Challenge Center is celebrating a Silver Anniversary—a milestone marking 25 years of excellence in rehabilitation services.

Challenge Center was founded in 1987 and is the only community-based non-profit offering physical therapy and assisted fitness services in the region.

Challenge Center was founded by Bill Bodry, who after surviving spinal cord injury at age 27, realized he had no options for continuing physical therapy and restorative fitness training once his insurance covered therapy ended. Bill established Challenge Center with a volunteer staff in a small storefront in El Cajon. 25 years later, Challenge Center offers long-term physical therapy and assisted fitness training in a 4500 sq. ft. facility, providing 10,000+ treatment sessions a year to people living and thriving with a disability.

25 Years of Excellence and we are just getting started!

KPBS Local Heroes Award
Challenge Center Founder, Bill Bodry, Honored by KPBS and Union Bank

At an awards ceremony on February 8, 2012, held at San Diego’s Balboa Theatre, 17 San Diego individuals were honored for making a difference in the lives of others. The Local Heroes Award is a presentation of Union Bank, N.A. in partnership with KPBS.

La Mesa’s own Bill Bodry, founder of the Challenge Center, was recognized as a Local Hero for his achievements as the Founder and former Director of the Challenge Center, an advanced-rehabilitation facility.

Bill has created something very special in Challenge Center” said Tiffany Piquilloud, Challenge Center, Executive Director. “I nominated him for this award, because the Challenge Center has transformed thousands of lives, which has had a positive ripple effect on those families and throughout our community.”

The Local Hero Award was presented by KPBS in partnership with Union Bank. Said Lawrence Henry, a Union Bank executive who has been active in the Local Heroes program. “He [Bill Bodry] recognized that this is an issue much bigger than himself. He is an ordinary individual who did extraordinary work.”
Helping the Arm—Post-Stroke

When your family member has a stroke what can you do to help them get started in the recovery with their affected arm? How do you help your family member regain the use of their arm without causing injury to it?

Here are some precautions to follow:
- Never pull on the affected arm to help change position or to sit up
- Don’t hold onto the affected arm to support the patient in sitting, standing, or walking
- Do not force painful range of motion, range only to the point of discomfort or resistance
- Do not raise the affected arm higher than 80 degrees in front or out to the side without their thumb facing up in the air
- Do not raise the arm in front or out to the side past 90 degrees without the shoulder blade gliding

How you can help:
One technique occupational and physical therapists use is guided movement. When the patient has difficulty with controlled movement of their arm, has receptive aphasia (doesn’t understand directions), doesn’t know how to plan the movement of their arm and/or has visual deficits this technique can be used. Guiding is best described as placing your hand over the patient’s hands as they perform a task. The patient’s hands are on the object they are performing a task with and your hands are on the patients moving their hands in a controlled normal movement sequence.

Some examples of guided movement are: putting a hair brush or toothbrush in their affected hand and using your hand to guide the brushing movement; putting their able non-affected hand over their affected hand and having them clean a table or dust; put your hand over their affected hand while holding an object (such as a shoe) while they shine the shoe with their non-affected hand.

Any way you can involve the person’s affected arm is very beneficial for promoting recovery. In all cases you want to make sure you and your family member are safe.
Welcome...

MEET OUR NEW PHYSICAL THERAPIST—
Stefanie Flodin

Stefanie joins the Challenge Center team—having just relocated from the San Francisco Bay Area.

She brings with her extensive physical therapy experience in both acute hospital settings and outpatient orthopedic clinics.

Stefanie received her Masters degree in Physical Therapy in 2004 from Sacramento State University. Her vast training includes osteoporosis treatment, orthopedic injury assessment and spinal injury assessment.

“I am excited to be a part of the Challenge Center team and expand my horizons in the arena of neurological rehabilitation,” says Stefanie.

Our new PT enjoys world travel, hiking on Southern California trails, and supporting local athletes.

Next time you are in the Challenge Center say Hello and join us in making Stefanie feel welcome!

Continued from cover page

Challenge Center’s Bill Bodry presented Local Hero Award

As always, grounded and humble, Bill said of the award, “At first, I thought, ‘Man, did they make a mistake. Everybody looks like a somebody but me,’” the 66-year-old Bodry said of his fellow heroes, an impressive group that includes Barrio Station founder Rachael Ortiz and philanthropist Thomas Hom. “But at this late stage, I am starting to stick out my chest a little. I’m finding myself in very high company, and I’m proud to be there.”

Congratulations Bill! You have always been our Hero!

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REEVE FOUNDATION AWARDS CHALLENGE CENTER—This year, the Challenge Center was Awarded a Quality of Life Grant from Christopher & Dana Reeve Foundation. This award was one of only 76 total grants awarded by the Reeve Foundation to nonprofit organizations nationwide that aid in providing more opportunities, access, and daily quality of life for individuals living with paralysis, their families, and caregivers.

Grants support critical life-enhancing and life-changing initiatives that improve physical and emotional health and increase independence. Promoting as much freedom and independence as possible for individuals living with paralysis and disabilities is what The Quality of Life Grant is all about. And that is precisely what we do here at the Challenge Center—our team of skilled therapists work together to help enable individuals with physical challenges and their families enhance their daily lives.

It feels great to be recognized for our efforts and to be given much needed funding to continue to provide rehabilitation services to meet the needs in our community. Thank you Reeve Foundation!

Here’s to your Health!

Letter from the Executive Director

The Hillcrest Wind Ensemble has been providing quality musical programs for the greater San Diego community for over 20 years. This was the first time The Hillcrest Wind Ensemble partnered with another non-profit to raise funds, and they were blessed for their generosity—boasting the largest attendance of any concert they have performed!

Thank you to our friends at The Hillcrest Wind Ensemble and to our Challenge Center friends and their families who attended the concert with us in celebration of the season and in support of our organization.
The Challenge Center is committed to providing affordable 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.

Rita Rudner to Headline Comedy Night 2012

Don’t miss this opportunity to Laugh Out Loud while helping others—and raising much-needed funds for the Challenge Center.

Sponsorship and Underwriting Opportunities are available now—don’t wait!

Need more information? Contact Claire and Trisha, Event Coordinators, by Email at comedynightgala@gmail.com or call (619) 259.4600 or at (619) 318.8526.

Give Generously—It’s Tax Deductible!