



# The Next Step

SPRING 2013

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- ◆ **Challenge Center partners with Kaiser** to launch new exercise class that helps people with chronic pain

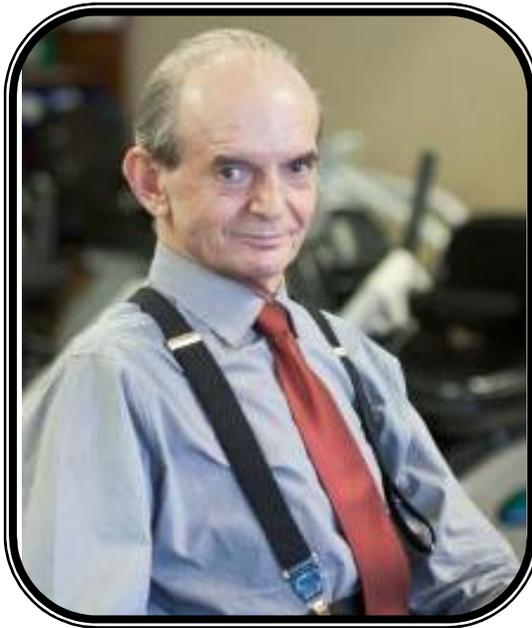
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- ◆ **Do you wear a brace on your foot?** Tiffany's Tidbits covers how to find single shoes and shoes of differing sizes

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**VICKI LAWRENCE  
IS HEADLINING  
COMEDY NIGHT,  
SEPTEMBER 21**

## Challenge Center Founder, Bill Bodry, Retires



A quarter century after founding the Challenge Center, Bill Bodry retired from daily activities at Challenge Center at the end of 2012. After the surgical mishap which led to his life in a chair, Bill decided that there should be a place where people, who have encountered various physical problems that existing medical and insurance entities can't or won't address, can go to improve their situation if they were willing to put forth the effort. Since a search for such a place produced nothing that met the need, Bill set out to create one, and what is today the Challenge Center was born.

Building something that had not been done before is, by definition, not an easy task by any measure. However, anyone who has met Bill already knows that he is persistent and possesses the unfaltering optimism and devotion required to see one's dreams come true. Such an effort also takes considerable assets, not only in money but appropriate space, equipment and high quality personnel. Fortunately Bill's charisma, charm and his ability to be extremely convincing are legendary. With the frequent help of serendipity, and many good people, Challenge Center took shape and progressed through the years to become the innovative, successful organization it is today. (To read the amazing, improbable story of how Challenge Center came to be, in Bill's own words, check out the 'Our People' section at [www.challengecenter.org](http://www.challengecenter.org))

*(continued on p. 3)*

# Patient Profile: Al Moody (continued from back)



with nearly everything. Just a few days after leaving Sharp, my wife wheeled me into Challenge Center in a wheelchair for my evaluation with Jaime.

*That was the first and only time I went into the Challenge Center in a wheelchair.*

Since beginning PT at Challenge Center, I have made a lot of progress. My wife remembers “During the days, weeks and months that followed, Al made progress. One day I would come home from work and be surprised to find Al already sitting on the edge of

the bed waiting for me to come home. Another day, I would find Al downstairs on the couch watching television waiting for me to come home and make breakfast. Still another day, I would come home and find a bowl that was in the refrigerator with potato salad or whatever in it, sitting on the kitchen counter. Al stated he was hungry, so he took it out, served himself a plate and ate. He didn’t need as much help from me anymore. *He was becoming independent!*”

*When I first came to the Challenge Center, I could barely walk; now I can walk without any assistance.* My therapists, Jaime and Maren, make it comfortable for me to go to the Challenge Center. So far, they have helped me to get the most of my balance and to help me walk like I did before the stroke. Sometimes I feel like a trained seal with the activities they have me do but those activities push me to get out of my comfort zone and do things (continued on pg. 3)

## New Partnership with Kaiser Permanente

Thanks to a positive, longstanding relationship between Challenge Center and Dr. Michael Jaffe, Challenge Center has had a unique opportunity to be part of a pilot study on the benefits of adding a **Restorative Functional Exercise Program** to Kaiser Permanente’s Pain Management program. The study, being conducted by Kara Barnett, MPT, OCS, and led by Karen Perzan, CPT at CC is geared towards clients suffering from chronic pain.

Challenge Center’s role in this study has been to provide 2 separate 6 week, 3x a week Functional Restorative Exercise Classes to 5-6 committed individuals just finishing a pain management course with the Kaiser pain management program, overseen by Dr. Jaffe, DO. The first group of 5 was extremely motivated and eager to learn the different elements of the class: stretching, strengthening, core & balance exercises and different cardio options. The first class ended with extremely positive reviews from all of the participants. In fact, 2 of the participants have chosen to continue with Challenge Center services on their own.

"My goal for the class was to start the process of getting my body in better condition. This class helped me find a starting point and go from there... **I've tried many things to manage my chronic pain and this class has been the most helpful.** I've since joined the Aquatics Therapy class. Keep on keepin' on...No matter what!" - Dyan Faith

Susie Frank shared these comments: “The emphasis placed on the importance of daily exercise is vital to Challenge Center’s approach. I greatly admire the staff at Challenge Center as **they were instrumental in changing my attitude from pain victim to just do it.** The philosophy of having a sense of control over my life has **greatly enhanced my quality of life.**” - Susie Frank

## Bill Bodry Retires (continued from page 1)

Sustaining a high quality therapy services organization which takes on clients who most other organizations have given up on, refuses the restrictions of insurance financing, and still charges only what each client can afford was, and still is, hard, precarious work. But the successes which have been achieved for our clients over the years are our motivation to continue to pursue Bill's dream of transforming lives by providing post acute rehabilitation and wellness services to people with disabilities

The Staff and Board of Directors of Challenge Center wish Bill all the best in the future and in any new endeavors he may undertake. Bill's daily presence is sorely missed but we know his heart is still on this journey with us.

## Tiffany's Tidbits: Split Sizes, Singles, and Mismatched Shoes

Whether you have feet of significantly different sizes, need one larger shoe to accommodate an AFO or brace, or need just one shoe, we have compiled a list of resources for you.

**OddShoeFinder.com** allows you to sell your mismatched shoes or buy mismatched shoes from somebody else. Visit their website at [www.oddshoefinder.com/](http://www.oddshoefinder.com/)

**Nordstrom department stores** will sell shoes of two different sizes as long as the size difference is 1.5 sizes or greater. Visit your nearest store or call their customer service center at 1-888-282-6060.

**Nordstrom-single shoe service online** offers single shoes. For more information on their single shoes available, visit <https://secure.nordstrom.com/services/nqcsingleshoes.asp>

**Birkenstock Express** sells Birkenstock shoes and sandals of differing sizes, and single shoes. For additional information call 1-800-451-1459 or visit [www.birkenstockexpress.com/Services/specialorders.cfm/topnav2.256](http://www.birkenstockexpress.com/Services/specialorders.cfm/topnav2.256)

**HealthyFeetStore.com** allows you to buy shoes of mismatched sizes if you need a size difference of 1.5 sizes or more between the two shoes. They also offer a mismatched shoe program for those ordering two pairs of mismatched sizes. For information call 1-866-324-3338 or visit [www.healthyfeetstore.com/different-sized-feet.html](http://www.healthyfeetstore.com/different-sized-feet.html)

**New Balance** offers a Mismatch program in which you purchase the 1<sup>st</sup> shoe at full price, and the 2<sup>nd</sup> shoe at half price. These orders must be phoned in. Call 1-800-595-9138

**Remember**, with an AFO getting a bigger shoe is only one factor. For a brace to work properly, it must be supported by a quality, stable shoe with a firm structure around the heel. An AFO will quickly deform or wear through a low quality shoe lessening the brace's ability properly align the foot and ankle and can cause harmful torque on the knee.



## Al's Story cont.

correctly. In the long run, they are better for my rehabilitation. They have shown me that I do not need to turn on all my muscles in my left arm to do something that actually requires a very small amount of strength. Because of this, I am moving my left arm more. In a nutshell, I would not be as far along as I am now without the Challenge Center.

My wife Myriam adds "It is now eight months later, and I thank God for all the progress my husband has made. God has brought the right people into our lives in order to help Al progress to 100%. The first place God lead us to, which continues to be a huge part of Al's recovery, is the Challenge Center. God Bless all who work and volunteer there. They are truly the BEST!" –  
**Al**



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[www.challengecenter.org](http://www.challengecenter.org)

### Our Mission

The Challenge Center is committed to providing affordable (sliding scale), skilled physical therapy, specialized fitness and wellness programs to rehabilitate, realize the highest level of independence, and improve the quality of life for children, adults, and seniors with severe physical disabilities, as well as their families and caregivers.



**My name is Al Moody.** I was 54 and thought I was in good health because of my job as an ironworker and my hobby of skateboarding, but *I still had a stroke.* While sitting in the back seat of my big truck one day, in between job calls at the union hall, I felt something coming on. Something told me to get out of this truck or it was not going to be pretty. I popped the back door open and rolled out the door onto the parkway of the street to be noticed. Luckily a guy saw me and went and got his boss. His boss saw the droop on the left side of my face and could tell I was having a stroke. He called 911 and there was an ambulance around the corner. I was at the hospital within 20 minutes.

In the beginning, my wife Myriam stayed with me nearly every minute in the hospital. I was released from the Sharp rehab facility on Friday, August 17, 2012, although I still needed help  
*Continued inside on page 2*

## CHALLENGE CENTER 16TH ANNUAL COMEDY NIGHT GALA

Starring Vicki Lawrence



SEPTEMBER 21, 2013