

THE JOSEPH GROH FOUNDATION

A Beacon of Hope

The Lighthouse- From our Founder Joe Groh

Welcome to the Winter-Spring edition of the Lighthouse! Here in Texas that means an up and down winter is giving way to the blooming of red buds and the sights and sounds of Mockingbirds (Texas state bird) building nests. The talk of baseball is in the air, and fans are still trying to recover from the Mavericks trade of Lucca to the Lakers.

The city of Allen is home to a true gem—the Allen Community Band (ACB), led by its legendary founder and director. A subset of ACB, the Allen Community Jazz Band, will provide background music at our upcoming Dallas tournament’s post-golf reception. The Dallas golf tournament is about two months away and dates are set for all three tournaments this year. See details on page 2.

This edition contains a quick statistical update from the foundation, followed by an article that talks about how spinal cord stimulation restores movement for some people.

There’s a feature article about something you don't often hear much about: repairing spinal cord injury damage. The reason for this is simple – the spinal cord is the only organ in your body that doesn’t heal itself after an injury. The Page family, from Rockwall, Texas – a suburb of Dallas/Fort Worth – has a story that echoes the sentiment of the Louis Armstrong song, "Nobody Knows the Trouble I’ve Seen." Read how their life was turned completely upside down, but between a miracle and a great outlook on life they have emerged stronger as a family.

Next, I’ll share the inspiring story of two young men who, at first glance, seem to have little in common—one from Colorado, the other from Massachusetts. Read on to learn more about our most recent grant recipients and their incredible journeys.

Finally, your favorite column (or at least mine) – A Day in the Life. Enjoy!



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2025 Golf with the Foundation

The 2025 golf season for the foundation will soon be off and swinging! A short description of each tournament follows, including our rotating fourth event!

Dallas Golf Tournament



Heritage Ranch Course

Dallas – Monday, May 5, 2025
Heritage Ranch GC, Fairview, Texas
Title Sponsor: Lennox Industries

[Registration is now open](#) for the Joseph Groh Foundation Dallas Golf Tournament! We invite both golfers and sponsors to join us for a day of fun, networking, and supporting a cause close to our hearts. This event helps raise funds for the Foundation's mission of providing financial assistance to those connected to the contracting and construction trades industry who are living with permanent, life-altering disabilities.

The tournament will take place at Heritage Ranch Golf & Country Club, a scenic course located in a 55+ community. Rated as the #3 golf course in Dallas-Fort Worth East by Avid Golfer in 2020, Heritage Ranch features rolling terrain, water features, and fairways lined with mature Pecan, Oaks, and Cedars, all designed by Arthur Hills. After a round of golf, relax in the 24,000-square-foot rustic clubhouse, which reflects the grandeur of the Texas Hill Country with its handcrafted maple trim and elegant ballroom.

A standout ensemble, the Allen Community Jazz Band, will set the perfect tone with live background music at our upcoming Dallas tournament's post-golf reception.

Sponsor Opportunities:

- Title Sponsor – \$10,000: 16 golfers, tournament naming rights, corporate logo on memento, unlimited additional golfers (\$150 each), recognition on sponsor banner, website for 1 year, and multiple course recognitions.
- Platinum Sponsor – \$5,000: 12 golfers, unlimited additional golfers (\$150 each), display table on course, recognition on sponsor banner, website for 1 year, and multiple course recognitions.
- Gold Sponsor – \$2,500: 4 golfers, unlimited additional golfers (\$225 each), sponsor banner listing, website for 6 months, and course recognitions.
- Silver Sponsor – \$1,500: 2 golfers, 2 additional golfers (\$250 each), sponsor banner listing, website for 3 months, and course recognitions.
- Bronze Sponsor – \$1,000: 1 golfer, 3 additional golfers (\$165 each), sponsor banner listing, and course recognitions.
- Dinner Sponsor – \$3,500: 8 golfers, unlimited additional golfers (\$225 each), dinner display table sign, website for 1 year, and course recognitions.
- Lunch Sponsor – \$3,500: 4 golfers, unlimited additional golfers (\$225 each), lunch display table sign, website for 1 year, and course recognitions.
- Keg Sponsor – \$1,500: 2 kegs at lunch, on course, and dinner, 2 golfers, 2 additional golfers (\$250 each), sponsor banner listing, website for 3 months, and course recognitions.
- Award Sponsor – \$1,500: 2 golfers, 2 additional golfers (\$250 each), sponsor banner listing, website for 3 months, and course recognitions.
- Hole Sponsor – \$250 per hole: Acknowledgment with signage on the course.

Sold Out

2025 Golf with the Foundation (cont.)

Minneapolis Golf Tournament

Minneapolis – Monday, July 14, 2025
the Links at North Fork, Ramsey, Minnesota
Title Sponsor: Daikin Applied

Mark your calendars for an unforgettable day at the Joseph Groh Foundation Golf Tournament in Minneapolis on Monday, July 14 at the Links at North Fork in Ramsey, Minnesota.

Since opening in 1992, this renowned course has hosted prestigious tournaments like the US Open Qualifier and the Senior PGA 3M Qualifier. Known for its true Scottish links-style design, Links at North Fork is rated 4 Stars by Golf Digest and features the most complete practice facility in the Twin Cities. From the all-grass driving range to the practice greens, chipping green, sand bunker, and the unique par-11 three-hole practice loop, this course offers a top-tier experience for golfers of all levels.

The tournament promises to be a day full of friendly competition and camaraderie. It's a fantastic opportunity to enjoy a beautiful course, connect with others in the industry, and contribute to the success of The Joseph Groh Foundation.

We're excited to welcome golfers and sponsors to this exciting event! Stay tuned for more information on how to register and become involved.



Links at North Folk

Chicago Golf Tournament

Chicago – Thursday, September 25, 2025
Seven Bridges GC, Woodridge, Illinois
Title Sponsor: Titus, Ruskin & Air Products
Equipment

Get ready for a great day on the course at Seven Bridges Golf Club in Woodridge, Illinois, as we gather for the Joseph Groh Foundation Chicago Golf Tournament on Thursday, September 25.

Known as one of the top public courses in the Chicagoland area, Seven Bridges offers a unique and scenic golf experience with its lush fairways, towering 100-year-old oaks, and, of course, its signature bridges.

This tournament is more than just a round of golf—it's an opportunity to connect, compete, and contribute to a meaningful cause. Proceeds directly support individuals from the contracting and construction trades who are living with life-altering disabilities.

Mark your calendars and stay tuned for details on registration and sponsorship opportunities. We hope to see you on the course!

Las Vegas – Sunday, October 26
Special Event TBA
Title Sponsor: Service Nation

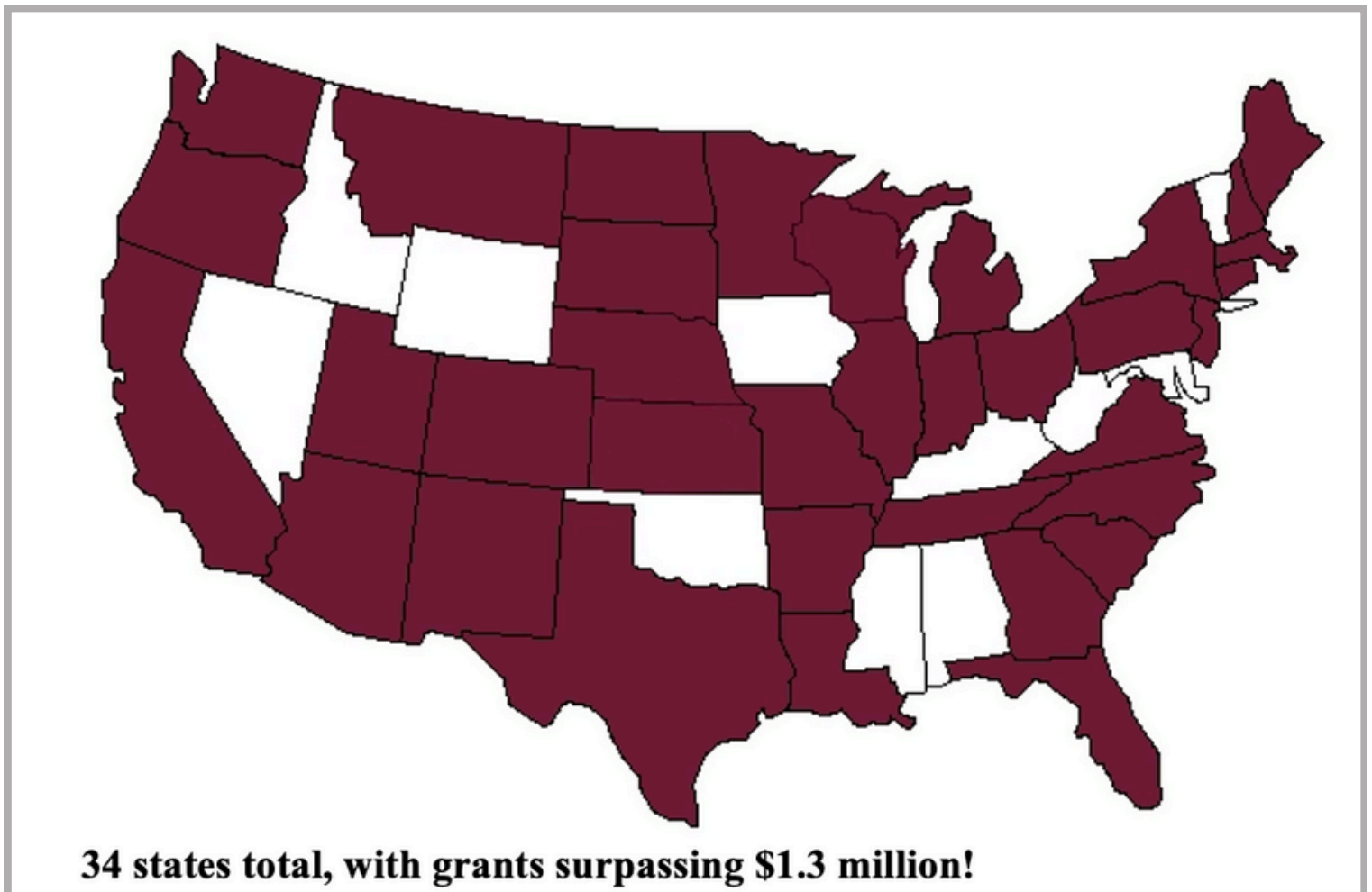
Instead of a golf tournament, Service Nation is planning a special event on Sunday, October 26 for those coming to Service World Expo in Las Vegas! This event is family-friendly and will not conflict with any of the events at the Expo.

Attendees of Service World Expo include residential contractors across a wide range of trades, including HVAC, plumbing, electrical, remodeling, repair, garage, smart home, pest control, cleaning, restoration, roofing, solar, yard care, landscaping, fencing, pool services, and more. Stay tuned for more details, meanwhile a link to the Expo is shown below.

<https://www.serviceworldexpo.com/>

Latest Statistical Update

Maroon colored areas indicate locations of Grant Recipients



Spinal Cord Stimulation Restores Movement for People

According to an article in Fox News, people with spinal muscle atrophy and inherited neuromuscular disease usually experience muscle weakness that impacts movement. New research however suggests that electrical spinal cord stimulation could improve muscle function for these patients, even restoring the capability to walk! Studies were conducted at the University of Pittsburgh School of Medicine and were shown to restore motor neuron activity. According to the chairman of neurosurgery at the West Virginia University Rockefeller Neuroscience Institute, the patients in the study all had a rare disease that destroys neurons in the spinal cord, much like polio, due to a genetic disorder from birth.

Study co-author Marco Capogrosso (Assistant professor of neurological surgery at Pitt School of Medicine) said, "There have been no major breakthrough in curing this disease, so treatment is still focused on helping improve quality of life. Two things need to happen to counteract neurodegeneration: neuron death must be stopped, and the function of surviving neurons must be restored." He continued, "In this study, we propose an approach to treat the root cause of neural dysfunction, one that reverses nerve cell dysfunction."

Spinal Cord Stimulation Restores Movement for People (cont.)



Research Participant Uses a Functional Electrical Stimulation (FES) Bite during Testing at the University of Pittsburgh

Three people participated in this study. For one month, they received spinal cord stimulation five times a week for four hours each. At the end of the trial, they all experienced improved motor neuron function, reduced fatigue and improved strength. Looking ahead, the team plans to continue research with other patients in a new clinical trial to test the treatments safety and efficacy. In the future, they hope to apply this therapy to other neurodegenerative diseases such as ALS or Huntington's disease. [Click here](#) to watch the broadcast of this story.

Repairing Spinal Cord Injury Damage

Mike Kelly, Pres. and CEO of NervGen Pharma Corp. is excited about the importance of spinal cord injury research and developing drugs that promote nerve regrowth. Why is this research important? Each year, up to 500,000 people worldwide experience a spinal cord injury (SCI) and the economic burden of the injury is significant. Lifetime costs for these injuries can range from \$2 million-\$5 million depending on the severity. Additionally, SCI can lead to psychological challenges and social impacts.

While insurance helps, many individuals face substantial out-of-pocket expenses, making SCI a major financial burden. The spinal cord has limited ability to heal itself, and damage to the spinal cord often disrupts the complex network of nerves that control movement and sensation. Scar tissue forms quickly, blocking the regrowth of nerve fibers. Today, treatments for SCI focus on managing symptoms, preventing further damage, reducing inflammation and stabilizing the spine. Following that, physical and occupational therapy are utilized to improve mobility and daily function. While stem cell treatments, gene therapy and neuroprotective agents are being researched to promote nerve regeneration, there are no approved pharmaceutical treatments that assist in repair.

Neuroscientist Jerry Silver and his research team at Case Western Reserve University have made many discoveries and advancements in the field of SCI. Silver discovered a certain family of molecules which suppress nervous system repair when introduced at injury sites. Building on that discovery, Silver's lab identified a synthetic molecule that served as the prototype for NVG-291, NervGen's pharmaceutical that demonstrated the ability to counteract the inhibitory effects of the molecules they had discovered earlier. This promoted nervous system repair and functional recovery in preclinical studies. Silver is excited about future SCI treatments that may reconnect nerve pathways through therapeutic approaches, potentially combined with advanced technology. Currently studied separately, these methods could work together in the future. [Click here to learn more.](#)



Mike Kelly, Pres. & CEO NervGen Pharma Corp.

Owen Page & Family – People You Should Know

It was time to head home from the park with their children, but two-year-old Owen was not yet ready to go. When Jacki finally wrangled them all into the car she texted her husband Mitchell, “The worst thing about leaving the park is actually leaving the park.” She didn’t know how prophetic that text would turn out to be. What happened next was a blur, but Jackie awoke to sirens and the sound of crunching metal. She tried to see her children, but she was wedged in her seat and couldn’t move. It turned out that the driver of an oncoming car had suffered a medical event, lost control, and smashed into their vehicle at 70 mph. The point of impact was right at Owen’s seat. Owen was ejected from the vehicle and incurred major injuries to his head and neck, while Jackie was rushed to a hospital in Plano, Texas because she couldn’t feel anything from her chest down. Miraculously, Evelyn stained only minor bruises. Nevertheless, both children were transported to Children’s Medical Center in Dallas, a Level I trauma center at UT Southwestern Hospital.

Mitchell is a fourth-grade teacher, and he was outdoors at recess with his children when the accident happened. Cell reception is not good on the playground, but when Mitchell came inside, he saw he had missed a flurry of calls and texts. After listening to them he took off for the hospital in Plano, but once he learned his children were in



Jacki, Evelyn, Owen & Mitchell Page



Owen & his parents when released from Children’s Hospital

Dallas he asked his father to be with his wife so he could head to Children’s Hospital. He saw his daughter Evelyn first and was relieved. While shaken up, she was only bruised. Then a nurse told him, “We’re going to take you to see your son.” The look on her face caused him to panic inside. There were dozens of providers in and around the room, and Owen didn’t appear to have a scratch on him. He was unconscious however and connected to what looked like dozens of tubes. The attending neurosurgeon, Dr. Braga, said that Owen suffered two significant injuries to the cervical spine. The first was between the skull and the C1 vertebrae, and the second was between the C1 and C2 vertebrae. Owen’s skull was internally separated from his spine, typically a fatal injury. Furthermore, Owen was not able to move the left side of his body. This type of injury is the most common reported in motor vehicle deaths and is three times more common in children than in adults. Owen needed emergency surgery to realign his spine and fuse his skull to his spine, and every minute that passed decreased the odds of a positive outcome.

After Owen was taken to surgery, Mitchell headed north to Plano to see his wife. A doctor explained that Jacki had suffered a T1-T4 spinal fracture and complete spinal cord injury. The surgery to clear bone fragments and damaged tissue had been successful, but Jacki learned she would never walk again. As difficult as it was to hear that she was a paraplegic Mitchell knew it would be much harder to tell her about Owen. The first thing she asked Mitchell when they can speak together was about was the children. “Evelyn is fine,” he told her. Then he proceeded to outline the surgery Dr. Braga was performing on their son. Jacki had been a respiratory therapist, and she knew the odds facing Owen. “It’s internal decapitation,” she told Mitchell. “If he lives, he’ll be on a ventilator for the rest of his life and will never walk or talk again.” When Mitchell got back to the waiting room at Children’s, he lost it. Dr. Braga came out shortly and told him that the eight-hour surgery had been successful. Owen’s rehab began right after he woke up from surgery. He couldn’t move his left arm or leg, nor could he speak because he had a breathing tube in place. Owen loved to play, so he took right to the exercises which were designed as games in pediatric rehab. In a month, Owen was riding a tricycle up and down the halls of the hospital.

Owen Page & Family (cont.)

Owen was able to practice all forms of movement in the sensory gym, a therapy playground. It helped him learn safe ways to navigate daily movements when he went home.

At the same time Jacki was going through her own rehab in Plano. For the next 40 days after getting out of ICU, she went to inpatient rehab while adjusting to life in a wheelchair. She and Owen were discharged from their respective hospitals on the same day. After picking her up Mitchell drove straight to Children's Hospital to get Owen. When he came out, the first thing he did was hug his mom. "Seeing him walk was one of my greatest days," Jacki said. Two years later Owen is an active preschooler who runs around the playground like a typical five-year-old. [Click here for the full story.](#)

Foundation Recipients: Cody Baker and Colton Gray

At first glance, you might wonder what these two gentlemen have in common. After all, Cody lives in Western Massachusetts and Colton in Southwest Colorado. That, however, is one of the things they share.

Cody's father owns Davenport Construction, a company that engages in all manner of work involving commercial buildings including site work, paving, septic work etc. Cody worked for his father when he was in high school and planned to make that his career after graduation. A motocross accident intervened and he was left with a T8 complete spinal cord injury, with no feeling below his rib cage.

Colton meanwhile started working for a log home construction company while he was in high school. Following graduation, he went to work for a general contractor where he learned how to pour concrete, do framing work, run a shovel and other construction equipment. He found himself wanting to run larger equipment, so he went to work for a Texas company which built roads and ground platforms for oilfield companies. While driving back and forth between Colorado and Texas, he helped his dad haul logs, and that's when the accident happened. A log fell off the trailer and hit Colton in the back. He was left with an incomplete T7 spinal cord injury.

Both men requested a Rio Firefly 2.5 electric wheelchair attachment, because both live in an area that is quite hilly if not mountainous. Even though both are young, constantly propelling themselves in this terrain was taking a toll on their shoulders. This device turns a manual wheelchair into a power one, and thanks to our generous donors, we were able to supply this item for both Cody and Colton.



Cody Baker recovering in hospital



Rio Firefly 2.5 electric wheelchair attachment

All That Jazz


The Allen Community Band (ACB) was established in 2013 and is a nonprofit, all volunteer organization. The concert band provides musicians from the city of Allen and surrounding areas the opportunity to perform a variety of music, while growing their skills as individual musicians and as an ensemble. The Allen Community Jazz Band is composed of members from the ACB who also enjoy performing jazz music.

Craig Logan is the founder and director of ACB, and he earned his Bachelor's and Master's degree in music from SMU. Craig first taught in the Dallas ISD, followed by three years at Highland Park middle school. In 1980 he joined the staff at Allen High School, where the Eagle Band racked up numerous awards over the years. His bands have marched in the Macy's Thanksgiving Day Parade and earned champion designation and overall winner for the 1994 Dublin International Band Competition. In addition to teaching band, Craig played trumpet professionally with the Dallas Symphony and Dallas Opera, as well as the Richardson Symphony.

We are delighted to announce that the Allen Community Jazz Band will perform at our Dallas golf tournament in May prior to dinner. So, when golf is finished, be sure to bring your group inside, grab a cold beverage and enjoy the background jazz of the Allen Community Jazz Band. I have pasted a link to their schedule below, be sure to catch one of their upcoming performances. [Click here](#) to learn more about the band.



6 in 10 people worry about the financial impact of a disability, yet only **30%** own disability insurance.

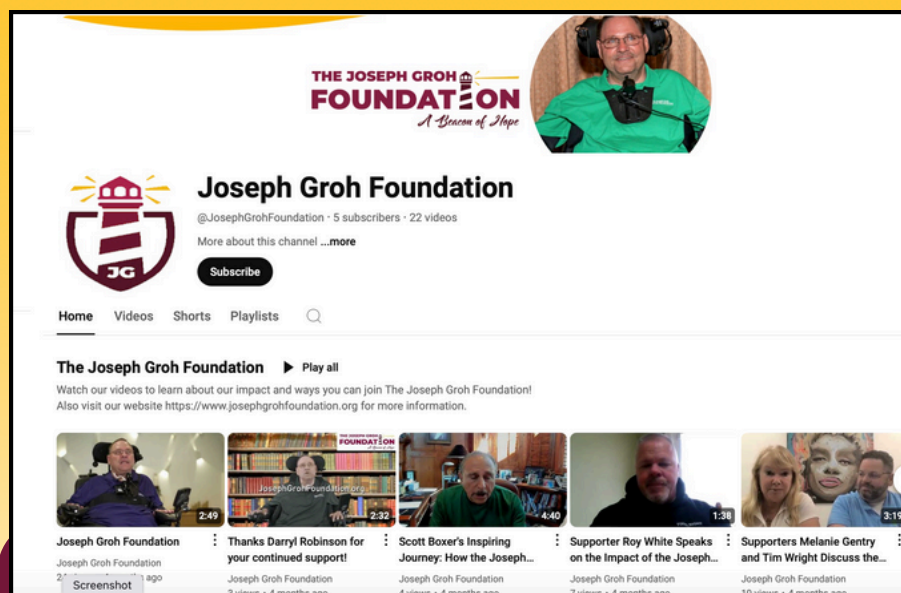


Source: LIMRA and Life Happens 2013 Insurance Barometer Study

Protect your paycheck with disability insurance.

[Click here to learn more](#)

Subscribe to The Joseph Groh Foundation YouTube Channel!



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.

A Stache Story:

Those of you who know me know that I have sported a mustache my whole adult life. It didn't start out that way, however. In high school, the "manly" guys would talk about how much of a pain it was to have to shave every day. It always seemed to me they were really talking to those of us who didn't need to shave it all, as though somehow our manliness was being called into question.

This was at a time when long hair was common in society. It was also associated with being a hippie, someone who was rebellious. And who as a high schooler didn't want to be a bit rebellious! Thankfully, that was a short-lived period of time, but I started growing a mustache shortly after high school and it remained with me almost continuously to today. In fact, there were only two short periods of time between 19 and however old I am now that my top lip was naked. The first time was in my 30s, and oddly enough it started out as the inverse of what it became. I was a territory manager for Lennox Industries, and I decided to find out what it was like to have a beard. Not the ZZ Top look mind you, just the short, businesslike beard many young men sport today. I was a week or so into the experiment when I got the call. Lennox wanted to interview me for a national account position, and they wanted me to come to Dallas for the interview. I was living in Chicago at the time and decided that a beard that looked like a yard two weeks overdue for a mowing would not help at all so off it went. It was the most painful shave I have ever had! I was only glad I had a few days for my face to heal before making the trip. I had never been to Dallas before, for that matter I had never been south during the winter before, so I was excited to make its' acquaintance.

It was February in Chicago, and as I pulled into O'Hare at 5:30 AM the message board that greeted you as you entered the airport said 10°F. After landing in Dallas, we made the long drive east on 635. I was amazed at the number of construction cranes that I saw, they were everywhere in all directions. I can't ever remember Chicago looking like that. At that time Lennox' headquarters were in a high-rise building, and I had a number of interviews with people on different floors. At one point during the afternoon, I had a 30-minute break which I spent in the cafeteria with a cup of coffee. I remember looking out the window at a condo complex near the office building. I saw a couple playing tennis in shorts, as it was about 70° outside. I made a mental note that someday we needed to live in a climate like this, as we were lifetime Midwesterners and the only kind of winter, we knew were the cold, snowy ones. The interview continued all the way back to the airport, plus an hour in the Admirals club. When the official offer came a few days later, I turned it down for a variety of reasons, but the experience was memorable. I was only sorry my mustache couldn't share it!

The second time came almost 20 years later. We were living in the Dallas area, (for the second time) and I was working for Titus in Richardson. Their parent was Air Systems Components which also had their corporate office in Richardson. For whatever reason, Halloween was a celebrated event and almost every department decorated their area with a fall/Halloween theme. Titus held a costume contest, with the top winners earning prizes. I mistakenly mentioned I had a light blue shirt with horizontal stripes, similar to the kind worn by Pugsley Adams of the Adams family. It didn't help that I wasn't at my best physical physique, being in my 50s and all. About two days before Halloween, I was approached (a.k.a. badgered) about dressing up as Pugsley for the costume contest. One of our regional sales managers was going to dress up as Gomez Adams, and one of our product managers was going to dress up as Morticia Addams. The morning of the contest my fellow cast members reminded me about something – Pugsley did not have a mustache. I must admit I had not really thought about the part, but now I had about two hours to make the change. Someone produced shaving cream and a new razor with about 45 minutes to go, and my first thought was – who keeps these items at work!

A Day in The Life (cont.)

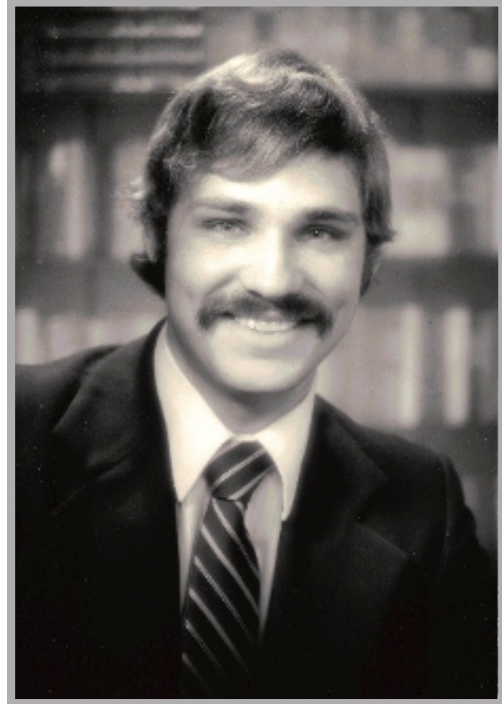
That being said, I embarked on the second most painful shave of my life. Luckily, it stopped bleeding in time to go on stage. To my surprise, our little group placed in the top three, and we were given a certificate good for lunch at a local restaurant. It had to be used within the next year, and we managed to redeem it about 360 days later.

After my injury, we had to invest in an electric trimmer for my mustache. Interestingly, the company we ordered from (Wahl Clipper) was one I was very familiar with. It is located near the Rock River in Sterling, Illinois, and for a couple of years following high school I drove by there every day on my way to school or work.

In the last five or six years it seemed easier to remove the guard and just trim with the razor which left but a shadow of its former self on my upper lip. One day I was talking with someone who asked me if I was trying to grow a mustache.

Just imagine! So, I decided to grow it out and bring it back to its bushy fullness. About 10 days later I asked Sue how it looked. "I'll get a mirror," she said. Something about her tone made me wonder, but not for long. When I looked in the mirror, I saw a distinguished looking old guy with a WHITE mustache. Wow, I didn't see that coming. Nevertheless, I stayed with it for about two weeks. During that time, I noticed I had trouble "scratching" my eyebrows when they itched.

You see, my method of scratching consists of blowing upward on my eyebrows, which doesn't totally solve the problem but it's better than nothing. There was only one problem. My bushy friend blocked all air flow, so I got no relief at all. It was then I decided itch relief trumped the distinguished look, and I went back to my pencil thin look. As Paul Harvey would say, now you know the rest of the story!



Where did this guy go?!

THE JOSEPH GROH 
FOUNDATION
A Beacon of Hope

Luminary - a person who influences or inspires others.

Become a Joseph Groh Foundation luminary, and give the invaluable gift of hope, today, and every day.

LUMINARY DETAILS

- Monthly giving program starting at only \$10 per month
- Benefits include exclusive content, thank you gift and individual recognition

www.josephgrohfoundation.org/luminary

Luminary Levels
Shine | Radiance | Brilliance | Beacon | Lighthouse



Thank You

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