



Newsletter



Power Hour physical activity program

Power Hour

Mercy and Unity Hospitals have identified reducing childhood obesity as a priority public health goal. Obesity in children is now epidemic. The number of children who are overweight has doubled in the last 20 to 30 years; currently one child in five is overweight, and this is true regardless race and gender. Such a complex health threat based in part on lifestyle – recreation, eating habits, self-esteem, family systems – requires addressing this problem on many fronts.

Mercy and Unity Hospitals' Northwest Community Health Council, a community benefit advisory group, decided to focus on the issue of childhood obesity through a hospital-school partnership with the goal of reducing childhood obesity in the Anoka-Hennepin School District. The Council is composed of leaders from Anoka County Community Health Department, Allina Hospitals and Clinics, health care and community organizations, and businesses. The Council approached the Anoka-Hennepin School District about establishing a community partnership to address this issue. The Anoka-Hennepin School District is the largest in the state and with the leadership of District Superintendent, Dr. Roger Giroux, who agreed that there were creative ways to address this health issue, the partnership was

Caring Circle

A New Monthly Giving Program

Mercy & Unity Hospitals Foundation invites you to join its new monthly giving program, the "Caring Circle."

You can make your gift work even harder in supporting patient care and our communities by becoming a member of the Caring Circle. Members enjoy the added benefits of:

- Meeting the health care needs of our communities
- Reducing the Foundation's paper and postage costs-allowing you to put more of your donation to work in the programs you want to support
- Designating your donation to one or both hospitals
- Budgeting your contribution in 12 equal amounts
- Being recognized in the Foundation Annual Report as a member of the Caring Circle
- Designating your donation to a favorite Hospital program or service (undesignated gifts will be directed to the Unrestricted Fund to be used for the Hospitals' greatest need)

The Ease of Electronic Giving

"Electronic" giving is an efficient, easy and time-saving alternative method for you to make regular monthly donations in support of the mission of the Foundation. The payment procedure is very simple. You authorize a specific amount of money to be charged to your credit card. Your credit card statement will show the date and amount of your gift each month. Mercy & Unity Hospitals Foundation accepts Visa, MasterCard, Discover Card and American Express. We suggest a minimum monthly amount of \$25. And you can change your mind about using an automated funds system or your monthly charge at any time by contacting us in writing.

Inside...

Cancer Resource Center	2
You've Got Mail (In the Hospital)	3
Charitable Giving	3
Events	4

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Cancer Resource Center

Cancer is a life-changing experience. The committed cancer teams of Mercy & Unity Hospital's Cancer Centers blend the best of technology and compassion to offer the most current treatment and caring support by committed professionals who understand cancer and the challenges patients face. To treat the disease, the Center's physicians and health professionals provide the best clinical care possible, but they also recognize that patient's emotional and personal needs call for careful attention.

Support comes in many different ways to fit individual needs. The Cancer Resource Centers at Mercy & Unity offer a variety of support services to individuals, family members, friends and providers free of charge. The Centers feature a healing environment with soft lighting, natural colors, water elements and comfortable seating. The varied support services available free to visitors include:

- Resource library of text and materials on inspiration, coping, and integrated therapies.
- Wigs, head coverings, and wig products.
- Appointments and referrals to social workers, attorneys, clinicians and chaplains.
- Therapies for stress reduction including massage, healing touch and acupuncture.
- Support groups for all cancers, and specialized support groups for breast, prostate and lung cancer.
- Education and group classes including classes on make up techniques, support education for families and children, and forums on specific cancer topics.



A volunteer provides support for a patient.

The Cancer Resource Centers offer visitors opportunities to regain control, self-esteem and hope for the future through the power of information and the warmth of human compassion and support.

The Centers are staffed by volunteers, skilled practitioners, trained facilitators and other health professionals who have expertise in cancer support. The Centers are generally open between 9 a.m. to 5 p.m. weekdays and welcome visitors with open arms. For more information contact Sandy Herrala at **763-236-4699** or **sandy.herrala@allina.com**.

Power Hour *Continued from page 1*

formed in 2005. A joint decision was made to develop and implement a pilot program at Morris Bye Elementary School in the 05-06 school year. This healthy school initiative, entitled "Power Hour," promotes the development of healthy living habits through the implementation of nutrition and exercise strategies for students and their families. The program gives students the "power" to make healthy lifestyle choices.

Thanks to Foundation contributions, the program will be expanded to three additional schools in the 2006-2007 school year. The scope of Power Hour is also increasing. The Power Hour pilot provided an after-school program featuring half an hour of

nutrition and exercise education and half an hour of physical activity. This school year will see the Power Hour program expand to include five key components: After-School Connections, Classroom Connections, Cafeteria Connections, Family Connections, Community Connections.

For further information on this program, please call Craig Malm at **763.236.4343** or **craig.malm@allina.com**.

YOU'VE GOT MAIL (In The Hospital)

Mercy & Unity Hospitals offer wall-to-wall wireless service

Patients, families, and visitors at Mercy & Unity Hospitals are now able to use their personal wireless laptops to connect to the Internet thanks to a new free Wi-Fi service called GuestNet. GuestNet Wi-Fi service is a high speed cable connection to the Internet using Mercy & Unity Hospitals' private wireless network. GuestNet Wi-Fi is similar to high speed wireless networks offered by coffee shops, bookstores, etc. as a service to their customers.

"GuestNet will allow patients to stay in touch with family and friends when they are not able to be present at their bedside," said Julie Nelson Gotham, Executive Director of Mercy & Unity Hospitals Foundation. "Family members who are at the hospitals and waiting for a loved one to come out of surgery will be able to communicate with others who are not able to be present. Our goal is to keep patients and their visitors connected to their loved ones, their work places, and their lives."

A Wi-Fi enabled laptop automatically senses GuestNet when it is turned on within the walls of Mercy or Unity Hospitals. Then, a window appears that asks for a Username and Password.

Patients, families, and visitors can pick up a GuestNet Wi-Fi brochure available at multiple locations within the hospitals. The brochure describes Mercy & Unity Hospitals' Wi-Fi

GuestNet policies and procedures, prerequisites, what to expect when a person connects and how to get a Username and Password. The Username and Password change monthly for security reasons. Most personal wireless laptops will automatically find GuestNet Wi-Fi services when configured appropriately to recognize public or private wireless networks.

In early 2007, Mercy & Unity Hospitals Foundation will provide loaner laptops at each Hospital, including one which will have a Webcam. The loaner laptops will be available for pick-up and return at each Hospital. They may not leave the Hospital buildings and will need to be secured with a driver's license and a credit card. Patients and families should inquire at the main information desks for further information.

Recently Unity Hospital had a heart-warming experience using our Wi-Fi services. In this instance, a soldier in Iraq was able to view the birth of the couple's son by connecting their personal laptop with a Webcam at each end.

For additional information on our Wi-Fi services, contact Kent Canine at the Foundation, **763.236.8254** or e-mail kent.canine@allina.com.



A visitor checks email on her laptop at Unity

Charitable Giving: Growing Your Gift With Tax Savings

Did you know it may be possible to support Mercy and Unity Hospital and reduce this year's tax burden? An outright charitable gift will reduce your taxes, and potentially allow you to make a larger charitable gift than you may have thought. Here's an example of how Mercy and Unity, and a donor might benefit from a year-end gift:

Susan wants to make a gift to the Mercy and Unity Hospitals' Cancer Resource Centers. She is in the 30 percent tax bracket. She was originally going to give a gift of \$7,000, but realized she could actually give \$10,000 for the cost of \$7,000. By taking a charitable deduction on her taxes for her \$10,000 contribution, Susan reduces her taxable income by \$10,000 and saves \$3,000 in taxes (30 percent of \$10,000), making the net cost of her \$10,000 donation only \$7,000.

Planned gifts that save taxes now – and later

There are many other planned giving vehicles that not only reduce your future estate taxes, but may also provide immediate income tax benefits. Here are just a few examples: donating appreciated assets, assigning a life insurance policy, establishing a Charitable Remainder Trust or a Charitable Gift Annuity, or making a gift from qualified assets.

To request a brochure that explains a variety of planned giving options, or for more information on making a planned gift, call the Mercy & Unity Hospitals Foundation at **763.236.8199** or e-mail richard.olson@allina.com.



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

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Caring Circle *Continued from page 1*

We will acknowledge your donation monthly or annually, whichever you prefer.

Your monthly pledge is one of the best ways to protect the health of our community and ensure that Mercy & Unity Hospitals continue to be able to provide the highest quality of care to our patients.

Please call the Foundation at **763.236.8199** to request a monthly giving commitment form.



If you wish to have your name removed from our mailing list, please call 763-236-8199.

Upcoming Events

Sponsored by the Mercy & Unity Hospitals Foundation in 2007

Mark your calendar for the Foundation's upcoming events:

Crystal Ball "Up, Up and Away," April 14, Courtyards of Andover, Andover

Twinkling Angels Golf Tournament, May 24, Majestic Oaks Golf Club, Ham Lake

7th Annual Women's Day on the Links, June 5, Tournament Players Club of the Twin Cities, Blaine

2007 Golf Classic, July, Bunker Hills Golf Club, Coon Rapids

4th Annual Sue Fischer Scholarship for Nursing Excellence Golf Tournament, September 10, Majestic Oaks Golf Club, Ham Lake



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Allina Health System



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