Shayna’s Journeys

Presenters:
Connie Monson
Shayna Monson

One day old

3 months old

One year old

2 years old
Adventures with Kari

Sports
Forever friends

Alexa and Shayna

Alexa, Leah and Shayna

Shayna has visited 33 States!
China

New York City
Times Square

Shayna’s Graduation Trip to Florida
Spring Break 2014

Disney World

Medieval Times

Miley Cyrus Concert

Grand Marshal
UND Winter Graduation 2014
Spring Break 2015

Day trip to Mexico
Watching the sunset with roommates, Jenna and Taylor.

London
Shayna drove from Little Falls, MN to Bismarck.

The moment life changed forever...

Actual screen shot found on Shayna’s phone, time stamped 1:24 am.
Saturday
June 27, 2015
ICU Waiting Room

Just a few of Shayna’s visitors
ICU - July 4th

July 7th - Moves out of ICU
July 7th

Best friend, Leah, came to visit!

Shayna’s journey to Denver begins

July 16th
Kindred Hospital, Denver
Physical Therapy

Physical and Occupational Therapy
First time outdoors in 25 days

Visit from Auntie and Uncs
Craig Hospital

July 29th - Moves to Craig Hospital

Day 32
Kari’s First Visit - August 12th
We See Progress!!

- Day 40 - Finger communications - Yes/No
  - Trach removed
- Day 42 - Thumbs up
- Day 44 - Picks up objects with left hand
- Day 46 - Scrawls name on whiteboard
- Day 49 - Eats pureed food (2 tsp. in 20 minutes)
- Day 52 - Pushes self to seated position (with assistance)
- Day 58 - Discuss home modifications

More progress

- Day 61 - Pedals bike while seated in wheelchair
- Day 64 - Writes “mom” and her birthdate
- Day 66 - Brushes teeth
- Day 68 - Memory game - succeeds - 8 Cards
- Day 70 - Performs simple math
- Day 75 - Phenol injections
- Day 81 - Surgery to lengthen Achilles tendon and release tension in toes
More progress

- Day 82 - Stands from a seated position
  - Whispers some words

- Day 84 - Says “Mom” out loud!!

- Day 86 - Reads “Harry Potter”

- Day 88 - Walks 15 steps with ARJO walker
  - supports arms and PT guides her legs step by step

- Day 88 - Writes message on iPad
Shayna’s First Message to the World

September 20, 2015, 16:37 AM
Hello I'm alive
I like traveling
My Favorite place is Washington state.
I'm sore

Day 90

I love you!
Continued Progress

- Day 91 - Walks length of hallway
- Day 99 - Sits on edge of bed unassisted
- Day 100 - Sing-A-Long
- Day 101 - Craniectomy
- Day 102 - Morning routine - 1 Hour
- Day 109 - Learns about accident
- Day 118 - Transitions to shower bench
- Day 124 - Pushes from sitting to standing
- Day 131 - Transition to Quality Living, Inc.

Walking with assistance

After skull cap has been replaced
Quality Living, Inc.
Omaha, NE

Travelling to Omaha from Denver
QLI Initial Assessments and Therapy Goals

- Life Skills Goals
  - Swallowing
  - Thinking
  - Using right hand
- Speech
  - 4-step commands
  - Listening skills
- Physical - Walk on her own
- Occupational - Eye/hand coordination
  - Vision

Days 132 and 133

Uses transfer pole

Walks from dining room to bedroom
Physical Therapy

- Day 146 - Walks up/down stairs
- Day 149 - Performs 3 wall squats unassisted
- Day 150 - Walks 150 ft.
- Day 187 - Steps over obstacles when walking
- Day 206 - Walks 1000 ft. in gait harness
- Day 208 - Begins walking with a walker
- Day 221 - Walks without assistance!
- Day 240 - Runs for the first time!

Shayna walks again!!

January 28th

February 11th
Walks with Gait Harness

Occupational Therapy

- Day 142 - Feeds herself with specialized utensils
- Day 198 - Initiates iPad interaction
- Day 205 - Uses mouse with right hand
- Day 208 - Showers without assistance
- Day 239 - No longer needs transfer pole to get out of bed/use bathroom

Bioness therapy
Occupational Therapy

Eye/Hand coordination while using right hand/arm

Speech Therapy

- Day 198 - Begins mechanical foods (ravioli)
- Day 205 - Describes how to make Mac and Cheese
- Day 206 - Reads sentences out loud, repeat what we heard her say
  - Environment, perennial, magnolia
- Day 208 - Lifts cookie to mouth without assistance
- Day 245 - Writes sentences with left hand
Life Skills Therapy

- Shopping trips
- Weekly FaceTime visits:
  - Leah
  - Day 192 - “Hi, Mom!”
- Friends visit:
  - Dec. 20th - Hockey game
  - Jan. 22nd - Swimming
- The Hub

First shopping trip to Target

Painting/Hockey game with Jo
Swimming with Katie, Trevor, Austin and Zach

Surprise visit from UND Hockey Team
February 25th
Working at The Hub

Recreational Therapy

- November 12th:
  - Bowling
- November 14th:
  - Rock climbing
  - Pulley chair
February 26th

Recreational Therapy

Bowling

Cycling

Biking
Christmas in Omaha

Sisters Enjoying Christmas!

Baking ugly Christmas sweater cookies
Enjoying coffee at The Hub

Spring Break 2016
April 16th - Day 293
Time to go home!!

Shayna’s finally at home!
RehabVisions

Speech Therapy
Simple Things in Life

- Birthday celebrations
- Self care
  - Showering
  - Cutting fingernails
  - Shaving legs
- Independence
  - Church hymnal
  - Debit card

22nd birthday
Day 1,369
March 27, 2019

- Completed therapy
- CHI St. Alexius, Dickinson
  - Volunteer
  - HR Intern
- College
  - DSU
  - UND
- Medical field?

Shayna’s Journeys Continue

“While the path ahead may be rough, we thank God for giving us a path.”
John Johns
Craig Grad
Credits:
- Photos by Jacy
  - Jacy Voglewede
- 4n3 Photos
  - Wilson McLaughlin
- Corson Computer Consultants