

United Hospital Foundation

2013 Fall Foundation News



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Tom O'Connor

Schroepfer. All three have provided service to patients, United Hospital and our community.

Thanks to the generous donations from more than 80 sponsors and over 400 auction items, and each one of you, this year's Gala raised more than \$1.5 million dollars for the Elaine S. Larson Surgical Center.

A special thank you to John Nasseff and Helen Houle, Gala Chairs Russell and Andrea King and the planning committee. Without support from these dedicated and tireless individuals, the Gala would not have been as successful. We are all grateful for their continued support of the United Hospital Foundation.

Elaine S. Larson Surgical Center Campaign is now fully funded

And thanks to this year's Gala, we have reached our campaign goal for the Elaine S. Larson Surgical Center. The money raised is restructuring our existing operating rooms into larger, more technologically advanced surgical suites to increase patient safety, usage, patient flow and turnover.

The renovation includes a total of 12 operating rooms, pre-operative and post-anesthesia care units, pathology department, pharmacy, physician lounge and locker rooms, and a control desk. All renovations will be completed in January. Thank you to everyone who helped realize this huge goal!

A look back; a look ahead

As 2013 comes to a close, I can't help but look back at the good work we've done together this year. Our Birth Center campaign is off and running. Page 14 features a special "Through the eyes of...Vickie Bilder," one of the many dedicated Birth Center nurses. Your participation in the United Golf Classic and the Community Giving Campaign helped raise funds to support our patients, the community and United Hospital programs and services.

As I look forward to 2014, I can't help but feel excited for what the future will bring...because of the strong partnership with each one of you.

Thank you.

A handwritten signature in black ink, appearing to read 'Tom O'Connor', with a long horizontal line extending to the right.

Tom O'Connor
President
United Hospital

Giving. Glamour. Glitz. Gala.

September 28, 2013, marked the 29th annual Service to Humanity Gala and it was a spectacular success. As usual, it was a very glamorous evening spent with 1,425 of our closest friends and supporters. This year's Gala included live and silent auctions and the opportunity to laugh along with those who tried the new games: "cash grab" and "heads & tails."

I was proud to watch our Physician Honoree, Omer Sanan, MD, being honored along with and our Community Honorees John and Linda



Support Families and Birthdays at the Birth Center

Every year, thousands of families choose the Birth Center of United Hospital. The Birth Center becomes a special place where families welcome their babies into the world.

Families trust the Birth Center to provide the highest level of care for the mother, baby and family. The Birth Center staff stands ready for every situation, from routine deliveries to complex, high-risk births. It's comforting to know that special expertise for infants is available in the Birth Center's newborn intensive care unit, the only one in the east metro area. Children's Hospitals and Clinics of Minnesota and United Hospital are partners in the Birth Center.

Now, United Hospital Foundation is beginning a fundraising campaign to renovate the Birth Center. Its facilities need updating to accommodate changes in medical care and to provide the birth experiences that families desire.

This newsletter presents two articles to highlight the Birth Center's expertise: a profile of a labor and delivery nurse on page 14; and stories from a family who chose the Birth Center on page 16.

Elaine S. Larson Surgical Center Opens Nine New Operating Rooms

Great progress has been made in 2013 on the Elaine S. Larson Surgical Center at United Hospital. Nine new operating rooms opened in September, making the renovation approximately 75 percent complete.

Preparing the new operating rooms to receive patients was a huge task. "Our surgery staff stayed late, came in during their free time and many were here over the weekend—all to prepare the rooms for patients on a Monday morning," said Tom O'Connor, United president. "It was a monumental effort and exemplifies their commitment to the patients of United Hospital."

October 2012 marked the start of a complete renovation of United's surgery area, which was built in the 1970s before the advent of minimally invasive surgery and other advances. The first areas completed in the Elaine S. Larson Surgical Center were: three operating rooms; the pre-operative and post-anesthesia care units; pathology department; pharmacy; and renovated physician lounge and locker room.

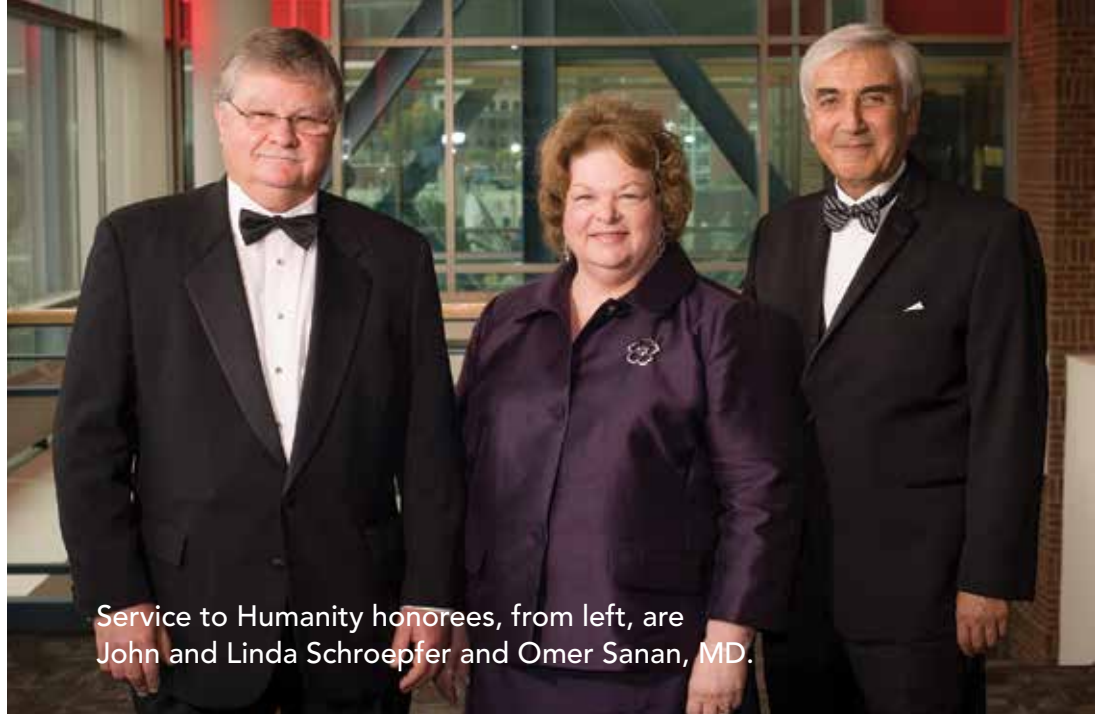
"Under construction now are three more operating rooms and staff areas including a lounge and lockers, control desk and anesthesia department space," said Richard Schreiner, United's director of facilities management. Renovation will be completed in January.

The surgery center, funded by donations to United Hospital Foundation, is named for the late Elaine S. Larson of St. Paul. She donated the lead gift for the renovation in 2012.

2013
Service to Humanity
Gala



*Giving.
Glamour.
Glitz.*



Service to Humanity honorees, from left, are John and Linda Schroeffer and Omer Sanan, MD.



Bart and Kay Zibrowski and Carla and John Pfeifer.



September 28 was a memorable night for 1,425 Gala guests, who celebrated in an atmosphere of giving, glamor and glitz. This year, the Gala provided a few new surprises to complement the favorites from previous years. A new Gala Lounge greeted guests as they ascended the escalator to the mezzanine where the silent auction items awaited. Two unique games were added – “Cash Grab” and “Heads and Tails.” As the legendary group The Sevilles played, guests took their first look at what can only be described as a spectacular setting for dinner and dancing at the 2013 Service to Humanity Gala.

This year’s 29th annual Gala raised \$1.52 million for the Elaine S. Larson Surgical Center Campaign. That’s one of the largest amounts raised by the Gala, which is the main fundraising event sponsored by the United Hospital Foundation.

2013 Gala Chairs Russell and Andrea King were back by popular demand. Together, they ensured the evening was a fun, fabulous success.

An important part of the evening was the presentation of two Service to Humanity Awards. Community Award recipients John and Linda Schroeffer were honored for their generous support of the United Hospital Foundation as volunteers, donors and advocates. This year’s physician honoree, Omer Sanan, MD, medical director of surgery, is a leader in the surgery and oncology programs and helped created United’s Breast Center.

United Hospital Foundation presents the awards annually to recognize the honorees for selfless dedication and leadership in improving the health and welfare of people in St. Paul and surrounding communities.

Guests started the evening at a fabulous reception, featuring white-gloved butlers passing hors d’oeuvres. A silent auction featured more than 400 items,

secured by the 22-member committee of community volunteers who sought donations from generous donors. During the live auction of large items, guests bid on a Pebble Beach golf weekend, dinner yacht cruise on the St. Croix River, autographed 3,000 hit club baseball, Vistana Resort near Walt Disney World, Minnesota Wild tickets and more.

The winner of the 2014 Ford Mustang convertible was Lee Schatschneider.

Dinner began with an appetizer of smoked duck with micro greens, bacon and herbed goat cheese finished with port wine and fig reduction. A salad of gorgonzola-roasted, bacon-wrapped pear over mixed greens with candied pecans served with sweet balsamic vinaigrette followed. The entrée was filet mignon with Glace D’Agneau served with tricolored oven-roasted fingerling potatoes, and white and green asparagus topped with roasted red pepper. A decadent dessert of a dark chocolate shooter with chocolate-dipped strawberry skewer, flourless chocolate torte topped with white chocolate peanut butter mouse and dark chocolate curls and decorette, and red velvet cheesecake truffle ended dinner on a sweet note.

The United Hospital Foundation extends appreciation to all of the Gala sponsors and volunteers, and to generous community members who attended to show their support for United Hospital.

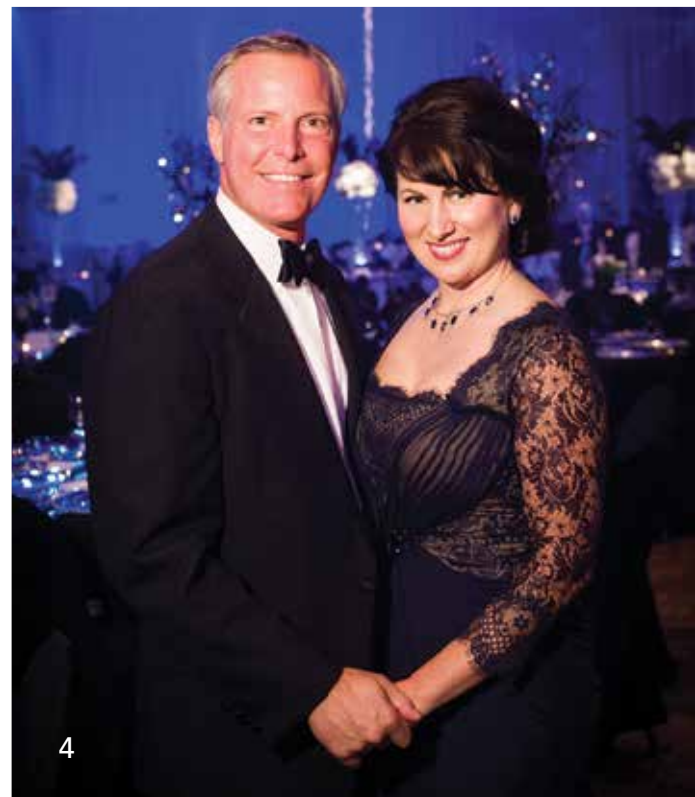
A special thank you to John Nasseff and Helene Houle, Gala Chairs Russell and Andrea King, and the Gala Committee. Without support from these dedicated and tireless individuals, the Gala would not have been as successful, and the foundation is grateful for their continued support.

Mark your 2014 calendars for the 30th annual Service to Humanity Gala on September 27, chaired by Dawn and Tom Walrath.

Photo credit: Andrews Photography

The Gala.

September 28, 2013



1. John Nasseff and Helene Houle. 2. Linda and John Schroeffer. 3. Guests browse the silent auction. 4. Russell and Andrea King, co-chairs of the Gala. 5. Jeff and Nathalie Ulrich, Father Mark Moriarty and Theresa and Jim Edwards. 6. Mary and Jack Ritt.



7. Kris Taylor, right, with family. 8. The RiverCentre looked stunning for the Gala. 9. Andrea King and Omer Sanan, MD. 10. Tom and Dawn Walrath. 11. St. Agnes School students volunteered at the event. 12. Edy, Nazy and Moe Sharifkhani.

The Gala.

September 28, 2013



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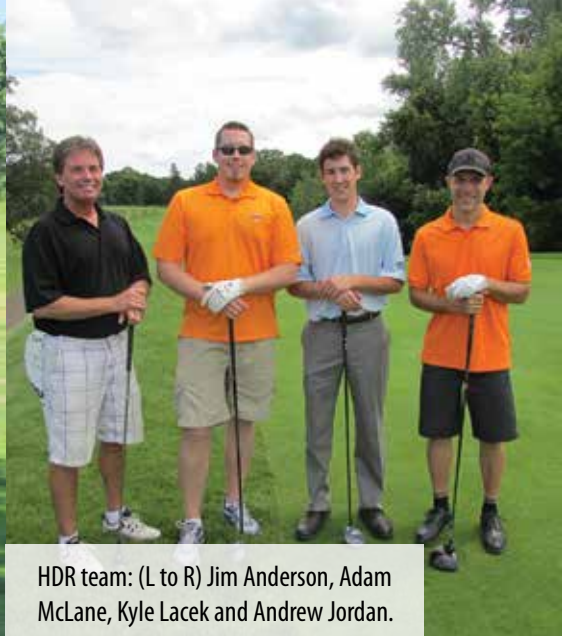
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HDR team: (L to R) Jim Anderson, Adam McLane, Kyle Lacek and Andrew Jordan.

United Hospital Golf Classic

The 23rd annual United Hospital Golf Classic was held July 29 at the White Bear Yacht Club. One hundred twenty-four golfers participated in the tournament and enjoyed 18 holes of golf on a Donald Ross-designed golf course, which is ranked fifth in the state by Golf Digest.

The day began for our gold sponsors with the John Harris breakfast golf clinic, sponsored by CMA, an Ideacom partner. Harris turned professional in 1974 and joined the champions tour in 2002. Golfers participated in contests throughout the course and ended the day with an awards reception.

Congratulations to the King Capital Corporation players Tom Bonfe, Eric McCabe, Rob Bovee and Mike Gallagher for their first-place win.

Over \$150,000 was raised – proceeds from the event benefit the Elaine S. Larson Surgical Center. The foundation wishes to thank all who supported the tournament and recognize McGough Companies, title sponsor; HDR Architecture, Inc., reception sponsor; Nasseff Mechanical Contractors, beverage cart sponsor; CMA/Ideacom, John Harris breakfast golf clinic sponsor; and Lexus of Maplewood, our hole-in-one sponsor.

Mark your 2014 calendar for the tournament on July 28 at the White Bear Yacht Club.

Back by popular demand — John Harris for the breakfast golf clinic, offered to gold sponsors. Contact Cindy Early, United Hospital Foundation, at 651-241-8027 to become a sponsor.



(L-R) Bart Zibrowski, John Harris, Duke Adamski and John Pfeifer.



First place team: (L-R) Tom Bonfe, Rob Bovie, Eric McCabe. Mike Gallagher is not in photo.



(L-R) Bob Fish, John Anderson, Jim Anderson and Myron Anderson.



3M Senior PGA Championship

Tom Pernice, Jr. held off a Sunday charge by Jeff Sluman and Corey Pavin to claim the 21st 3M Championship title. Pernice's three-day total was 17-under par 199. This win is Pernice's second on the Champions Tour and his first win since 2009.

The weather was mild, general admission was free for the fifth consecutive year and Minnesota golf fans turned out in droves to watch this year's tournament and to see the women compete in the Greats of Golf. Saturday's gallery was the largest the 3M Championship has had in its 21-year run.

The championship, held at the Tournament Players Club in Blaine, is Minnesota's only PGA Championship Tour event. It offers one of the largest purses on the tour and is the largest professional sports-related charity event in Minnesota.

After exceeding the \$20 million mark in overall charitable contributions last year, the 3M Championship will, again this year, support United, Abbott Northwestern, Mercy and Unity hospitals.

Thank you to 3M, title sponsor, and to all the sponsors, volunteers and spectators who made this event a success.

Mark your calendar for the 2014 tournament dates of July 28 – August 3.



Open House for the Bentson Family Foundation Neurological ICU



1. United Hospital staff enjoy the open house. 2. Dr. Swanson, George Reilly and Judi Dutcher at the ribbon-cutting ceremony. 3. Erin Eddy, RN, and Tim Hehr, RN, demonstrate the video connections of the Allina Health telestroke program. 4. Hospital staff check out an ICU patient care room.



From left are Dr. Steve Swanson, president of Allina Health Neuroscience, Judi Dutcher and George Reilly from the Bentson Family Foundation, David Byrd, director of development and Duke Adamski, president of United Hospital Foundation.

United Opens New Bentson Family Foundation Neurological Intensive Care Unit

The Bentson Family Foundation Neurological Intensive Care Unit opened at United Hospital in August. It provides specialty care for critically ill patients who have had neurosurgery and those with stroke, focusing on healing the brain.

The Bentson Family Foundation Neurological Intensive Care Unit is part of the John Nasseff Neuroscience Institute at Allina Health. The Institute, with United as a major hospital provider, is a system of care for patients with such neurological conditions as stroke, tumors of the brain and spinal cord, epilepsy, Alzheimer's disease, balance and movement disorders, headaches and sleep disorders. A generous donation from philanthropist John Nasseff endowed the Institute in 2012.

The Bentson Family Foundation provided a philanthropic gift for construction of the new intensive care unit, located on United's fourth floor. The Bentson Family Foundation was created by Larry and Nancy Bentson in 1956. Its support at United includes the Nancy & Larry Bentson Cardiovascular Laboratories in the Nasseff Heart Center and neurosurgery suites.

The Bentson Family Foundation Neurological Intensive Care Unit has 14 private rooms that offer the advanced monitoring required by critically ill patients with neurological conditions.

"From physicians and nurses to rehabilitation specialists, the entire staff specializes in neurological care," said Mark Chlebeck, RN, patient care manager. Leading the team are four physicians (neurointensivists) who specialize in neurological critical care. They collaborate with doctors who

treat neurology patients, including neurologists, neurosurgeons, and neuroradiologists. Registered nurses on the unit have specialized training in critical care, neurology and neurosurgical procedures.

Among the unit's physician leaders is Eric Nussbaum, MD. Dr. Nussbaum specializes in neurosurgery procedures to treat brain aneurysms and vascular malformations.

The unit's rooms are specially designed for neurology critical care patients, who may stay in the unit longer than typical ICU patients. Rooms have generous space for family members to visit. Most have a hallway window that allows the nurse to monitor the patient, without being in the room. "Intensive care can be intrusive on patients and families, and this allows them time alone together, while the monitoring is still going on," Chlebeck explained.

Beds for patients have special features to promote wound healing and air flow. Patients may be on bedrest longer, so preventing skin breakdown is important.

Other features include:

- portable CT scanner to provide emergency head CTs without moving patients from their beds
- one room equipped for bariatric patients
- several rooms equipped for patients who need dialysis
- care from the outset by physicians and staff from Courage Kenny Rehabilitation Institute™, part of Allina Health.



Top photo: The ribbon-cutting ceremony featured Helene Houle and John Nasseff, at center. From left are Mark Davis of Davis Construction, Michael Marshall, MD, president of Allina Health clinics, and Kurt Belk, MD, of The Urgency Room.

Bottom photo: Enjoying a beautiful day at the open house are, from left, Mark Davis, Helene Houle, Michael Marshall, MD, and John Nasseff.

Helene Houle Medical Center Opens

A new medical building opened in Vadnais Heights in August, named to honor philanthropist Helene Houle. The Helene Houle Medical Center is located at 1155 East County Road E in Vadnais Heights.

The medical center is home to a new 22,000-square-foot clinic, Allina Health Vadnais Heights Clinic. It also houses The Urgency Room, which is staffed by Emergency Physicians PA and offers services that are more intensive than urgent care but less intensive than an emergency department.

Helene Houle is the wife of philanthropist John Nasseff, and both are longtime supporters of United Hospital Foundation. In 2012 Nasseff endowed the neuroscience service line at Allina Health; the program was named the John Nasseff Neuroscience Institute. Naming the Vadnais Heights clinic in his

wife's honor is another aspect of Nasseff's generous donation. A grand opening for the Helene Houle Medical Center was held September 14.

The building incorporates energy-efficient and environmentally friendly green technology. Staff specialties at Allina Health Vadnais Heights Clinic include family medicine, internal medicine, general surgery, podiatry, audiology, mental health and ear, nose and throat care. To schedule an appointment, call 651-241-9200.

United Vascular Clinic Now Offers Specialized Wound Care

United Vascular Clinic now offers specialized care for patients with hard-to-heal wounds. Among those who can benefit are senior citizens and patients with diabetes, obesity or compromised immune systems.

Nurse practitioner Lois Kubitschek covers all aspects of wound healing to devise a comprehensive treatment plan for each patient. She incorporates each individual's condition, family, environment and lifestyle, drawing on more than 25 years of specialized training and experience in wound care.

Kubitschek works in collaboration with these United Vascular Clinic physicians: Thomas Biggs, MD; Peter Bretzman, MD; Timothy Goertzen, MD; Brian Mahoney, MD; Brian Miller, MD; John B. Miller, MD; and Sara Murray, MD.

Examples of non-healing wounds are diabetic foot ulcers, vascular wounds, pressure ulcers and surgical wounds. United Vascular Clinic is located in the Nasseff Specialty Center on the United Hospital campus. To schedule an appointment or speak with a wound care provider, call 651-241-2999.



Lori Kubitschek, NP



Through the Eyes of... A Labor and Delivery Nurse at United Hospital

Vickie Bilder, RNC, is a registered nurse who works in the Birth Center's labor and delivery department. For 34 years, she has helped women and families welcome babies into the world. She also works as a charge nurse, who is responsible for the orderly flow of patients.

During a hospital stay, patients and visitors may interact with a variety of doctors, nurses, specialists and other staff members. "Through the Eyes of..." introduces care providers and staff to explain the role they play at United Hospital.

How did you get started as a labor and delivery nurse?

I played "nurse" from the time I was 3 years old. When I moved on to nursing school, I always imagined what my job would be like and hoped some aspect of nursing would speak to me. It turned out something would cry out to me!

During nursing school I was a nursing assistant in labor and delivery at Midway Hospital. After graduation I became a registered nurse there. I worked with some wonderful, very professional nurses, and I decided that labor and delivery nursing was for me. In 1979 United was opening the Birth Center, and an OB/GYN doctor I worked with urged me to apply there.

What do you like about labor and delivery?

I fell in love with the process of labor and delivery. Watching a couple change into a family is an amazing experience. Watching a 2-year-old hold her little sibling for the first time is extraordinary.

Every patient is different, and every day is different. That's why I love my job, and 34 years later, why I still love it.

We are the minute-to-minute, day-to-day nurses who care for the mother and baby and for the new family. Our unit has very skilled nurses, and we all work together for the betterment of our patients and outcomes.

Tell me about the Birth Center's specialty for high-risk births.

We are known for our high-risk labor care. Many complications are possible when a woman is growing a baby. Whether it is preeclampsia (a life-threatening process with risk of seizure) or a 24-week-old baby, we are equipped to handle it. We have doctors and an anesthesia team in the hospital at all times, so we can deliver a baby by Cesarean section in our operating room in minutes. When we need to act in an emergency, we are ready.

Children's Hospitals and Clinics of Minnesota is our partner in the Birth Center. Labor and delivery is located across the hall from Children's neonatal intensive care unit (NICU). The NICU staff has the expertise to take care of extremely sick or premature infants with a state-of-the-art unit and technology.

We can push a red button on the wall in every labor room, and NICU nurses will be here in seconds. We love to see those tiny, premature babies come to visit us when they are plump, thriving kids.

How do you help patients make choices?

We are there to support the patient's birth plan. Patients have thought about this day for nine months, if not longer. They have images of how the birth should go, although that isn't always the case.

It matters to me whether the woman wants pain medications, or a shower, or if she wants her mother-in-law in the room. It is all her choice, and I try to do everything in my power to make it happen for her.

What are challenging parts of your job?

As a nurse I'm there to support patients with hard decisions and to sit with them when they cry about the difficult ones. We take care of patients on the hardest day of their lives, like when they have a baby who isn't the baby they imagined. We cry with them and grieve with them. We are able to give the families tokens to remember their baby: necklaces with their tiny baby's fingerprint, a lock of hair and photos.

Although it's hard, these days are important, too. I have had the privilege to watch a mother rock and sing her baby to sleep with the angels while tears rolled down her face. I have seen love like no other.

Helping women give birth sounds like a very rewarding job.

I am blessed to be not only a nurse but an advocate, a friend, a support person, and a memory forever. That is why I do my job. I honestly feel I have found my calling and niche in life. I get to make memories with patients and families on the biggest day of their lives. I see miracles every day I come to work. Who else can say that?

Birthdays Galore

In June 2013 the Birth Center had a record 23 deliveries in 36 hours. During that time the Birth Center leadership made a point of talking to every patient and family to assess their needs. Many patients praised the quality of care, compassion and responsiveness during that busy time.

Ready for the Unexpected

Birth Center Stories from the DeCourcy Family



The DeCourcy family includes United Hospital Foundation board member Merry DeCourcy, in center of back row, with daughters Kate Knapp, left, and Beth Miller. In the front row, all born at the United Hospital Birth Center, are from left, Michael Miller, Ted Knapp, and Merry and Katie Miller.

"I knew that the Birth Center at United Hospital was the best place for my four grandchildren to be born. The extraordinary level of care and commitment provided, along with the added safety of being so close to the newborn intensive care unit and Children's Hospitals and Clinics of Minnesota, made it the obvious choice.

"It's time we provide a Birth Center facility that will allow the nurses, doctors and staff to continue providing the same exceptional level of care."

Merry DeCourcy, board member of United Hospital Foundation and grandmother

Merry and Michael DeCourcy established a family tradition of strong support for United Hospital.

Merry serves on the board of directors for United Hospital Foundation. Michael is an attorney and retired judge in St. Paul. Both have been named as the community honoree for the foundation's Service to Humanity Award.

In the last 10 years, United has become a landmark in the DeCourcy family for other reasons: All four grandchildren were born at the Birth Center.

Daughters Beth Miller and Kate Knapp and their husbands chose the Birth Center, and they're glad they did. When the unexpected happened during birth, the Birth Center's experts were ready.

The birth stories of their children demonstrate the expertise the Birth Center provides for all families. From normal births to complex, high-risk scenarios, the Birth Center is fully prepared for every situation. And if an infant needs specialized medical care, experts from the neonatal intensive care unit at Children's Hospitals and Clinics of Minnesota are available immediately.

Beth and Mike Miller: Three Babies and Three Unique Births

The deliveries of Beth Miller's first two children, Michael and Katie, were relatively routine. The only exception was that her husband Mike nearly fainted just as Katie was being delivered.

After a long night at the hospital, Mike had forgotten to eat. During the delivery in the early morning hours, he felt light-headed and began to pass out right next to his wife. "The nurses were fantastic; they were able to care for Mike while making sure I was the primary focus in the room," Beth recalled. "Thanks to those nurses, Mike didn't faint, and he was able to witness the birth of our first daughter, Katie."

Given the uneventful births of their first two children, the Millers thought they knew what to expect when they arrived at the Birth Center for the birth of their third child, Merry. As they soon discovered, there is no such thing as a routine birth experience.

"During my delivery, I realized things seemed off," Beth said. "Thankfully, my nurse was able to recognize

that my labor was not progressing. Moments later, the doctor was at my bedside. I learned that for the health of the baby, I needed an emergency Caesarean section. It made me realize that there is no scripted birth, and that the doctors, nurses and staff are prepared for any scenario, even when the parents are not."

Beth credited the Birth Center nurses for helping her recover after the births of each of her children. "I was so grateful to the nurses and staff for their company, support and help during my stays at the Birth Center. There is no better place to be to welcome a new baby into your family!"

Kate and James Knapp: First-time Parents

Kate Knapp was glad that her physician, Patricia Chang, MD, was on call the night she arrived at United Hospital for the birth of her baby boy Ted in February 2011. "Dr. Chang was a great source of information and support during my pregnancy, and I was happy that she was able deliver my son," Kate recalled.

Shortly after her admission to the Birth Center, it became apparent that the baby's heart rate was not stable. Dr. Chang and the nurses helped make Kate comfortable and calm as they monitored her labor.

After eight hours of labor, it was clear that the baby was in distress. Dr. Chang informed Kate and her husband James that Kate needed a Caesarean section. "No one wants to have an emergency C-section, but I was confident that I was in good hands with Dr. Chang and the nurses and staff at United," Kate said. She was also glad that the neonatal intensive care unit at Children's was nearby, in case Ted needed special care after he was born.

Kate was whisked to the operating room while nurses helped James prepare for the surgery. Twenty minutes later, baby Ted was born with no further complications. "I was so relieved when I heard him cry for the first time," Kate said. "The reasons for the emergency C-section could not have been predicted."

The Birth Center nurses helped Kate and James bond with Ted while she recovered from surgery. Kate credited the doctors and nurses at the Birth Center for providing the highest level of medical care to both her and their little bundle of joy.

To make a contribution to the Birth Center, please contact United Hospital Foundation at 651-241-8022 or at unitedhospital.com/unitedfoundation.



Alison Peterson, MD, vice president of medical affairs, United Hospital, volunteers at a bicycle collection site.

United Hospital Participates in Free Bikes 4 Kidz Program

Thousands of children will receive free bicycles in December, thanks to a partnership between Allina Health and Free Bikes 4 Kidz.

United Hospital and its employees are among the Allina Health sites to collect and distribute free bikes for children in need. Since 2011, Allina Health has partnered with Free Bikes 4 Kidz, a Minnesota nonprofit dedicated to helping children bicycle their way to good health.

In October, hundreds of employees and volunteers gathered at locations throughout Allina Health to collect bicycles. Donated bikes are being cleaned, repaired and refurbished, also by employee volunteers.

Bikes will be distributed with helmets and bike safety information to low-income children in Minnesota and western Wisconsin.

Regina Medical Center Joins Allina Health

Regina Medical Center in Hastings became part of Allina Health on September 1. Regina's long association with Allina Health began almost 30 years ago.

Allina Health has committed to investing in several enhancements to the Regina campus, while expanding primary and emergency care. This will also allow Regina to provide patients with additional comprehensive services, such as oncology, cardiology and neurology. Regina Medical Center will maintain its Catholic heritage and will continue to operate as a Catholic hospital.

The Regina campus houses two Allina Medical Clinics; another is nearby in Prescott, Wis. Regina shares an electronic health record with Allina Health and aligned itself with the specialty care services of Allina Health. Five years ago, Allina Health became a 25 percent owner of Regina, and its physicians aligned their practices with Allina Medical Clinic.

Regina Medical Center opened in 1953, organized by the Sisters of Charity of Our Lady. It has more than 800 staff members in an integrated health campus that includes the hospital, a skilled nursing facility, senior living, transitional care unit, clinics and other services.

Community Giving Campaign

The annual Community Giving Campaign is always a highlight of the year. This campaign allows employees to contribute dollars to support patient and community services that are important to them. This year's campaign was held September 3 - October 18. United Hospital's staff is committed to improving the health of the communities we serve. In fact, four team members believed so strongly in this effort that they volunteered to share their personal giving stories.

In addition, this year the 2013 Spotlight Program was the John Nasseff Neuroscience Institute - Stroke Program. Donations will support the expansion of community-based programs that offer blood pressure screenings, education about lifestyle changes and other interventions to help reduce and manage stroke risk factors. Gifts will also help increase awareness for the signs and symptoms of stroke, so that patients can seek treatment as quickly as possible. Lastly, donations will help expand the tele-stroke network beyond Allina Health hospitals to our affiliated partners.

"United Hospital employees are champions of caring when it comes to helping each other, and this is reflected in the success of our campaign," said Janet Berg, annual campaign manager. The 2013 campaign raised more than \$119,000, and over 21 percent of employees participated.

I give because...

"...I believe in giving back. My job is something I have always liked, and I feel fortunate to have the opportunity to give. I want to do that here at United."

Mary H., materials purchasing analyst



I give because...

"I give not only because I work at United and want this to be the premier east metro hospital. My family and I use United for our medical needs, and I want this to be the best hospital to provide care to us. By giving, I want to help this happen!"

Amy Clark, RN, patient care manager, Birth Center



Allina Health United Lung & Sleep Clinic

The physicians and staff of St. Paul Lung Clinic joined Allina Health this fall. Its new name is Allina Health United Lung & Sleep Clinic.

The clinic's 11 physicians specialize in pulmonary, critical care and sleep medicine. They staff United's intensive care units 24/7 and serve outpatients in the Nasseff Specialty Center.

Tom O'Connor, United Hospital president, noted the leadership of Lee Kamman, MD, of the Allina Health United Lung & Sleep Clinic, in developing the lung

cancer program at United and throughout Allina Health. "Dr. Kamman has been one of the key leaders in developing a best-practice lung nodule clinic and patient navigation program for all of Allina Health," O'Connor said.

The clinic was honored as physician honorees for the 2011 Service to Humanity award by United Hospital Foundation.

Appointments can be scheduled by calling 651-726-6200.

Mpls St Paul

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Top Doctor Excels at Robotic Surgery

United Hospital Foundation provided funds for innovative robotic surgery equipment to benefit United patients.

Peter Sershon, MD, is a familiar face in the Elaine S. Larson Surgical Center at United Hospital. A urologist at Metro Urology, he serves as chair of United's surgery department.

In July, Dr. Sershon appeared on the cover of *Mpls.St.Paul Magazine* in its Top Doctors edition. The magazine's article featured his leadership in robotic surgery to treat prostate cancer.

Dr. Sershon also serves as medical director of the Minnesota Robotic Surgery Center at United, part of the Elaine S. Larson Surgical Center. United's robotics equipment, called the da Vinci S® HD™ Surgical System, was purchased with funds from United Hospital Foundation. Robotics is a major innovation in surgery in recent years.

He performs 15 to 18 robotic surgeries a month, many to treat patients with prostate or kidney cancer. "Many surgical specialists have found ways to bring robotics into their practices, because of clear advantages

for patients," Dr. Sershon explained. "Urology and gynecology are the mainstays of robotics. Colorectal, bariatric and general surgeons are also finding procedures that show a clear advantage with robotics."

The benefits of robotic surgery for patients include a shorter hospital stay and faster recovery, lower risks of infection and blood transfusion and improved safety. However, robotic surgery isn't recommended for all types of surgery.

Compared to traditional surgery, robotics allows surgeons to operate more accurately and with smaller incisions. It also offers surgeons higher magnification, better flexibility and more precision.

Dr. Sershon credited United Hospital Foundation for its foresight in funding the purchase of the first, then the second generation of da Vinci Surgical equipment. "As chief of surgery, I am personally grateful to the foundation. This shows just how vital the foundation is to the surgery department at the hospital."

Surgeons at United have helped others gain experience with robotic surgery. "Then they become innovative and find new uses for robotics. That's the key," Dr. Sershon said.

Magazine's Nurse Awards Recognize Oncology Nurses at United

Two oncology nurses at United Hospital were recognized in the Outstanding Nurse competition by *Mpls.St.Paul Magazine*. Kelly Young, RN, and Jessica LeMay, RN, work on United's oncology unit and are leaders in addressing patients' pain control needs. Both are staff nurses who also work as charge nurses.

They were among 49 finalists for the award program, which was featured in the September magazine.

The goal of both nurses is to provide United's cancer patients with the best pain control possible. LeMay has been active in the Positive Deviance program, which identifies staff members who have

excellent approaches to patient care and spreads that knowledge to other nurses. For several years, she has recruited other nurses to participate, organized educational sessions, and helped others to adopt the positive changes.

Among the nurses she recruited is Young. He is motivated by his belief that health care providers need to work harder to reduce cancer patients' pain. He and LeMay created a method to systematically address the pain of patients with sickle cell disease. Young also is working to promote early consultations on pain management and palliative care for complex patients.

United's Cancer Program Gains Virginia Piper Cancer Institute® Designation



United Hospital's cancer program received designation as a Virginia Piper Cancer Institute® in September.

"This designation is really a promise

to our patients of the exceptional, high-quality cancer care they will receive at United Hospital, in collaboration with Minnesota Oncology," said Susan Nordberg, director of operations, Virginia Piper Cancer Institute.

The Virginia Piper Cancer Institute Cancer Clinic opened this fall, co-located with the United Breast Center on the third floor of the Ritchie Medical Building on the United campus. This strategic design centralizes cancer services for patients and offers greater convenience, with offices of Minnesota Oncology in the same building.

To achieve designation as a Virginia Piper Cancer Institute, sites must employ a consistent set of quality standards. These include multidisciplinary care conferences to discuss patient cases, cancer care coordination, on-site or access to genetic counseling services, and adherence to National Comprehensive Cancer Network evidence-based cancer care guidelines. Sites must also have or work toward accreditation from the American College of Surgeons' Commission on Cancer®. United was initially granted this accreditation in 1993 and currently holds a commendation for its cancer program.

The Virginia Piper Cancer Institute Cancer Clinic is designed to address the total needs of patients, including stress and quality of life, Nordberg said.

These will include:

- cancer care coordinators, who are registered nurses, to provide information, navigation and support
- psychology
- pulmonology
- neuro-oncology
- gastrointestinal oncology
- palliative care
- medical oncology
- social work to link patients with services in the community
- genetic counseling
- cancer rehabilitation services through the Courage Kenny Rehabilitation Institute™, part of Allina Health
- complementary therapies through the Penny George™ Institute for Health and Healing, part of Allina Health.

"We are proud and honored to receive this exemplary status at United Hospital, particularly since our patients will be the benefactors of such great services," Nordberg said.

United Breast Center Moves to Ritchie Medical Plaza

Funds from United Hospital Foundation enabled the Breast Center to move in September to new offices in the Ritchie Medical Plaza. This locates the Breast Center in offices with Virginia Piper Cancer Institute – United Hospital, offering greater convenience for patients.

Within the center is the Sharon K. Willbrandt Resource Library, an essential resource that provides information for patients in an inviting environment. To make an appointment, call 651-241-8300.

United Receives High Marks in U.S. News Rankings



United Hospital ranked prominently in July's annual Best Hospitals ratings by *U.S. News & World Report*.

United ranked as high-performing in 10 categories; only about 15 percent of hospitals receive this recognition as among the best in their region. United's categories are: cancer; diabetes and endocrinology; gastroenterology and GI surgery; geriatrics; gynecology; nephrology; neurology and neurosurgery; orthopedics; pulmonology; and urology.



Jason Horner serves as president of Aaron Carlson Corporation

Aaron Carlson Corporation: Woodworking and Quality Go Hand in Hand

Employees at Aaron Carlson Corporation have built the firm's reputation for fine woodworking over the last 120 years, piece by piece.

Aaron Carlson Corporation is renowned for excellence in woodworking. The Minneapolis firm has created architectural millwork, casework and fixtures for businesses, public buildings and homes in Minnesota and across the United States.

The firm's craftsmanship is also displayed at United Hospital. Aaron Carlson built and installed the millwork for a range of spaces, from reception areas and exam rooms to nurses stations. Aaron Carlson participated in United's major building renovations, including the new Bentson Family Foundation Neurological Intensive Care Unit, the Elaine S. Larson Surgical Center, and the Peter J. King Emergency Care Center.

"We create beautiful spaces to live, work and play," explained Jason Horner, president of Aaron Carlson who owns the firm with his parents, Al and Diane Horner. "I find it very rewarding to go into a hospital lobby and see people enjoy the space, with the millwork that we created and installed."

Aaron Carlson also supports United Hospital Foundation as a donor, a relationship that dates back 20-plus years. "We are pleased to be significant to United Hospital, to be part of their team," Horner

noted. The firm also supports the United Hospital Golf Classic, this year as a Gold Sponsor.

The firm began in 1891, when Scandinavian immigrant Aaron Carlson started the company on the outskirts of northeast Minneapolis. The company quickly established a reputation for craftsmanship that highlights wood's natural beauty. During World War II, the U.S. government commissioned Aaron Carlson to build modular wooden bridges to span rivers in Europe.

The Horner family purchased the company in 1994 from Aaron and Paul Carlson, great-grandsons of the founder. Jason Horner began learning the business while he studied accounting in college.

Aaron Carlson employs about 140 workers and also has production facilities in Morris, Minn., and Baldwin, Wis. The design, engineering, drafting and production of projects can be done at any of the three facilities.

Aaron Carlson recently has branched out into the growing "green" area of construction. In the firm's architectural film division, workers install a 3M product called Di-Noc on existing surfaces or casework. "This provides an architectural finish that's hard to distinguish from wood," Horner explained. "In health care environments like intensive care units, we can install the film quickly with no fumes or dust."

Photo courtesy of Heather Horner

Current Tax Incentives Still Drive the Buses



Larry Gamst is Principal of DS&B Ltd., and is a board member of the United Hospital Foundation.

Year-end Giving

United Hospital Foundation appreciates the consideration you give to year-end gifts, and we are available to help provide you with options that best fit your needs.

We will be happy to work with you or your broker at any time to facilitate your donated investment decisions. Contact United Hospital Foundation at 651-241-8022.

The year of 2013 is coming to a close, and it is time to assess one's income tax situation, which includes the issue of charitable giving. The tax rates are higher for both federal and Minnesota purposes, which may translate into having the government share more of the cost. It is still a trickier situation. There are additional Medicare taxes on investment income and wages in excess of \$250,000 in a joint return. There is a reinstatement of phaseouts on personal exemptions and itemized deductions (Pease and PEP limitations), and there are differences between federal and Minnesota taxable income in many areas.

For 2013, one potential savings on Medicare taxes along with offset of regular federal income taxes is still available to higher income people who are required to take minimum distributions from an IRA. One can have their IRA administrator make a direct payment of an amount up to \$100,000 to a charity of their choice and it can satisfy the required minimum distribution (RMD) rules on a person who is age 70 ½ or older, and at the same time does not add to their adjusted gross income. For federal purposes, this is extremely helpful to both those who might be above or below the joint \$300,000 threshold for the phaseouts of itemized deductions and exemptions. However, unless Minnesota enacts further conformity to federal law retroactive for 2013, this benefit is confined to federal taxes only.

You may have heard or misheard that the limitation on itemized deductions (Pease limitation) will greatly affect charitable contributions from those in higher income situations, starting in 2013. However, according to the Urban-Brookings Tax Policy Center, it should not reduce the incentive for giving more to charities, since the limitation is static at 3% of adjusted gross income (AGI) above \$250,000 for a single taxpayer and \$300,000 on joint taxpayers. In other words, it is what it is strictly based on AGI. For example if a couple has AGI of \$500,000, the reduction of itemized deductions will be \$6,000 and once that amount is passed, there is still a savings of a potential 39.6% of the amount of each additional dollar contributed to the charity. In plain terms, each additional \$100 of a contribution costs them a little bit more than \$60. Most economists agree that the most important factor is the tax savings one gets from each additional dollar that they contribute.

What about 2014? Will Congress extend or make permanent the provision that allows for the direct contributions of RMDs from IRAs to charity? Will Minnesota conform to federal tax law, or continue to operate a parallel tax system? Will itemized deductions be limited in greater amounts? Will it make more sense to revise one's estate plans if the large bulk of the estate is in IRAs or qualified plan dollars?

The main thrust in 2013 is that there is more benefit to current contributions directly to a charity or to a donor advised fund.

If you would like information about planned giving, contact United Hospital Foundation at 651-241-8022.

United Hospital Foundation Funds

BIRTH CENTER CAMPAIGN FUND

The campaign supports the renovation of the United Hospital Birth Center. The new center will feature right-sized rooms that welcome patients, family and friends as part of the birth experience and provide adequate space for medical teams to work.

CAL CALMENSON PULMONARY AND CARDIAC EDUCATION FUND

The fund provides for pulmonary and cardiac education for patients and staff at United Hospital.

CARDIOLOGY RESEARCH FUND

The vision is to be a leader in clinical cardiology and provide the highest level of quality research service. The fund helps expand the knowledge of current and developing therapies.

JULIE COHEN UNITED HOSPITAL VOLUNTEER AND NURSING EDUCATION FUND

This fund will award scholarships to volunteers pursuing nursing degrees.

DIABETES FUND

A health care team works together to find the best way to manage diabetes. This fund provides support for diabetes programs and projects. United Hospital is Joint Commission certified for inpatient diabetes care program. Our program is in the top one percent in the nation.

JESSE E. EDWARDS ENDOWMENT FUND

This cataloged collection has 28,000 human hearts and 85,000

associated diagrams, drawings and photographs. It provides a unique learning and working opportunity for local, national and international physicians, which benefits every person with the potential for heart disease. The endowment fund keeps the registry here at United.

HEART UNITED FUND

The Nasseff Heart Center offers comprehensive care from diagnosis to rehabilitation.

ELAINE S. AND ROBERT E. LARSON ENDOWMENT

This fund supports the designation of a medical director position of the Stroke Intervention Center within the Nasseff Neuroscience Center, which already has the components for a stroke center of excellence in place, including experienced staff, interventional radiological treatments, rehabilitation services, screenings, prevention and risk-reduction programs.

LIPSCHULTZ GUEST APARTMENTS ENDOWMENT FUND

The apartments offer a place for families to stay when a loved one is hospitalized. This fund helps subsidize guests who can't afford to pay for the service.

MEDICAL EDUCATION AND RESEARCH ENDOWMENT FUND

This resource is funded entirely by physicians and provides grants for clinical research, educational opportunities and the purchase of ancillary equipment.

MILTON M. HURWITZ EXERCARE FITNESS CENTER FUND

The Milton M. Hurwitz ExerCare Fitness Center provides medically safe and effective exercise and education programs to patients, their families and the community.

NEUROSCIENCE UNITED FUND

The John Nasseff Neuroscience Institute offers comprehensive services, including a multi-disciplinary team for acute and long-term care, and serves as a research and education center to patients with neurologic disorders.

ELAINE S. LARSON SURGICAL CENTER CAMPAIGN

The campaign supports the renovation of the United Hospital operating rooms. Upgrades bring state-of-the-art technology and capabilities to continue providing exceptional care. To be completed in January 2014.

PETER J. KING EMERGENCY CARE CENTER AT UNITED HOSPITAL FUND

United's Emergency Department, one of the busiest in the Twin Cities, was expanded to continue to meet the needs of our community as we respond to life-threatening injuries and illness, as well as the possibilities of terrorist threats, large-scale natural disasters and worldwide epidemics.

Additional Funds

Jim Adamski Complementary Therapy Fund
Behavioral Health Services Fund
Breastfeeding Resource Center
Cancer Care and Research Fund
Cardiovascular Health Improvement Fund
Center for Caring
Chapel/Pastoral Care/Spiritual Care Fund
Claussen Scholarship Endowment Fund
Community Partnership Fund
Dr. C. Richard Guiton Ethics Fund
Dr. Karon Pulmonary Disease Fund
Employee Fund (EFAC)
Equipment Fund
Faye Ann Johnson Memorial Education Fund
Free Care Endowment Fund
G. Kamman Tumor Conference Fund
General Fund
Heart/Lung Endowment Fund
John & Delores Holl Endowment Fund
Lawson Family Donor Advised Fund
Medicine Fund
Newman Breast Cancer Fund
Maureen Smith Nursing Education Fund
Olivia Birth Center Fund
Oncology Endowment Fund
Pain Center
Ragon Cardiac Fund
Rifkin Cardiac Fund
Rinkey Cardiovascular Endowment Fund
St. Paul Cardiothoracic Surgical Services
Sam Singer Memorial Fund
Sharon K. Willbrandt Memorial Fund
Volunteer Fund

To make a donation to any United Hospital Foundation Fund or to establish a named fund, please call the United Hospital Foundation at 651-241-8022 or visit us online to learn more about planned giving at unitedhospital.com/unitedfoundation.

United Hospital Donor Tributes

United Hospital Foundation's Honoring Program offers a distinctive and meaningful way to remember, honor, pay tribute or recognize those important people in your life. By giving in remembrance, you offer a gift of lasting memory.

United Hospital's continued strength results in large measure from the support received from generous individuals like you. The financial commitment of our community members enables United Hospital Foundation to invest in important projects at United — supporting the best in quality health care for our patients while meeting the needs of our donors.

The following are memorial/tribute gifts received from August 23 to October 30, 2013.

IN MEMORY OF

Margie Graceman

Marjorie Edwards

Robert C. Karel

Betty Adam

Jacklynn Kastendieck

Beth Ball & Family

Gerald and Doris Harms

Lori and Keith Hays

Colleen Johansen

Bruce Johnson

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Jo Marcotte

Rosemarie Krier

Lou and Ida Lee Hurvitz

William "Bill" Lovett

Samara Calderon

Jennifer Gran

Christy Mader

Jane Rutman

Marcella Messier

Donna LaPlante

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Marjorie Edwards

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IN COMMEMORATION OF

Dr. Jesse E. Edwards

Marjorie Edwards

Maureen Smith

Gary and Pam Smith

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Buy-A-Tree Program

Ash Tree in Memory of our Parents

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Buy-A-Brick Program

Linda K. Olson

Birth Center Staff

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United Hospital

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Mickey Goff

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Mickey Goff

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Mickey Goff

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Helen Leslie and Ron Goldser

Jean and Arnold London

Wendy and Steve Rubin

Michael and Sherry Spence

Breanna Sue Schewe

Mickey Goff

Nicholas Stanton

Mickey Goff

If you would like to honor, remember or celebrate someone or an event, please complete the enclosed honoring envelope and send it along with your donation to the United Hospital Foundation. Thank you.

The Heritage Society

The Heritage Society is our way of acknowledging donors who make the United Hospital Foundation part of their estate plan or who provide perpetual support of our hospital through the creation of an endowment fund. These generous individuals are shapers of the future, making their mark with gifts that will benefit generations to come. An estate gift is so much more than a donation. It is a charitable act that provides a steady stream of support that allows the Foundation to respond to changing needs — forever.

To become a member of the Heritage Society, all you need to do is inform us of the provision you have made for the Foundation in your will or trust. The amount can vary and does not have to be disclosed. You may remain anonymous if you wish.

For more information, please contact the United Hospital Foundation at 651-241-8022. Confidential consultation on charitable giving with foundation staff or other experts is available.

We recognize and thank the following members of the Heritage Society:

Duke Adamski	Cindy and Bill Early	Dr. Ken and Linda Holmen	Mark and Joan Mishek	James Scarpetta, Jr.
Darcy Andahl	Mina Fergestad	Joseph B. Hreha	Lucille Moeller	Craig and Leah Schmalz
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Stephanie S. Cook	George S. Hill	Theresa T. McCarthy	John T. Rogers, MD	Norb and Karen Winter
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Lisa M. Damon	Stan and Doris Hill	Peter W. Michalowski	Norman Rose	
Patrick and Marie Dreschich	Edith B. Hodgson	David R. Miller	Lillian M. Rumble	Eight of our donors wish to
Arthur G. Driscoll	John and Dolores Holl	Dr. Zondal and Esther Miller	Jerry Sansby	remain anonymous.

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The United Hospital Foundation exists to enhance the health of United Hospital patients and the wellness of the community we serve.

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Cindy Early
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If you do not wish to be contacted by email, mail or phone, please write to United Hospital Foundation at 333 North Smith Avenue, St. Paul, MN, 55102 or call us at 651-241-8022.



UNITED HOSPITAL
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