

THE JOSEPH GROH FOUNDATION

A Beacon of Hope

The Lighthouse - From Our Founder Joe Groh

Welcome to the Summer edition of the Lighthouse! Here in Texas that means... It is hot! We are on a streak of 21 consecutive days of 100° plus weather and they are talking about that number climbing to about 35 before the string gets broken. The talk of baseball is still in the air and the Rangers look to be serious contenders in the postseason for the first time in years. The Dallas and Minneapolis golf tournaments went well, you can read more about them below. Next up is Chicago followed quickly by Phoenix, see the golf article for more details. Well, those mice are at it again, this time at Northwestern in Chicago. See how a new procedure may go to clinical trials soon, one with significant potential for humans. Was there an MLB Hall of Famer who was also a pioneer in spinal cord injuries? Yes, there was, see story below in Someone You Should Know. Our latest grant recipient comes from the Chicago area and is a study in patients, persistence, and philanthropy. Their story is in this issue. Finally, your favorite column (or at least mine) – A Day in the Life. Enjoy!

Inside this issue
2023 Golf..... 2/4

The Mice in
Chicago..... 5

Someone You Should
Know..... 6

Stem Cell
Therapeutics..... 7

William Zurakov
8/9

Day in the
Life.....10/11

Special Points of
Interest

- Our Golf Recap
- Advances in Science
- Stories from the Foundation



GOLF EVENTS

The Joseph Groh Foundation

2023 Golf with the Foundation

The 2023 golf season for the foundation is off and swinging! Dallas and Minneapolis are in the history books and Chicago and Phoenix are being teed up.

Dallas - Monday, May 1 ~Heritage Ranch GC, Fairview, Texas

Heritage Ranch is located in a 55+ community and was rated as the #3 golf course in Dallas-Fort Worth East by Avid Golfer in 2020. This scenic course features rolling terrain, strategically incorporated water features, and fairways lined with aged Pecan, Oaks, and Cedars on its Arthur Hills design. This was the setting on a perfect 75° day for golf for 106 golfers who participated in the 14th annual Dallas tournament for the foundation. The event was sponsored for the second year in a row by Carrier Enterprise and it raised \$59,000 for grant recipients in need. Thank you to everyone who participated, especially those who were sponsors!



Backpack Cooler Chairs for the winning team!



Eric Groh and His Son Draw Raffle Prize Winners



Use of Mulligan Comes Next!

THE JOSEPH GROH FOUNDATION
A Beacon of Hope

Welcome Golfers to the 2023 Carrier Enterprise Tournament for the Joseph Groh Foundation



GOLD SPONSORS

ALLIED
Air Enterprises

HARDCAST
A GEORGE JACOBSON COMPANY



POTTORFF

LUNCH SPONSOR

RUSKIN
AUTHORITY IN AIR CONTROL

AWARD SPONSOR

HARDCAST
A GEORGE JACOBSON COMPANY

PLATINUM SPONSOR

LENNOX

SILVER SPONSOR

KRUEGER

SERVICE NATION

BALL SPONSOR

LENNOX

DINNER SPONSOR

Titus
FOOTBALL MARKETING

MEDIA SPONSOR

DUFFY MARKETING

THANK YOU SCOTT BOXER FAMILY, DONORS AND HOLE SPONSORS

MINNEAPOLIS - MONDAY, JULY 17 ~THE LINKS AT NORTH FORK, RAMSEY, MINNESOTA

Since opening in 1992, the Links at North Fork, one of Minnesota's few true Scottish links style golf courses, has played host to prestigious golf tournament's such as the US Open Qualifier and the senior PGA 3M Qualifier. Rated 4 Stars by Golf Digest, the Links hosts the most complete practice facility in the Twin Cities from the all grass driving range to the 2 practice greens, chipping green, practice sand bunker and the par 11 three hole practice loop. It was here on a beautiful Minnesota day that 50 golfers gathered to participate in the 14th annual Daikin Applied tournament for the foundation in Ramsey, Minnesota. A record \$35,000 was raised for grant recipients of the foundation!

Welcome Golfers to the 2023 Daikin Applied Tournament for the Joseph Groh Foundation



LUNCH SPONSOR

DINNER SPONSOR

GOLD SPONSOR



SILVER SPONSORS

BEVERAGE SPONSOR

AWARD SPONSOR



BRONZE SPONSOR



Thank You to Our Generous Donors and Hole Sponsors



Golfers Survey Their Drive

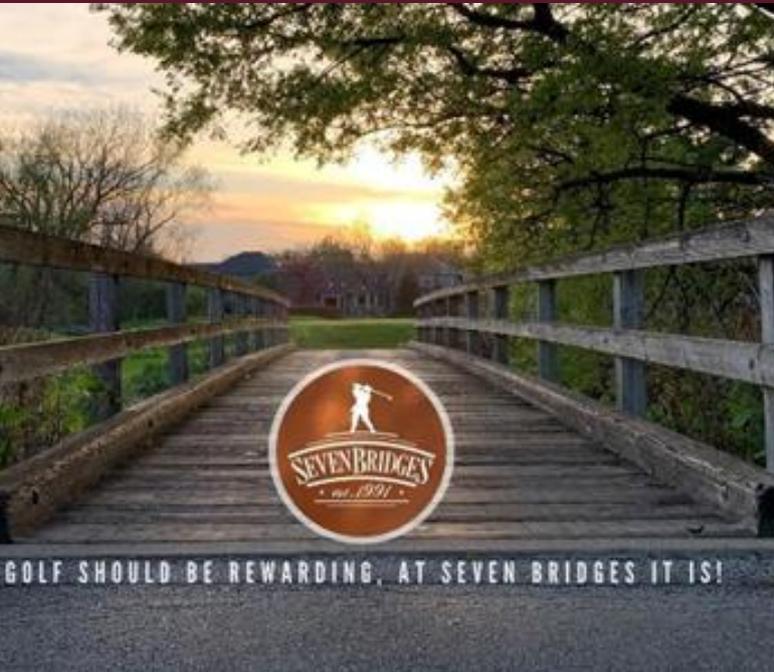


A Shot Well Played



Challenges of the Links Course

UPCOMING GOLF EVENTS



Seven Bridges Golf Course



The Raven Golf Course

Here's what the rest of the year looks like:

Chicago – Monday, September 25 ~Seven Bridges GC, Woodridge, Illinois

Since 1991, Seven Bridges has been renowned as one of the best public access facilities in the Midwest. Rated 4 stars by Golf Digest, Seven Bridges is recognized as one of the top five public courses in the Chicagoland area. The finely manicured course features 100-year-old Oaks, picturesque views, and of course, at least 7 Bridges! It's not too late to sign up for the ninth annual Chicago tournament for the foundation, sponsored once again by Titus and Ruskin.

Phoenix – Monday, October 2 ~The Raven GC, Phoenix, Arizona

Playing host to participants of Service Nation's Service World Expo and other guests of the foundation, The Raven features an array of unparalleled amenities and guest service. It has earned recognition as one of the nations top daily fee golf properties, including 4.5 stars by Golf Digest, #5 Golf Course in the State by Arizona Magazine and #1 Guest Service in North America. From its 5000 pine trees to its manicured greens and expansive practice facility, golfers will enjoy a delightful experience in the shadows of South Mountain. If you are in the Phoenix area this is a must-not-miss event!

The Mice Are Running Loose in Chicago

Unlocking Hope for Paralysis: A Breakthrough Injectable Therapy.

After you read this article, you will appreciate the headline even more! Northwestern University researchers have developed a new injectable therapy that harnesses dancing molecules to reverse paralysis and repaired tissue after severe spinal injuries. In a new study, researchers administered a single injection to tissues surrounding the spinal cords of paralyzed mice and just four weeks later, the animals regained the ability to walk! According to the National Spinal Injuries Statistical Center, nearly 300,000 people are currently living with a spinal injury in the United States. Less than 3% of people with a complete injury ever recover basic physical functions. Approximately 30% are re-hospitalized at least once during any given year after their initial injury, costing millions of dollars in average lifetime healthcare costs per patient. Life expectancy for people with spinal cord injuries is significantly lower than people without such injuries and has not improved since the 1980s.

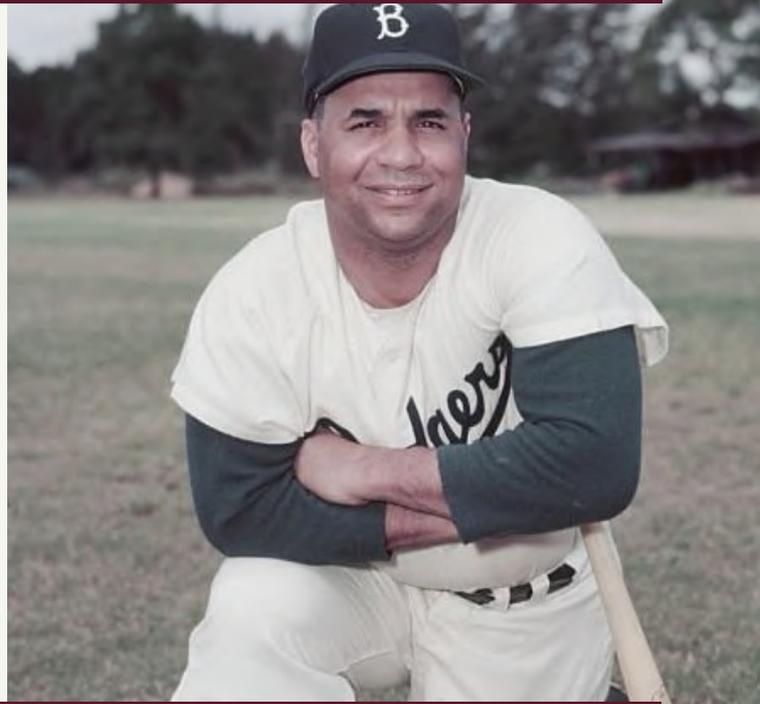
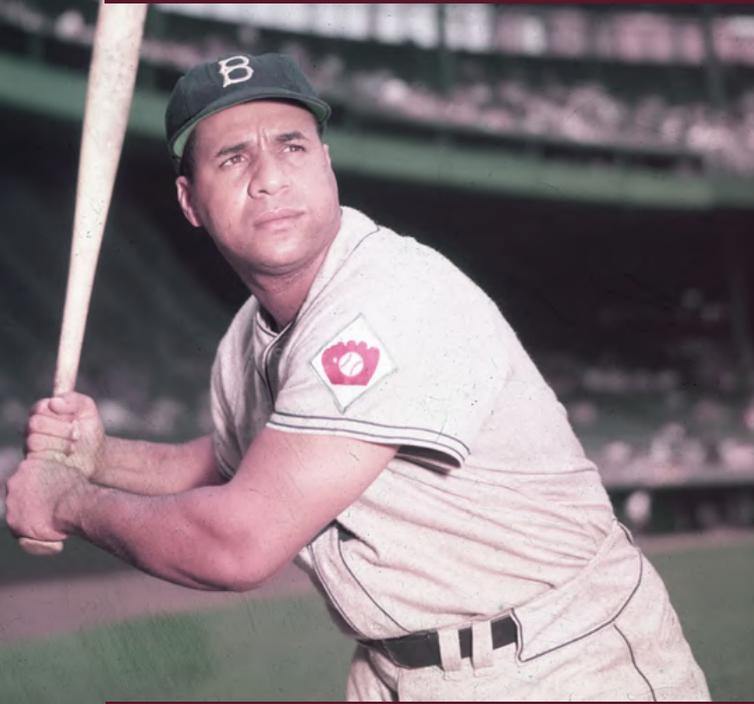
“Currently, there are no therapeutics that trigger spinal cord regeneration,” said Samuel Strupp, an expert in regenerative medicine. Strupp is Board of Trustees Professor of Materials Science and Engineering, Chemistry, Medicine, and Biomedical Engineering at Northwestern. The secret behind his new breakthrough therapeutic involves tuning the motion of molecules which are injected as a liquid, so they can find and properly engage constantly moving cellular receptors. By mimicking the motion of biological molecules and incorporating signals for receptors, the synthetic materials are able to communicate with cells.

See the link to the YouTube video below. It is well worth the three minutes of time it takes to watch it!

Article courtesy of Northwestern.edu

https://www.youtube.com/watch?v=Q_xvCE904YU&t=2s





ROY CAMPANELLA

Someone you should know:

FROM BASEBALL STAR TO ACTIVIST:

Most baseball aficionados know Roy as the hall of fame catcher who played for the Brooklyn Dodgers between 1948 -1957. Coming out of the Negro Leagues, he was only a few players behind Jackie Robinson to break the color barrier of major league baseball. A star with both bat and glove, 3 time the MVP Campanella was masterful at handling pitchers. What many fans may not realize however is that there was another life of Roy Campanella. In the early morning hours of Tuesday, January 28, 1958 Roy was involved in an automobile accident that ended his illustrious baseball career and forever changed his life. From that point on, Roy was a C5/C6 quadriplegic. He was 36 just years old...

By early May, Roy was ready to move into rehab. This was a new science in the late 1950s as few patients with such a high degree of paralysis lived much beyond their initial injury. Roy worked with Dr. Howard Rusk, an early pioneer and driving force in the new field of rehabilitative medicine. His experience working with severely wounded and disabled servicemen during and after World War II, coupled with advances in antibiotics that helped ward off fatal infections convinced him the better outcomes were possible. His methodologies and results soon won over the Veterans Administration, but Dr. Rusk was frustrated by the resistance he continued to encounter from the medical establishment. His persistence, however, led to the establishment of The Institute of Physical Medicine And Rehabilitation in New York City. This was the first facility of its kind in the United States. The Institute had one rule; no one could tell a patient what they couldn't do. For the next six months Roy worked harder in rehab than he ever had in baseball, all the while following his (now Los Angeles) Dodgers on both radio and TV.

He longed to get home for a number of reasons including the fact that he had to find a way to pay for the massive expenses not covered by his insurance. Reluctant to be seen in public, Roy eventually overcame his inhibitions and became more involved with his old Dodger teammates. Over the years Roy worked as a writer, speaker and stayed very much involved with major league baseball. Preferring to live life in the shadows of controversy, Roy became a bit more of an activist speaking out for the rights of baseball players, black Americans and the disabled.

Having later moved to Los Angeles, Roy passed away there in 1993 at the age of 71. During his years Roy lived two extraordinary lives, one as a pioneer in baseball and the other as a showcase for accomplishments of the disabled.

A Story in Stem Cell Therapeutics

THE STORY OF JAKE JAVIER

In high school, Jay Covey played offensive line and was being recruited to play football in college. This plan was to play for Cal Poly San Luis Obispo while studying mechanical engineering. Unfortunately, Jake was paralyzed from the neck down after diving into a swimming pool one day before graduation from San Ramon Valley high school. 28 days after his accident, Jake enrolled in a clinical trial for spinal cord injury patients and received a transplant of 10 million stem cells. Although he has not regained the use of his legs, the stem cell therapy helped him reclaim a sense of independence. He regained enough use of his arms and hands to be able to go to Cal Poly San Luis Obispo to pursue his degree in biomechanical engineering.



Jake Javier

With some accommodation for his wheelchair, Jake has been able to live independently on campus and he has even been able to drive a car. Jake wasn't the only patient in the trial to benefit from the therapy. All the patients in the trial experienced some improvements, a couple even more so than Jake. Lineage Cell Therapeutics, the company behind Jake's story is made improvements to their therapy sense and plans to apply soon for permission to run another clinical trial.

Quick Facts About Spinal Cord Injuries:

- There are about 11,000 new cases of SCI in the US every year
- Major causes include:
 - Motor vehicle accidents (38.3%)
 - Falls (31.6%)
 - Acts of violence (13.8%)
 - Sports (8.2%) ~66% of these are from diving accidents
 - Medical/surgical (4.3%)
- Highest risk for injury
 - 80% male, 20% female
 - Highest rate of injury per capita occurs between ages 16-30
 - Average age at injury – 42 years
 - Median age (midpoint) at injury – 26 years
 - Mode (most frequent) age at injury – 19 years
- Costs of Spinal Cord Injury
 - First year expenses for paraplegia average \$537,000; first year expenses for quadriplegia average \$1,102,000
 - Subsequent year expenses average \$71,200 for paraplegia and \$191,400 for quadriplegia



Before and After the Joe Groh Foundation got involved!

WILLIAM ZURAKOV - LATEST GRANT RECIPIENT OF THE FOUNDATION

The Family of William and Laura Zurakov of Woodstock, Illinois is a study of the bedrock of the construction trades. William, two of his uncles, and a cousin worked at a pool contracting firm, building and repairing swimming pools. Their eldest son worked at Holman Boiler Works (now Cleaver Brooks) before moving on to work for an HVAC contractor. He now works for a lightning protection company installing lighting systems in IBEW 134. Another son worked for a kitchen and bath contractor refinishing countertops, cabinets, and bathtubs. Their youngest son worked for Encore Wire before going to work for a paving contractor. Laura told me what he really wants however is to attend the University of Illinois for their welding program.

His health problems started in 2013 with diabetes followed by a triple bypass in 2017. On top of these, he has back issues, stomach and kidney problems, and more. He is now limited in his ability to walk very far, so they requested a bath remodel to include a walk-in shower. The foundation worked with an area contractor to fulfill their need, and the shower was installed in September 2022. At that point, Laura told us "I just want to say thank you again. My husband has been taking a shower every day now and it really helps both of us. Words cannot express my gratitude."

Two months later Laura contacted me to let me know her reverse osmosis system had failed. They are on well water and have a septic field for their plumbing. She said they knew it would need to be replaced, but the money they had saved for that purpose was used up after Covid significantly cut back her work hours. One of the board members on the foundation knew of an organization in this field that pointed us to contacts that might be able to help.

A manufacturer of reverse osmosis equipment who is also aligned with the Service Nation organization agreed to donate the equipment if we would pay for a water softener (which they do not manufacture) and installation labor. A month later it looked like we had found a contractor who could come out and test the well water and who would be willing to donate their labor...



William in his new Standing Shower!



Laura by their new RO System!

WILLIAM ZURAKOV - LATEST GRANT RECIPIENT OF THE FOUNDATION

After not hearing anything from the contractor we found out the individual we were working with had left the organization and the new manager said they were too busy to take on this project because of the below zero weather. We were now in January. It seemed for the next three months that every step forward was met by three steps back. Weather, work backlogs and other issues conspired to thwart our every attempt to make progress on this effort. By mid-April it was clear we needed to find another contractor which the manufacturer helped us with. During May the new contractor surveyed the jobsite and took more water samples, conveying the information to the manufacturer so the proper RO system could be specified. The equipment was then ordered and during June it was finally installed – nine months after the initial request! In a continuing act of kindness the installing contractor charged us for the labor and water softener at his cost.

When everything had finally been completed, Laura told us, “Thank you for your diligence! Your organization is wonderful, and we really appreciate it. It is great to have decent water again.”

A Day in the Life

This feature is a sometimes humorous, sometimes offbeat, and sometimes irreverent look at life as seen through the eyes of a severely disabled person. Management takes no responsibility for these ramblings.

The Joseph Groh Foundation is a Ripoff!

It started simply enough; a contractor sent an email requesting to be a hole sponsor at one of our golf tournaments. The deadline for ordering hole signs had already passed with our vendor, but we have worked with them for many years, and they know we almost always hit them for requests after the due date. The contractor wanted to know how to fill out the form to become a sponsor and I did what I often do in these situations. I told them not to worry about the form, just to send me a high-resolution image of their company logo for use on the sign.

I received the logo the day and our vendor was able to create the sign in time. I conveyed the multiple ways the contractor could pay for the sign, and we went on to have a successful tournament. Thirty days after the tournament after not having received payment, I sent a note to the contractor thanking them for their sponsorship and again conveyed the multiple ways they could pay.

The contractor replied that they had never filled out a form because they didn't have time due to family matters and asked, "What kind of scam is this?" I assured the contractor there was no scam and I reiterated our mission and history. I included a picture of his hole sign at the course but told him if this sponsorship was not their intent, they could disregard my email for payment. I figured this would conclude the matter. Later that day however the contractor again questioned how we could have signed up a company without receiving a form and wondered if someone had committed fraud by filling it out on their behalf.

The contractor noted that they had sent an email letting us know they had not completed the form and that the next thing they knew they were receiving an invoice. "Clearly there is some explaining to do," they wrote. In my reply I assure the contractor that no fraud was involved. I advised that things were down to the deadline and in the rush of activities (coupled with the way Gmail wraps messages – which I hate) his email was missed. I reiterated that he should disregard the invoice and ignore the request for payment. Again, I thought the matter was closed.

A Day in the Life

This feature is a sometimes humorous, sometimes offbeat, and sometimes irreverent look at life as seen through the eyes of a severely disabled person. Management takes no responsibility for these ramblings.

In their reply the contractor seemed to be only somewhat assured by my explanations, but still displayed reservations as to whether the transaction was legitimate and whether the sign was actually deployed. They then offered to make a discounted payment for the invoice, stating that if we really were out doing good work for those who work in the trades that is something they would want to support. At that point it finally dawned on me – the contractor had not seen our website, and he still really didn't know anything about us. With that in mind I invited the contractor to go to our website and read about my background in the trades and why I started the foundation in the About Us/Joe's Story page. I also invited them to look at the caliber of individuals who make up our board in the About Us/Foundation Policy section as well as the About Us/Awards section.

Finally, I asked them to look at our Sponsors of Hope, assuring him that they would not have supported us over the past 15 years if we were ripping off hard-working contractors like them. The moral of this story is that we still have a lot of work to do in bringing awareness of who we are and what our mission is to the construction trades. I share a slide that we showed in Minneapolis and now invite each of you to help us build awareness of the foundation by following these four easy steps. Some unknown grant recipients somewhere in the future may well be the beneficiary.



**In The Next
Week
Before You
Forget**

1. Contact a business peer, client, supplier or even a competitor – someone you don't see on the banner highlighting our sponsors today.
2. Tell them who we are and what we do, send them a link to our website.
3. Tell them why you support us, and...
4. Why they should too!

THANK YOU BUSINESS PARTNERS:



COMPREHENSIVE
EMPLOYMENT SOLUTION



DON STEVENS, LLC

Dynasonics



duffy
MARKETING



CONTACT US TODAY to become a partner/sponsor of our Foundation.
Help us make a difference in the life of someone from our industry
who is living with a life altering disability.

www.josephgrohfoundation.org
hope@josephgrohfoundation.org (EMAIL)
214 998-9749