



# Newsletter

## Update Take Heart Anoka County



© Photo by Gary Bistran

*Allina Medical Transportation paramedics Patricia Petty, NRCMT-P, and David Page, MS, NREMT-P, used the LUCAS chest compression device to care for Leon Schmidt (pictured with wife, Gayle).*

In February 2008, 68-year-old Leon Schmidt was at a movie with his wife when he suddenly stopped breathing. A moviegoer sitting next to Leon began cardiopulmonary resuscitation (CPR) and kept Leon alive until the paramedics arrived, but Leon's heart was still not beating on its own. Ordinarily, it would take five people in the ambulance to perform the 30-minutes of chest compressions required on the way to the hospital.

A new device called LUCAS changed that. It performs 100 chest compressions per minute and kept Leon's heart beating until the ambulance got to the hospital. "The LUCAS is changing the way we do CPR," says Charles Lick, MD, medical advisor for Allina Medical Transportation, the largest group using the device in the US. "It doesn't get tired, it compresses the chest to the right depth, and it allows the chest to recoil for maximum circulation."

As a result of the CPR and the LUCAS device, Leon is alive today.

Each year, more than 300 people like Leon experience sudden cardiac arrest in Anoka County and the surrounding area, and only about five to ten

percent survive. A new initiative called Take Heart Anoka County is working to change this statistic. This program aims to quadruple the survival rate of sudden cardiac arrest by providing community CPR training and education. Other features include placing Automated External Defibrillators (AEDs) in the community, improving first responders' CPR techniques, deploying devices like LUCAS, and optimizing hospital care for cardiac arrest patients. The Mercy & Unity Hospitals Foundation has committed to raising \$500,000 for Take Heart Anoka County as its primary funding goal for 2008.

### Take Heart in Action

The Mercy & Unity Hospitals Foundation has created a grant for north metro organizations and individuals to apply for two life-saving training opportunities: a CPR training package and an AED

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### Mercy & Unity Hospitals Foundation Welcomes New President



Mercy & Unity Hospitals Foundation is pleased to welcome Doug Hutchings as its new President.

Doug comes to Mercy and Unity with more than 25 years of fund development and foundation experience. Since 1999 he had been with Ter Molen Watkins & Brandt, LLC, a national consulting firm to non-profit institutions and organizations in Chicago, where he assisted hospitals and health systems, higher education institutions, private independent schools, and cultural and performing arts organizations with fund raising, board development, and strategic planning. Doug also has held senior leadership positions at St. Louis Children's Hospital in St. Louis,

**New president** *Continued on page 4*

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# Technology Connects Loved Ones at Mercy and Unity Hospitals

Recovering from illness or injury sometimes requires more than just rest and treatment. Being in the hospital can often be an isolating experience, and the ability to stay in touch with loved ones is an essential part of healing. To make it easier to stay connected, Mercy and Unity hospitals, with support from the Mercy & Unity Hospitals Foundation, now offer laptops with a wireless Internet connection for patients and visitors to use during their hospital stays.

Laptops are available to check out for two hours at a time from the hospital gift shops. In addition, each hospital has one laptop that is equipped with a webcam. There is no charge for patients, though an ID is required as a deposit.

Patients, families and visitors at Mercy or Unity hospitals can also connect to the Internet using a free service called GuestNet. GuestNet is a high-speed wireless Internet connection similar to those offered at coffee shops, airports, and other businesses. A username and password are required to use GuestNet and are available at the main information desk of each hospital.

"GuestNet and the laptop program allow patients to stay in touch with family and friends who are

not able to be at their bedside," said Julie Nelson Gotham, Executive Director of Mercy & Unity Hospitals Foundation. "Our goal is to keep patients and their visitors connected to their lives."

## Connecting Care

This past summer, an 18-year-old patient in Mercy's ICU experienced how GuestNet and a laptop can make a difference. This patient was hospitalized the day of her high school graduation ceremony, and as you can imagine, the thought of missing a key moment in her life was distressing.

A small group of employees at Mercy were determined to help this patient be a part of her graduation ceremony. They worked with the school district to set up a webcam, so the patient could watch the ceremony live on a loaner laptop. The family was extremely touched, and in a letter to the hospital said, "We were receiving great care for our daughter, but to go out of the way to do something as special as this is above what we expected. Thank you."

For more information on the Laptop Lending Program, please call the Foundation at **763-236-8199**.

## Planned Gifts Appropriate for the Younger Donor

Planned giving is an area of the Mercy & Unity Hospitals Foundation that typically focuses on designing gifts for "older donors," but there is no magic age at which one becomes eligible for a planned gift.

While it is true that the economics of most planned gifts begin to work well for the donor and for the Mercy & Unity Hospitals Foundation when the donor is around age 70, there are gift vehicles (Deferred Gift Annuities, Charitable Lead Trusts) that can appeal to a demographic younger than the more traditional planned gift donor.

What is "younger?" Planned giving is almost never an option for donors in their 20s and 30s. However, donors aged 40 and older can consider some of the less commonly encountered planned giving options. Also, there are ways to structure familiar gift planning techniques in unique ways.

The Mercy & Unity Hospitals Foundation staff understand that the characteristics of younger

donors are not very different from those of our more mature supporters. Younger donors will make charitable gifts when: (1) they have enough assets to afford to give some of them away, (2) they understand and believe in the institution, (3) the institution expresses their values, (4) they and their community are benefited by the institution, (5) they experience personal satisfaction and meaning through giving, and (6) they are asked in the right way by the right person.

At the Mercy & Unity Hospitals Foundation, we take the time to understand our donors and will work with you to ensure that the time, purpose and charitable gift is right for you and meets our mission.

For more information on when to make a planned gift, or what type of a gift to make, please call Richard J. Olson, Director of Planned Giving at **612-262-6063**.

# UNITY HOSPITAL OPENS NEWLY EXPANDED EMERGENCY DEPARTMENT

For many patients, the ED is their first contact and only contact with a hospital. To make that experience faster, safer, and of higher quality for our patients, Unity Hospital recently renovated and expanded its emergency department. After nearly two years of construction, Unity Hospital opened the refreshed department on Sept. 10, 2008 with a ribbon cutting. With 39 private rooms, it's now one of the largest emergency departments in the metropolitan area.

"We're proud to care for our neighbors and communities," said Rickie Ressler, Unity Hospital president. "This expansion gives our community one of the most current and efficient emergency services in the metro area."

Staffed by board-certified emergency medicine physicians, Unity's emergency department features state-of-the-art equipment and rooms specially designed to care obese patients, those with behavioral health concerns, victims of sexual assault, and isolation rooms for patients with contagious diseases. Two new state-of-the-art trauma rooms support Unity's recent Level III trauma certification.

"Months went into designing how the department would look and function," said Kurt Belk, MD, Unity's Emergency Department medical director. "Everything about the space – from the location of furniture, equipment, and computers for Allina's



electronic medical record, to the traffic flow and department finishes – is designed to increase efficiency, and patient safety and satisfaction."

Last year, Unity treated nearly 42,000 emergency patients and will care for about 45,000 in 2008. Patients at Unity spend approximately 195 minutes in the ED, regardless of condition. Dr. Belk is proud to say this is one of the shortest times in the metro area.

The new emergency department's construction and remodeling costs totaled \$5.6 million with contributions from the North Suburban Hospital District, Allina Hospitals & Clinics, and Mercy & Unity Hospitals Foundation.

For more information about Unity Hospital's emergency department, please call Unity Hospital at **763-236-5000**.

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## Take Heart *Continued from page 1*

training package. Grant applications are open to community organizations, groups, schools, churches or businesses within the Take Heart Anoka County area. The first round of grant recipients included local fire and police departments, businesses, churches, a theater and a horse camp for disabled children. If grant recipients train a specified number of people, they receive their training products free of charge. Funding has allowed for regular CPR training for the community at Mercy and Unity hospitals.

A growing opportunity is the "Take Heart Partners" program – large businesses, organizations and churches that help attain the goal of training 25 percent of area residents in CPR through a "train the trainer" approach.

Take Heart Anoka County was the recipient of a Medtronic Heart Rescue grant and a Laerdal Foundation for Acute Medicine grant. The HeartRescue grant will allow for extensive CPR training and heart health education with the Fridley School District and other community organizations. The Laerdal grant will support the work of Take Heart Partners.

To apply for a grant, or to sign up for CPR training, visit [www.takeheartanoka.org](http://www.takeheartanoka.org) for an application. Funding decisions and notification will be made within 30 days of the application deadline.

For additional information on Take Heart Anoka County, please call Susan Nygaard at 612-262-4946 or the Foundation at **763-236-8199**.

## Contributors

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

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## Kent Canine Retires

Kent Canine, Sponsored Projects Specialist, retired from the Foundation on October 30. In reflecting on his career, he recently stated in a note to Julie Gotham, Foundation Executive Director that... "working with you and my colleagues in the Foundation has been one of the most rewarding experiences in my 33 year career at Allina which began with Sister Kenny Institute. I strongly believe in the missions of Mercy and Unity and in the ways that our Foundation helps in achieving those missions. I have truly enjoyed my work. As I think back, there has not been a single day that I did not look forward to coming to work."

Kent's plans include traveling, improving his golf game, cross-country skiing, walking his dog Maddie, and learning to play the piano. We have no doubt that he will become one of our many valued volunteers. Best wishes, Kent, and thank you for all your contributions to Mercy and Unity!

### **New president** *Continued from page 1*

Missouri, as vice president for their Foundation, and at the Children's Hospital Foundation in Milwaukee, Wisconsin.

"I am excited to join the Foundation and meet the many friends and supporters of the communities we serve," said Doug. "I've already felt welcomed and am incredibly impressed at the rich tradition of service and compassion this Foundation has built."

## Upcoming Events 2009

Mark your calendar for the Foundation's upcoming events:

**Crystal Ball**, April 4, 2009

Courtyards of Andover, Andover, MN

**Twinkling Angels Golf Tournament**,

May 21, 2009

Majestic Oaks Golf Club, Ham Lake, MN

**9th Women's Day on the Links**, June 2, 2009

Tournament Players Club, Blaine, MN

**3M Championship**, July 6 – 12, 2009

Tournament Players Club, Blaine, MN

**9th Annual Golf Classic**, Date TBA

Bunker Hills Golf Course, Coon Rapids, MN

For further information on any of these special events, please call the Foundation at **763.236.8199**.



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