

St. Luke's Health Care Foundation

bridges

fall 2009



We Care. We Build.

St. Luke's associates partner with Habitat for Humanity

St. Luke's and Habitat for Humanity teamed up to complete work on homes in two neighborhoods under construction in Cedar Rapids.

The project was part of the Build-A-Thon that was kicked off by Kurt Warner, Arizona Cardinals quarterback and Cedar Rapids native, in June. The goal of the project is to build 20 new homes in Cedar Rapids.

As one of the largest employers in the community, St. Luke's associates want to give back to the community through the St. Luke's Health Care Foundation's 'We Care. We Build.' project.

The project was initiated by the Foundation's Associate Advisory Committee which is made up of individuals from a variety of departments in the hospital.

It's a continuation of the We Care project started after last year's flood. That project raised over \$800,000 and benefited 136 St. Luke's employees who were directly impacted by the flood. This year's project is aimed at giving back to the community.

In just over a week, 400 spots were filled by St. Luke's employees, auxiliaries, volunteers, relatives and friends.

We Care. We Build project leadership recently learned that one of our employees, Linda Haddy, will be living in one of the homes being constructed. She will live in the home with her two sons.



St. Luke's associates take a break from their work to pose for a photo.

St. Luke's Health Care Foundation and Coe College awarded \$4.65 million EDA grant

In June 2009, St. Luke's Health Care Foundation and Coe College were co-awarded a \$4.65 million grant to construct a shared steam heating plant. The grant is from the U.S. Department of Commerce's Economic Development Administration (EDA).

The grant funds will be used to construct a steam heating plant to be shared by St. Luke's Hospital and Coe College.

This is the largest grant ever awarded to St. Luke's. The Foundation played an important role in securing the grant.

"This funding will help key institutions in Cedar Rapids rebuild and will continue to put the devastation behind us," said Sen. Tom Harkin, a senior member of the Senate panel that funds economic development projects. "This project will keep the utility costs at Coe College and

St. Luke's down, which is important to their economic health."

The Alliant Energy steam plant was destroyed by the floods of 2008. St. Luke's and Coe College both received their steam from Alliant Energy for their hot water and steam heat. After the flood, St. Luke's and Coe College formed a partnership to find a permanent, high-efficiency, reliable and environmentally superior solution for their needs.

St. Luke's announces gift in honor of Jane Borg Cook to create free wellness program for cancer survivors

A Cedar Rapids family is providing the lead gift to create a new wellness program for cancer patients at St. Luke's Hospital.

The family of Jane Borg Cook, who died of breast cancer last year, is donating \$75,000 to create the new Jane Borg Cook Wellness Program at St. Luke's.

The program, which will open in late fall in the former St. Luke's Women's Health Spa building at 810 First Ave. NE, will help cancer patients improve their quality of life by providing physical, nutritional and psychosocial support. Services for other chronic conditions, such as diabetes and arthritis, will also be provided.

Thanks to the Cook family donation and other gifts, the services provided through the cancer wellness program will be provided free of charge to cancer survivors.

"We were honored to help launch the Jane Borg Cook Wellness Program in June, which would have marked Jane's 59th birthday," said Rob Cook. "We all agree that Jane would love the concept of providing a place where all cancer survivors could go to be safe, comfortable and loved."



Rob and Jane Cook

"Mom always believed that the best medicine was to be active physically, mentally and emotionally," said daughter Jennifer Davis. "Regular exercise and proper nutrition helped maintain her quality of life for 9 1/2 years after her cancer diagnosis. Now she can help other cancer survivors do the same."

Jane Borg Cook left a significant legacy in Cedar Rapids community after she died in August of 2008. A founding member of the Leadership for Five Seasons program, she was also active in numerous civic organizations including Brucemore, Cedar Rapids Area Chamber of Commerce, Cedar Rapids Area Convention & Visitors Bureau and Cedar Rapids Community Schools.

"It is fitting that the Cook family has chosen to honor a remarkable woman in this way," said Shannon Duval, president of St. Luke's Health Care Foundation. "Jane always concentrated on wellness and never let her illness define her. Now, thanks to her family, her spirit can inspire other cancer patients and help them thrive."

Rob and Jane raised three children: Jennifer Davis (Mark) of Denver, Colo.; Katy Cook of Arlington, Va.; and Robbie (Jenni) of Edina, Minn., each of whom is contributing to create this new program.

Ely family helps establish fund at St. Luke's Health Care Foundation to assist uninsured and underinsured

An Ely woman's death earlier this year prompted the establishment of a fund to assist the under and uninsured at St. Luke's Hospital.

Angela Nejdil died Feb. 18, following a two-vehicle accident in southwest Cedar Rapids. Angela suffered a fatal heart attack following the accident.

Her parents, Robert and Vilma Nejdil, made the generous decision to direct her memorials to St. Luke's Health Care Foundation to help the uninsured and underinsured.

"Angela was our only child and her well being meant everything to us," said Bob Nejdil. "This is a wonderful way to keep our daughter's memory alive while help-

ing others in our community receive the healthcare they need."

The Nejdils' decision prompted St. Luke's Health Care Foundation to create the Grace Fund, named after St. Luke's origins at Grace Episcopal Church in Cedar Rapids. The church led a community effort to build the hospital 125 years ago, after a homeless man died because there wasn't a hospital nearby to treat his injuries.

The goal of the Grace Fund, according to St. Luke's Health Care Foundation President



Angela Nejdil

Shannon Duval, is to assist under and uninsured patients with medical bills.

"The Nejdils' thoughtfulness will continue the caring spirit of their daughter, Angela," said Duval. "We remain grateful to families like the Nejdils, whose generosity touches countless other families."

"We are hopeful that others will step forward to contribute to the Grace Fund," added Duval. "A contribution in any amount will help St. Luke's continue to provide quality medical care for patients who experience financial hardship."

If you'd like to contribute to the Grace Fund, contact St. Luke's Health Care Foundation at 319/369-7716.

Donor Spotlight

Kennedy High School students raise money for the NICU

By Megan Bradke, intern

As part of a community service project, four high school students from Cedar Rapids Kennedy took it upon themselves to create a fund raiser for the Neonatal Intensive Care Unit (NICU) at St. Luke's. Seniors Kristin Bratton, Ashley O'Connor, Linnea Griffith and junior Chelsea Ericson sold popcorn for three days at Kennedy in order to raise money for the NICU. After finishing their AP Psychology test, their teacher requested the students form groups and do some sort of community service. The four high school students decided to raise money for St. Luke's, knowing

hospitals are always in need of money. "We wanted to help sick children and knew others would want to help as well, so we decided on the NICU at St. Luke's," Ericson said.

"The whole process was very quick. It all happened in a week; the idea, the selling and the advertising," she continued, "It was difficult but we feel accomplished." Through selling popcorn for three days, 20 minutes each day, Bratton, O'Connor, Griffith and Ericson successfully raised \$113 for the NICU.



Chelsea Ericson spearheaded the Kennedy fundraiser for St. Luke's NICU.

The money raised will go towards purchasing bath tubs for each NICU room. "Currently, we have several tubs that are taken into a baby's room when they need a bath. It will be great for each room to have its own dedicated bath tub. Our parents and nurses will love this!" said Diane Seelau, director of Women's and Children's Services. "It's wonderful these Kennedy students took time out of their own day to help others. They truly are leaders."

Kids cruise thanks to adapted bike funds

Children with disabilities often miss out on social and physical activities that most people take for granted, like riding a bicycle.

St. Luke's Health Care Foundation received a \$4,000 grant from the Dominick McDermott Trust that will assist with the purchase of adapted bikes for any child with a disability.

With the use of adapted bicycles, children who have difficulty with motor skills have the opportunity to ride a bike with other kids and family members. According to therapists at St. Luke's Witwer Children's Therapy, not only is riding a bicycle a fun activity for children of all ages, it offers significant health benefits for children with disabilities.

"Bike riding is not only great exercise," said Chris Pickering, manager, outpatient rehabilitation, "but it also increases leg strength, endurance and the continued leg movements can improve a child's ability to walk."

This is the second year for St. Luke's Adapted Bike Fund. Last year, three children received specialty bikes. This program is not limited to children receiving therapy at St. Luke's Witwer Children's Therapy.

McDermott farmed most of his life near Melrose, IA. He died in 1982, with no heirs and directed his assets be placed in perpetual trust for the benefit of children with disabilities in the state of Iowa.

Individuals interested in learning more about St. Luke's Adapted Bike Fund may contact St. Luke's Witwer Children's Therapy at 319/369-8407.



Thanks to the Foundation, Ruston Scott is finally able to ride a bike at 16 years of age. According to his parents, Rodney and Deanna Scott, he has ridden the bike almost every day since he received it. They foresee him enjoying the bike for many years to come – hopefully a lifetime, as the bike will grow with him as he grows.

Grateful patient honors Dr. Ihtasham Habib with Guardian Angel award

Chéri Brumwell of Cedar Rapids was so impressed with Dr. Ihtasham Habib's care during her mother's stay at St. Luke's last fall that she made a Guardian Angel donation in his honor. Chéri even attended the presentation.

"Dr. Habib showed incredible kindness, compassion, attentiveness and patience when caring for my mother," said Brumwell. "He always listened to her and we're so grateful to him."

The Guardian Angel program gives a patient or family an opportunity to express appreciation for a specific St. Luke's associate or department who made a difference in their healthcare experience. The gift is then directed to the specified associate, department or Guardian Angel Fund.



Dr. Habib, a St. Luke's Hospitalist, is pictured (center) with Chéri Brumwell (right) and St. Luke's President & CEO Ted Townsend, after being presented with his Guardian Angel card and pin.



Pictured is Lois Goetzke placing a rose in memory of Myrine Purvis.

In the heart they remain

Each year, St. Luke's Health Care Foundation honors individuals whose memorials have benefited programs at St. Luke's by adding their name to the Heart Spaces memorial center, located off of the A Avenue Lobby at St. Luke's. Memorial gifts totaling \$1,000 or more are recognized.

Polk Elementary Ambassadors partner with Foundation

On Arbor Day, St. Luke's Health Care Foundation again partnered with the Polk Elementary Ambassadors to plant a tree in honor of the Koehler Legacy Society on St. Luke's campus. The Koehler Legacy Society recognizes individuals who have remembered St. Luke's with a planned gift. The event teaches future generations about the importance of philanthropy.

Pictured are St. Luke's president and CEO Ted Townsend (left), representatives of Koehler Legacy Society and the Polk Elementary Ambassadors.



St. Luke's Foundation recognizes flood anniversary



St. Luke's Health Care Foundation, along with Ted Townsend, St. Luke's Hospital president and CEO, hosted an ice cream social to mark the one year anniversary of the flood. Associates from throughout the hospital who were impacted by the flood gathered in the Carl & Mary Koehler Healing Garden to enjoy ice cream and celebrate all that has been accomplished since the Flood of 2008.

Pictured are (left) Sandy Vosmek and Kim Steggal. All associates in attendance received a stalk of lucky bamboo to brighten their homes.

Auxiliary honored for holiday effort

"Hope for the Holidays" was a spontaneous response by St. Luke's Auxilians to replace holiday décor for families affected by the Flood of 2008. Hundreds of décor items were donated by community members. Over 40 volunteers worked for 10 weeks to prepare the décor. Fourteen elementary and high schools decorated 26 student trees. The Salvation Army provided a venue for distribution to families, and Rockwell Collins Retiree Volunteers provided many hours of valuable service.

On behalf of St. Luke's Auxiliary, Jo Wasta, Norma Newmeister, Margaret Sears and Sondra Bolsinger accepted a plaque at the Governor's 26th Annual Volunteer Awards Ceremony on June 19. St. Luke's Auxiliary received a "group award" for the 2008



Pictured are representatives of Ms. Nassif's family, and both the St. Luke's Health Care Foundation and Hospital boards.

Helen G. Nassif Pavilion dedicated

Friends and family of Helen G. Nassif enjoyed a beautiful spring day in early May to celebrate St. Luke's 125th anniversary and to dedicate the Helen G. Nassif Pavilion. Ms. Nassif donated \$1.5 million to create a highly visible and welcoming entrance to the hospital.



AEGON Transamerica Foundation makes \$75,000 donation for St. Luke's Child Protection Center

St. Luke's Health Care Foundation received a \$75,000 donation from the AEGON Transamerica Foundation for St. Luke's Child Protection Center (CPC).

The donation will be used to fund one of the center's Interview Observation Rooms, which are used to help gather information to determine if child abuse has occurred.

"We are very pleased to help support the important work of the St. Luke's CPC," said AEGON Transamerica Foundation Board Chair Dave Blankenship. "It's a sad fact that thousands of Iowa children are abused each year. This facility is the first step in their healing process."

The center, which serves children and families in 50 Iowa counties, helps determine if child abuse has occurred, then develops a plan to protect the child and direct families into counseling. Staffers work with law

enforcement officials and employees from the Department of Human Services to make their recommendations.

Post flood, CPC Director Sue Tesdahl says the number of referrals to the Center, which numbered 1,162 in 2008, have spiked.

"Families are living with other families in small, confined spaces," said Tesdahl. "Tensions are running high among adults, and children often pay the price. That's why the AEGON Transamerica Foundation donation is especially meaningful. It couldn't come at a more significant time."

St. Luke's Health Care Foundation recently announced that the center surpassed a fund raising goal of \$4.2 million – \$2.2 million for a new building and \$2 million to establish an endowment. The hope is to build an endowment of \$10 million to defray operating costs. St. Luke's operates

the center at a loss of \$300,000 to \$500,000 per year.

"We are so grateful to the AEGON Transamerica Foundation for their ongoing support of healthcare in this community," said St. Luke's Health Care Foundation President Shannon Duval. "We are humbled by their generosity and the generosity of our donors. But unfortunately, there's still more work to be done."



About the AEGON Transamerica Foundation

Established in 2004, the AEGON Transamerica Foundation supports non-profit organizations that contribute to the well being of communities in which it operates in the areas of arts and culture, civic and community, health and human services and education.

St. Luke's Child Protection Center awarded IDPH grant

On behalf of St. Luke's Child Protection Center (CPC), St. Luke's Health Care Foundation was awarded a five-year contract from the Iowa Department of Public Health (IDPH). The CPC will receive \$249,279 for fiscal year 2009 - 2010.

Specifically, the IDPH grant will fund the salaries and benefits for three forensic interviewers and one family advocate, as well as continuing education costs for CPC professional staff.

"This grant funding is integral to our ability to care for and protect children," said Sue Tesdahl, Director of St. Luke's CPC. "Children who have been abused are often afraid to talk about their abuse, either because they have been threatened by the abuser or because they think the abuse is their fault. At the CPC, children who have been

"This grant funding is integral to our ability to care for and protect children."

Sue Tesdahl, Director of St. Luke's CPC.

suspected to be victims of child abuse receive a medical exam and forensic interview, and both are used as evidence to prosecute the perpetrator."

The forensic interview is led by an interviewer and observed through a two-way mirror by a law enforcement investigator and/or a child protective assessment worker. In 2008, the CPC performed 1,000 forensic interviews.

"All interviews are recorded in an effort to avoid multiple interviews for the child and

to be used by law enforcement in the prosecution of the perpetrator," Tesdahl said. "The forensic interview is a valuable piece of evidence against the perpetrator and it often times can prevent the child from having to testify in court."

"The family advocate takes the first steps in helping the child and family begin the healing process," Tesdahl continues. "She recommends appropriate therapy and other resources for the child and family."

“Wish Well – Be Well.”

Turkish Proverb

Remember when you used to make a wish and hope it would come true? Now, you have the power to make wishes come true for patients and their families – and invest in the health and well being of our region. We have included wishes from caregivers that we hope you will consider making a reality.

Wishes

- A portable automatic blood pressure monitor – allows staff to monitor physical rehabilitation inpatients working in the therapy gym during ambulation, stair climbing and other forms of exercise \$1,000
- Alarmed floor mats – if the patient tries to get out of bed the mat sounds an alarm. There is evidence that it supports the reduction of falls if used properly. They are approximately \$130 each, and we would like 10.\$130
- Home visit for a new mother.....\$50
- Hearing screening system for infants..... \$7,000
- Sponsor one child who visits the Child Protection Center this year.....\$250
- Complete dental service for a 2–4-year-old: includes exam, cleaning, X-rays and fluoride treatment\$140
- Complete dental service for a 5–12-year-old: includes exam, cleaning, X-rays and fluoride treatment\$180
- Happy gas for a child receiving lengthy dental procedures..\$10
- Coloring books and color wonder markers for children waiting with their families in the Emergency Department....\$2.50/child
- Memory books for cognitively impaired patients.....\$250
- Pet Therapy Delta obedience training for one Pet Pals team.....\$125
- Adapted Bike \$1,150

Wishes Granted

- Four CPC visits Wish granted by Tom & Margaret Sears
- Home visits for two new moms Wish granted by Susan Enzle
- Pet Therapy training for seven teams Wish granted by Robert M.L. Johnson Memorial
- Alarmed floor mats.....Wish granted by Richard Wagner
- Happy Gas for dental treatmentWish granted by Martha Snyder
- One CPC visit..... Wish granted by Maureen Kenney

YES!! I would like to help make wishes come true.

Please accept my gift of \$ _____ to fund _____.

(Please print name of wish you would like to fund)

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Please make checks payable to St. Luke's Health Care Foundation and mail to:
855 A Ave. NE, Suite 105
Cedar Rapids, IA 52402

Thank you!



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Rural Healthcare Endowment touches 11 organizations

Eleven eastern Iowa organizations are the recipients of \$32,704.92 in grants as part of St. Luke's Rural Healthcare Endowment Fund, which provides matching funds for not-for-profit projects that work to improve the health and wellness of rural residents.

The recipients are:

- Victor First Responders received a \$1,706.80 grant to purchase a rechargeable defibrillator.
- Hiawatha Fire Department received a \$4,615.62 grant to buy an advanced life support mannequin.
- RSVP Jones County received a \$6,297 grant to pay for transportation expenses. Jones County RSVP provides transportation services for older rural residents driving to and from medical and dental appointments.
- Walker Fire Department received a \$750 grant to purchase a pulse oximeter, trauma and oxygen bags and other needed equipment.
- Belle Plaine Area Ambulance received a \$1,050 grant for an EZ-IO, which allows paramedics to gain vascular access in seconds to provide intravenous therapy (IV) to patients.
- Blainstown Volunteer Ambulance Service received a \$2,195.50 grant to pay for half the cost of tuition for ten students to attend an EMT basic course.
- Monticello Ambulance Service received a \$4,940 grant to pay for a Life-Stat Mechanical CPR Machine.
- Newhall First Responders received a \$1,000 grant to purchase equipment and supplies to implement a firefighter rehab area.
- North Benton Ambulance received a \$7,000 grant to purchase monitor upgrades to a 12-lead capability.
- Troy Mills Fire Department received an \$800 grant to purchase a multigas detector, which allows firefighters to investigate leaks faster – they usually have to wait for back-up assistance.
- Volunteer Services of Cedar County received a \$2,350 grant to pay for transportation services for older rural residents driving to and from medical appointments.

The Rural Healthcare Endowment Fund was established in the early 80s, during the farm crisis. This put a strain on the support of small rural community's emergency medical services. St. Luke's Health Care Foundation developed the idea of giving small grants to rural ambulance services. A number of corporate gifts originally established the fund and in 1996, St. Luke's associates started designating money to this fund through annual fundraising. Since that time, other friends of St. Luke's have contributed to this fund. Since the first grant was made in 1980, 108 applicants have been granted over \$192,000.

St. Luke's Health Care Foundation Mission

The mission of St. Luke's Health Care Foundation is to support St. Luke's Hospital as the premier resource for improving the health of eastern Iowans.

For Estate Planning purposes, our legal name is St. Luke's Health Care Foundation.

St. Luke's Health Care Foundation
855 A Ave NE, Suite 105
Cedar Rapids, IA 52402
319/369-7716 • fax 319/369-8822
stlukescr.org/foundation