and most prestigious — rehabilitation residency programs in the nation, hosting 40–41 residents each year as they rotate through all Shirley Ryan AbilityLab inpatient units.

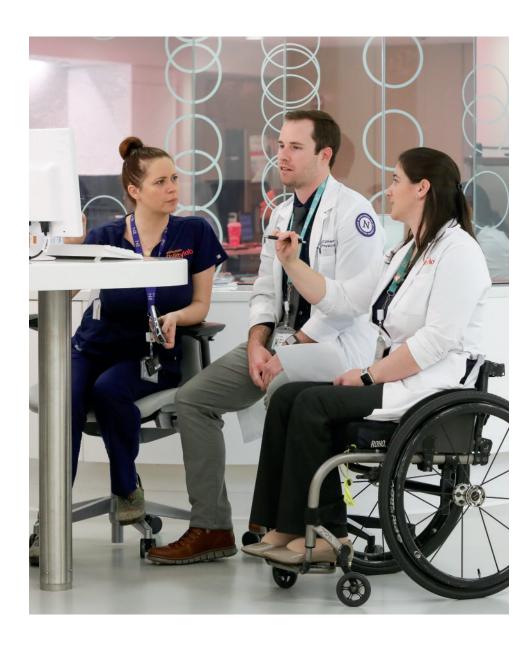
Practicing medicine and leading or managing require unique skills, and the differences are not always readily distinguishable to those new to leadership. Thus, in FY23, Shirley Ryan AbilityLab offered a new training program for residents who are interested in developing leadership skills.

Our program is the only PM&R residency program to offer this 18-month specialty track. Content aims to develop leaders in our field by providing formal training in leadership skills and participants meet monthly for a faculty-guided discussion on educational topics.

Program Objectives

- Recognize the role of emotional intelligence in leading others
- Learn to match leadership style with the situation and audience
- Develop communication skills for leading internal and external teams
- Practice conflict management and difficult conversation strategies
- Understand the value of goals, vision and mission in the context of leading large organizations
- Develop mentorship skills
- Develop an understanding of organizational structure and the complexities of healthcare finances

This leadership training is just one of the unique opportunities available to residents, and it demonstrates our commitment to developing the next generation of expert, compassionate physicians and leaders in PM&R.



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What's Next

Meet Our New CEO, Pablo Celnik, MD



Pablo Celnik, MD, joined Shirley Ryan AbilityLab in October as the new CEO. Dr. Celnik is a physiatrist, physician-scientist and internationally recognized leader in rehabilitation and academic medicine. As CEO, he oversees the organization's vast clinical and research enterprise, including 2,500 employees, more than 30 sites of care and affiliates and alliances around the world.

Previously, he served as physiatrist-in-chief and chair of the Department of Physical Medicine and Rehabilitation (PM&R) at Johns Hopkins University, leading the rehabilitation service line. His additional responsibilities included serving as director of the Human Brain Physiology Lab, director of the Precision Medicine Center of Excellence in Rehabilitation and co-director of the Sheikh Khalifa Stroke Institute — all at the Johns Hopkins School of Medicine.

"Shirley Ryan AbilityLab's mission and vision align with my life's work. Through the best clinical care, research discovery translated into treatment and worldwide knowledge-sharing, we can truly Advance Human Ability®. With you, our dedicated donors by our side, we'll move this organization and our field forward for the benefit of patients in Chicago, around the country and throughout the world."

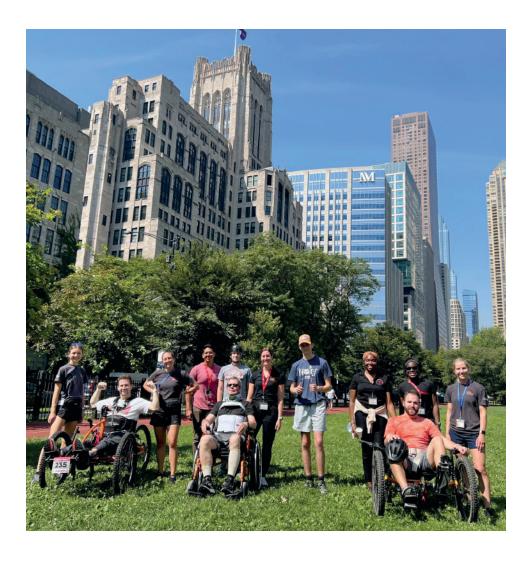
— Dr. Celnik



Thank You

You Help Us Redefine What's Possible

Each patient who comes to Shirley Ryan AbilityLab has a unique story and dream of returning to the life and people they love. Your compassionate support empowers them on their journeys.





Shirley Ryan **Abilitylab**

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