



Newsletter

Emergency Department Expansion at Unity Hospital

For many individuals, the entry point into a health care experience begins in the emergency room. To improve that experience for our patients, Unity Hospital embarked upon a substantial multi-year

contagious patients will be created as well as specialty rooms for mental health patients.

By year end, Unity Hospital will be submitting an application for designation as a Level III trauma center. Being a trauma center guarantees immediate availability to specialized physical space and life support equipment as well as specialized surgeons, nurses and other physician specialists. A Level III trauma center designation will mean that Unity Hospital is optimally prepared to respond to

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Renderings of the future Emergency Department expansion

renovation and expansion of its Emergency Department in 2006. Unity Hospital is presently on target to see 41,500 patients this year, and visits have increased 6% each year since 2004. Over 24% of emergency room patients are admitted for hospitalization.

At Unity, the \$5.7 million project will equip, renovate, and expand the emergency department. The remodeling and expansion involves 11,000 square-feet of existing space and a 9,000 square-foot expansion. The project will add 12 rooms to the emergency department, making a total of 39 rooms; all rooms are private and outfitted for patient safety and comfort. In addition, two isolation rooms for

Fundraising For The Emergency Departments

Fundraising support for the Emergency Departments is well underway. This November we will be telefundraising for the expansion and remodeling of the Emergency Departments. We will be contacting those familiar with our Hospitals to ask for financial support. Our telefundraising staff may suggest giving via credit card as a way of making a donation. Our pledge to you is that all credit card information is kept confidential; it is never retained and is only used for your one time pledge in the amount of your choosing. We promise you that we never sell or trade any contact information. Fundraising efforts will help to ensure the success of our projects aimed to giving the best care possible to our patients. Thank you in advance for your time speaking with our telefundraisers, and for any support you may give! We appreciate your consideration.

If you have any questions, please call Mercy & Unity Hospitals Foundation at **763.236.8199**.

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Wellness Program of Mercy and Unity Hospitals

Wellness is simply the process of being aware of and actively working toward better health.

For eighteen years, the Wellness Program has been offering health screening and health improvement educational services to the communities of Mercy and Unity Hospitals. The Wellness Program was developed after a partnership between the District 5M7 Lions and Lioness Clubs and the hospitals was established. The initial mission of this partnership was to develop a clinic on wheels to bring health professionals and diagnostic tools into the community to conduct health screening. Over 27,000 individuals have visited the Wellness Van for screening, education and referral to health care. The District 5M7 Lions and Lioness Clubs continue to donate funds yearly so the Wellness Van can visit their communities to provide these preventive services.

Starting in 2007, the 5M7 Lions and Lioness Clubs partnered with the hospitals to offer screening and education in the Coon Rapids, Fridley and Anoka High Schools. This is a very important focus because reducing childhood obesity has become a major public health goal. The screening assists both the students and their parents in understanding the connection between clinical measurements such as cholesterol levels and certain medical conditions such as heart disease and stroke and the importance of healthy eating and regular exercise in reducing obesity and chronic disease.

Over the years, the Wellness Program has developed a worksite health program that allows employers an opportunity to offer health screening and education to their employees. Wellness staff go to worksites to perform blood pressures, blood tests, respiratory and fitness testing. Aggregate reports are generated after the testing, and the company is assisted in developing strategies for improving the health of their employees. Wellness staff present educational programs on nutrition, exercise and different medical conditions. In 2006, the Wellness Program worked with over 97 different companies and screened 7,000 employees through the worksite program.



Students take part in screening



The Wellness Program manages two health improvement programs within the hospitals. The Women's Heart Center offers women a year-long

health improvement program. A woman enrolled in the program goes through a comprehensive assessment, and after obtaining the results, will meet with a nurse specialist to develop health improvement goals. Over the year, the client will meet with the nurse several times to review goals and obtain further recommendations for achieving the goal if necessary. Over 100 women visit the Women's Heart Center each year.

The Tobacco Intervention Program offers an inpatient and community focus on tobacco cessation. The tobacco cessation counselors visit the bedside of patients who smoke. The counselor reviews the benefits of quitting and offers methods that have been proven to be effective in quitting and reducing tobacco use. Additionally, the Freedom From Smoking Program, which uses an educational and support format, is offered at the hospitals and in local companies. The Tobacco Cessation Counselor consults with over 1500 patients each year.

For further information on the Wellness Program, contact Brenda Link, Program Supervisor, at **763.236.8041** or brenda.link@allina.com. Please contact the Foundation at 763.236.8199 to make a program donation.

Kenny Kids Accessible Playground Now Open

If you have ever ridden a bicycle through sand, then you can imagine what it would be like for a child to maneuver a wheelchair through sand or pea rock. Yet that's exactly what most handicap accessible playgrounds have on their surfaces. But thanks to the generous support of donors to the Mercy & Unity Hospitals Foundation, that is no longer the case at the Kenny Kids Pediatric Rehabilitation Program.

Proceeds from the 2006 Crystal Ball were used to build an accessible play area for the children who attend therapy at Kenny Kids Pediatric Rehabilitation Program, part of the Sister Kenny Rehabilitation Institute at Mercy Hospital. Through the generosity of the Foundation's donors, the Kenny Kids Rehabilitation Program was able to install an accessible playground at their new clinic in Coon Rapids, now located at 3111 124th Avenue (west of US Highway 10 at intersection of Main Street and Northdale Blvd.). What makes this playground special is its spongy rubberized surface that offers children protection while using the playground equipment. This special surface is designed for use by children who use walkers and wheelchairs for mobility, making it easier for them to access the play equipment. The colorful surface

encourages children in rehabilitation to traverse the inlaid track with varied mobility devices (wheel chairs, walkers, scooters, bikes), or move from colored circle to circle.

There are climbing surfaces, rock walls, slides, a toddler play area with play panels and crawl tube, acrylic paint easels, whisper tubes, arm bike, picnic table and a garden hose for water play. Because of our donors, children with physical disabilities now can safely enjoy activities that others take for granted!

For further information about the Kenny Kids Pediatric Rehabilitation Program, contact Sara Rohde, Program Coordinator at **763.236.8924** or sara.rohde@allina.com. Please contact the Foundation at **763.236.8199** if you would like to make a donation to the Program.



Using play, the therapists design rehabilitation programs for children with a variety of diagnoses

Retirement Plan Assets and Your Estate – Something to Think About

When you plan your estate, it may seem natural to designate a family member as the successor beneficiary of your retirement plan and use other assets to make a charitable gift. But using retirement assets to make your donation and leaving other assets to your heirs often enables you to give more to your heirs.

Since the Mercy & Unity Hospitals Foundation is a non-profit organization, we won't pay income tax on the distribution (nor will the gift be subject to estate tax). The entire amount comes to us, and your heirs will benefit from a reduced estate tax burden.

Planning points

You may make the Mercy & Unity Hospitals Foundation a partial beneficiary of your plan and direct the balance to your heirs. At your death, the plan administrator will withdraw a charitable contribution, providing an immediate gift to the

Foundation, and leaving the balance to benefit your family.

If you choose this option, be sure to direct the gift to the Mercy & Unity Hospitals Foundation through your plan's beneficiary designation form — rather than through your will. If you fail to do so, the assets will be included in your taxable estate.

Your tax advisor may tell you not to use the balance in your retirement account to satisfy a specific dollar-amount bequest already in your will. Your estate will be treated as having received taxable income in the amount of the bequest paid by the retirement plan assets.



Planned giving ... Continued on page 4

Contributors

Mercy & Unity Hospitals Foundation wishes to acknowledge these individuals who contributed articles and photography for this newsletter:

Josh Barsody
Kent Canine, Editor
Sue Clark
Julie Nelson Gotham
Judy Hoaglund
Val Kriegler
Brenda Link
Craig Malm
Gloria O'Connell
Richard Olson
Dawn Prince
Sara Rohde
Kathy Schultz
Bill Van Cleaf

Allina Creative Services:
Carol Garner
Larry Sobaskie
Adrian Lewis

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ED expansion...

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traumatic emergencies with established protocols and resources to efficiently manage seriously injured patients. A hospital's designation level allows emergency medical services to know exactly what that hospital's capabilities are. Unity is on pace to become the first hospital in the northern suburbs to achieve a Level III designation.

In the future, Mercy Hospital will be applying for Level II designation.

For further information on this project, please contact **Judy Hoaglund**, Nursing Director at **763.236.3249** or **judy.hoaglund@allina.com**. If you would like to make a donation to this project, please call the Foundation at **763.236.8199**.

Planned giving... *Continued from page 3*

Can I use retirement assets to fund a charitable life income arrangement?

Yes, you can. Talk to your financial advisors and us first to project whether your heirs would benefit more from income from a gift plan or withdrawals from your retirement account.

Upcoming Events

Sponsored by the Mercy & Unity Hospitals Foundation in 2008

Mark your calendar for the Foundation's upcoming events:

Crystal Ball, April 5,
Courtyards of Andover, Andover

Twinkling Angels Golf Tournament, May 22,
Majestic Oaks Golf Club, Ham Lake

8th Women's Day on the Links, June 4
Tournament Players Club, Blaine

3M Championship, July 14-20
Tournament Players Club, Blaine

Golf Classic, July 21, Bunker Hills Golf Course, Coon Rapids

5th Annual Sue Fischer Golf Tournament,
September 12, Majestic Oaks Golf Club, Ham Lake



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Allina Health System



4050 Coon Rapids Blvd.
Coon Rapids, MN 55433

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