

2014 Summer Newsletter



Coming soon: The Mother Baby Center
at United and Children's-St. Paul

30th Anniversary
2014
Service to Humanity
Gala
September 27, 2014



UNITED HOSPITAL
FOUNDATION

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Letter to the Community



Tom O'Connor
President
United Hospital

Welcome summer 2014

The summer of 2014 has arrived and I hope you are taking time to enjoy it – we've earned it! As usual, the United Hospital Foundation has been busy working to enhance the health of United Hospital patients and the wellness of the community we serve. We have a lot to look forward to in the east metro area this year...and in years to come.

Thanks to the generosity of long-time foundation supporter, John Nasseff, United Hospital will be the recipient of a CyberKnife® System (see page 1). We are thrilled to bring this pain-free, non-surgical option to patients who have inoperable or surgically complex tumors, or who may be looking for an alternative to surgery.

Our capital campaign is in full swing as we raise money for The Mother Baby Center at United and Children's-St. Paul. I know our Birth Center staff is especially excited to see this campaign start and look forward to having a facility that better matches the high level of care provided.

Celebrate the many facets of philanthropy at the 30th annual Service to Humanity Gala. On September 27, we'll once again enjoy one of the Twin Cities' premiere fundraising events. Gala honorees are Patricia Penovich, MD and Moe Sharifkhani. Don't miss one of the most highly anticipated events of the year (page 6).

At our annual board meeting in June, Bart Zibrowski was named 2014 Trustee of the Year. We welcomed three new members: Stephanie Laitala-Rupp, David Miller and Dede Smith. Read a bit about each of them (page 2).

I especially want to thank each one of you for the generous support to the United Hospital Foundation over the years. See you at the Gala!



Tom O'Connor
President
United Hospital



John Nasseff donates funding for CyberKnife® Robotic Radiosurgery System

CyberKnife® Robotic Radiosurgery System

A new CyberKnife M6™ will be coming to John Nasseff Neuroscience Institute - United Hospital this fall, thanks to a generous donation from John Nasseff.

The CyberKnife system is a non-invasive alternative to surgery for the treatment of both cancerous and non-cancerous tumors anywhere in the body, including the head, spine, lung, prostate, liver and pancreas. The treatment – which delivers beams of high dose radiation to tumors with extreme accuracy – offers new hope to patients. It provides a pain-free, non-surgical option for patients who have inoperable or surgically complex tumors, or who may be looking for an alternative to surgery.

To date, more than 100,000 people have been treated worldwide by the CyberKnife System. More than half of those patients were treated with lesions or tumors outside of the brain and head.

Bentson Family Foundation Neurological Intensive Care Unit updates

Since opening in August 2013, the ICU has been a place of healing for many in our community. Sometimes patients are in the ICU to recover from neurovascular episodes such as stroke or aneurysm. But because there isn't a "typical" patient profile, the ICU's highly trained specialists need to be ready for any neurological incident.

Last December, the ICU staff cared for a teenager from North Dakota who was accidentally shot in the face by a shotgun. One of the pellets lodged in an artery in his brain, causing a blockage that paralyzed the teen on one side of his body. United Hospital neurosurgeon Eric Nussbaum, MD, performed a delicate artery bypass procedure, and the boy recovered in the Bentson Family Foundation Neurological ICU.



John Nasseff

Directing medical care in the ICU is a team of doctors (called neurointensivists) who specialize in critical care for neurology patients. Registered nurses have received training in critical care, neurology and neurosurgical procedures. The 14 private rooms in the unit are larger than average, with space for monitoring technology and other special equipment, and room for patients' families to visit more comfortably. The beds have special features to promote wound healing and allow air flow, to help prevent skin breakdown.

It all contributes to a better healing environment that hasn't gone unnoticed. A stay in the hospital can be stressful under any circumstances, but the staff in the ICU report they often hear back from patients and families, thanking them for the positive experience.

New Board Member Profiles



Stephanie Laitala-Rupp

Stephanie Laitala-Rupp

Stephanie Laitala-Rupp is the founder and president of Owl Bookkeeping and CFO Services. Laitala-Rupp has more than 20 years of finance and accounting experience and 15 years as a business owner. An entrepreneur and innovator, she developed this unique accounting firm which serves the distinct needs of Minnesota's small businesses. Recognized as a woman to watch by *Minneapolis/St. Paul Business Journal*, she has an impressive professional portfolio, including current positions as President, St. Paul Athletic Club and General Manager, Stout's Island Lodge.

Recent community involvement includes extensive work with Minnesota Public Radio, TwinWest Chamber of Commerce board and Women's Leadership Council of United Way. She currently serves on the Advisory Board for three Twin Cities businesses. She serves on the Minnesota Chamber board, the St. Paul Chamber PAC board, and Chairs the Hope Chest for Breast Cancer board.

In her free time, Stephanie plays piano (very badly), cooks (very well), and reads anything she can get her hands on. She is married to John Rupp, a St. Paul developer responsible for WA Frost, the St. Paul Athletic Club, and hotel 340 among others. They have two grandchildren and two cats which they spoil rotten (the grandkids, not the cats). They love to travel and spend their summer weekends at their cabin on Stout's Island Lodge in Wisconsin.



David Miller

David Miller

David Miller, general manager for The Saint Paul Hotel, brings more than 20 years of hospitality industry experience and a dedication to the community to the foundation board. He is known for his strong passion for providing the best service for hotel guests, his dedication to his team and unparalleled service to the community. Miller's community involvement includes: Executive committee of the board for Visit Saint Paul, board member and graduate of the "Leadership Saint Paul" program from the Saint Paul Area Chamber of Commerce, governing member of the Saint Paul Chamber Orchestra, board member of the Saint Paul Festival and Heritage Foundation, and Volunteer Ambassador for Guild, Inc. Miller lives in White Bear Lake and is an active volunteer in the school district.



Dede Smith

Dede Smith

Retired Account Executive for KMSP-TV, Dede Smith has spent many years giving back to the community. As part of the National Council for Jewish Women, she created and implemented "The Neighborhood Takeout" project designed to teach neighborhood immigrants about nutrition and cooking. Participants were given grocery bags of food after each class. Smith is currently board chair of the Jewish Federation of Greater St. Paul and has served as Women's philanthropy chair. She lives in Sunfish Lake with husband David and little dog, Rex, and loves to travel.

McGough Companies: Building a Successful Partnership with United

United Hospital has enjoyed a beneficial relationship with McGough Companies for many years. The general contractor has developed a number of building projects for United over the years, including United's recently constructed neurosurgical suites. McGough has proven time and again to be a valued partner in the growth and expansion of United Hospital properties.

Tom McGough Jr. sites one project as an example of a unique joint venture. "The United Hospital/Children's Hospital expansion was a complicated project on a complicated building site. To add to the physical complexity, it involved three organizations. Close collaboration between the three of us was critical. We developed a successful partnership among us, and the result is the beautiful addition you see today." Today McGough Companies continues to contribute to ongoing projects, including property management of the John Nasseff Specialty Center, which entails taking care of everything from signage to maintaining equipment to shoveling snow, 24/7.

Tom McGough Jr. is president and CEO of McGough Companies. In addition to his duties at McGough, Tom serves as a board member of Children's Hospital Foundation in Minneapolis and is active in foundation work for Gillette Children's Hospital in St. Paul.

United Hospital is appreciative of not only the high quality construction and property management work from McGough Companies, but is also appreciative of the years of philanthropic support it's received, making a difference in the lives of many. In fact, 2014 marks 25 years of support of United Hospital and other Allina Health entities. McGough Companies has been involved with the United Hospital Golf Classic at the White Bear Yacht Club since 2001, this year as



McGough employees and their families regularly pack food in support for Feed My Starving Children.

title sponsor. It is a regular supporter and sponsor of United Hospital's Service to Humanity Gala.

Tom gives much of the credit to his employees. "It's really the whole organization, the employees themselves that drive our culture of giving back. For us it's much more than writing out a check. McGough employees have a true passion for helping people out, whether it's remodeling a house for a family in need or serving at Little Sisters of the Poor."

McGough Companies has a long, rich history of construction experience, going back well over 100 years. The McGough family immigrated to America in the late 1800s, bringing with them a proud tradition of construction craftsmanship. The company was founded by third-generation Peter McGough and his six sons, including Tom McGough Sr. Peter was passionate about helping the community he lived in and was active in Catholic charities. The organization as it stands today was built on his inception of delivering high quality craftsmanship, solid value and a commitment to the community.

Tom says, "We're very fortunate to be busy and believe our success provides us with the opportunity to be active participants in the communities where we work and live. We collaborate with government and community organizations to focus our assistance wherever it's needed most. The company donates to hundreds of non-profit organizations, and our employee involvement is boundless."

In addition to its headquarters in St. Paul, McGough Companies has offices in Rochester and St. Cloud, Minn., Phoenix, Ariz., and recently opened a new office in Iowa. New ventures include expansion into the North Dakota market.

Trustee of the Year

Bart Zibrowski

The United Hospital Foundation presented its 2014 Trustee of the Year award in June to Bart Zibrowski



Bart Zibrowski,
Community Member

Bart joined the foundation board in June, 2011 after having been involved with the foundation's annual golf outing, and leading the Kresge Challenge Grant fundraising efforts for the Peter J. King Family Medical Center. "I have really enjoyed working with the staff and foundation board to think creatively about improving the ability to provide quality healthcare to the East Metro in this fast changing healthcare environment" said Zibrowski.

From the time Bart joined the foundation board, he has been actively engaged. He is currently a member of the Executive, Golf, Major Gifts, Funding Priorities, and Government and Nominating Committees. Bart also had the opportunity to work with a group of fellow board members in a 2013 effort to examine the functionality and proficiency of the board.

In addition to his foundation work, Bart puts his love of philanthropy to use for Eagan community activities, Church Board and fundraising positions, the American Lung Association Board (past) and the Allina Health Hospice Board (past).

Bart and his wife, Kay, have been married for 27 years. They live in Eagan, and have three children; Kyle, who is a Project Manager at Flint Hills Recourses, Jill, who is beginning her Doctoral work in Physical Therapy at the University of Minnesota, and Emily, who is beginning her undergraduate work in Biology at the University of Minnesota. Bart enjoys many activities, including hunting, fishing, and spending time with his family either at home or at their cabin in northern Wisconsin.

"I have really enjoyed working with the staff and foundation board to think creatively about improving the ability to provide quality healthcare to the East Metro in this fast changing healthcare environment."

Ways to Support United Hospital Foundation

1. Attend a 2014 United Hospital Foundation Event

UNITED HOSPITAL GOLF CLASSIC

July 28
White Bear Yacht Club,
White Bear Lake

134 golfers participate in the 24th annual Golf Classic. Thank you to Title Sponsor: McGough Companies; Reception Sponsor: HDR; Beverage Sponsor: Nasseff Mechanical Contractors, Inc.; Hole-in-One Sponsor: Sears Imported Autos; John Harris Breakfast Clinic Sponsor: CMA, an Ideacom partner. Thank you to all the sponsors and participants who make this event a success. Event proceeds benefit The Mother Baby Center at United and Children's-St. Paul.

3M SENIOR PGA CHAMPIONSHIP

July 28-August 3
Tournament Players Club,
Blaine

This tournament is the largest professional sports-related charity event in Minnesota. Since 1993, it's raised more than \$21 million to benefit United, Mercy, Unity and Abbott Northwestern Hospitals. This year expect to see: Arnold Palmer, Jack Nicklaus, Gary Player, Johnny Miller, Lee Trevino, Dave Stockton, Hale Irvin, Bernhard Langer and Tom Lehman.

SERVICE TO HUMANITY GALA

September 27
Saint Paul RiverCentre

Experience the many facets of philanthropy at the event of the year. For 30 years, the Service to Humanity Gala has been dazzling guests at the third largest gala in the Twin Cities.

2. Give Online

United Hospital Foundation news, events, publications and online giving options are posted at allinahealth.org/unitedfoundation.

To access the secure and protected online giving page, visit allinahealth.org/unitedfoundation, click on the "Give Now" button in the left-hand navigation bar and complete the form. It's that easy.

Your gift is tax deductible and 100 percent of your gift will support the program or service to which you direct your gift.

3. Follow Us on Facebook

Show your support for United Hospital by "liking" our official Facebook page at facebook.com/UnitedHospital.



For additional information about United Hospital Foundation events, please call the foundation office at 651-241-8022, e-mail unitedhospitalfoundation@allina.com, or visit allinahealth.org/unitedfoundation.

30th Anniversary
2014
Service to Humanity
Gala
September 27, 2014

Make plans to experience the many facets of philanthropy at the 2014 Service to Humanity Gala

For 30 years, the Service to Humanity Gala has been dazzling guests at the third largest gala in the Twin Cities.

This fabulous evening begins with our signature martini cascading down an ice sculpture into a chilled glass just waiting to be enjoyed by you. Sip on the fabulous mixture as you mingle with other guests, peruse the silent auction items and place your bid on those items you know you can't live without. Enjoy appetizers and an open bar while awaiting the opening of the ballroom doors to the splendor inside.

Enjoy your gourmet dinner while being serenaded by the legendary music group, The Sevilles, always a favorite of Gala guests. You'll be entertained by gala co-chairs Tom and Dawn Walrath, and be able to take part in games, raffles and the ever-popular live auction.

Meet the 2014 Service to Humanity honorees, Dr. Patricia Penovich and Moe Sharifkhani, and learn how their selfless acts led to this coveted honor.

In just the past 10 years, the Service to Humanity Gala has raised more than \$13.5 million dollars. Your generous donations have benefitted the Elaine S. Larson Surgical

Center, the Nasseff Neuroscience Center, Peter J. King Family Health Center and the Peter J. King Emergency Care Center at United Hospital. This year, we are excited to raise funds for The Mother Baby Center at United and Children's-St. Paul.

The Gala is ranked third for galas and eighth for fundraising events in gross revenue out of 25 Twin Cities' area fundraising events.

Special thank you to our tireless Gala auction committee. Every year, they work hard to make the auction one of the most successful features of the Service to Humanity Gala. And thank you to everyone who contributed to the auctions. Your donations ensure this will be a fun and successful part of our evening.

To become a sponsor or make a donation to the auction, please complete the forms on page 10 and 11 or call the foundation office at 651-241-8022.





Committee Members

David Byrd

Bob Chandler

Helene Houle

Russell and Andrea King

Julie Larson-Wearn

Jim Marino

DeeAnn McArdle

Mary Ann Newman

Connie Paquette

Linda Schroepfer

Nazy Sharifkhani

Kris Taylor

Nathalie Ulrich

Tim Vesperman

Tom and Dawn Walrath
(Gala co-chairs)

Learn how this Mustang could be yours!

Customized features include:

- Estimated MSRP \$35,575
- 4 passenger, V6 convertible
- Ruby red exterior and char black leather interior
- Rear deck spoiler
- 6-speed SelectShift® automatic transmission
- Comfort package



Visit United Hospital Foundation's website and learn how this 2014 Ford Mustang could be yours.

651-241-8022

allinahealth.org/unitedfoundation

2014 Service to Humanity Honorees

Service to Humanity Physician Honoree: Dr. Patricia Penovich



Overcoming some of the barriers during the earlier years of women in medicine, changing the way women of childbearing age with epilepsy are treated and climbing Mount Kilimanjaro to “challenge myself” are a just few of the milestones in this humble woman’s life.

Patricia Penovich, MD, is Director of Neurology and Epilepsy at United Hospital, a steering committee member and the Bentson

Chair at the John Nasseff Neuroscience Institute. She serves on the Epilepsy Foundation of Minnesota and on its Professional Advisory Board. She is also an examiner for the American Board of Psychiatry and Neurology.

Dr. Penovich is currently active on two committees for the Allina Integrated Medical Network and chairs the Allina Health Epilepsy Program committee for the John Nasseff Neuroscience Institute. Past service includes the Education Committee at United, Chief of Staff and Chair of the Credentials Committee for the medical staff at United, and a member of the Allina Health Physician Governance Council representing United.

Love of science

The granddaughter of immigrant families from Yugoslavia, Dr. Penovich grew up in Cleveland, Ohio. At an early age, she loved science and knew it would be in her future after meeting her first female scientist in high school.

The first woman in her family to go to college, she received her Bachelor’s degree in chemistry from the College of Wooster. She went on to Case Western Reserve University, did graduate work in pharmacology, and received her MD. At the University of Rochester, she completed her neurology residency and a fellowship in clinical pharmacology. Finding epilepsy to be a perfect melding of pharmacology and neurology, she completed additional training in EEG and epilepsy at the University of Rochester and the University of Minnesota.

Important role models

Dr. Penovich was fortunate enough to work with many of the leaders in neurology and epilepsy calling many of them role models. In medical school, she met neurology role model Joe Foley, MD, a leading figure in the development of neurology in the last half of the 20th century. Another influential neurology leader, Robert J. Joynt, MD, PhD, founder of the Department of Neurology at the University of Rochester Medical Center, helped shape Dr. Penovich’s practice. Robert “Berch” Griggs, MD, current Professor of Neurology, Medicine, Pathology and Laboratory Medicine, Pediatrics and Center for Human Experimental Therapeutics at the University of Rochester School of Medicine and Dentistry, influenced Dr. Penovich in her fundamental approach to patient care, “Think first and order tests second.”

Professional passions and proud moments

Dr. Penovich has changed the practice of epilepsy care in many ways. She started the epilepsy program at the University of Cincinnati. Recruited to the Minnesota Epilepsy Group by co-founder, John Gates MD, she helped establish a world-renowned comprehensive epilepsy center. She teaches in the Neurology Department at the University of Minnesota as a Clinical Professor.

In 2002, Dr. Penovich, together with Dr. Gates, started the Neurology Residents Scholar Program, an intensive immersion program in epilepsy for Neurology residents across the country. Dr. Penovich continues as the program chair.

Passionate about treating women of childbearing age who have epilepsy, Dr. Penovich participated in two National Institute of Health studies as the local site principal investigator. The Neurodevelopmental Effects of Antiepileptic Drugs study led to changing practices for the use of anticonvulsant drugs during pregnancy. The ongoing Maternal Outcomes and Neurodevelopmental Effects of Antiepileptic Drugs study focuses on pregnancy, delivery and infant development.

Dr. Penovich lives in St. Paul with husband Gerald Moriarty, MD. They have two wonderful children: Meaghan and Brendan. Dr. Penovich loves to cook, explore new spices, photograph nature on hiking adventures and travel throughout the world.

Honoree Criteria

In 1985, the United Hospital Foundation created an award to honor a United Hospital physician and a community leader. Both are honored for their "selfless dedication and exemplary leadership in improving the health and welfare of residents of Saint Paul and the communities we serve."

Service to Humanity Community Honoree: Moe Sharifkhani

Moe Sharifkhani has a core belief in sharing the success he's found in America with the community around him – giving back to those he calls his friends and neighbors. That's one reason he's a longtime supporter and advocate of his community hospital, United, through the United Hospital Foundation.

When Moe first arrived in the neighborhood, United Hospital was one of the neighbors that welcomed him and his family. Son, Eddy, was born there, friends have been patients in the facility, and United employees are patrons of Moe's restaurants, the Downtowner Woodfire Grill and Burger Moe's. Moe says, "We have a strong connection with United."

Born and raised in Tehran, Iran, Moe came to the U.S. when just 18 years old. He put himself through school at the University of Wisconsin, River Falls, with a goal of being an entrepreneur and owning his business. He ended up in the restaurant business by accident, but it suits his nature; Moe likes to be around people. He enjoys starting his day early, greeting his staff, then interacting with his customers and seeing them enjoy themselves. Moe credits some of his success to surrounding himself with good people who also like to work hard.

Support of the hospital began nearly 26 years ago through the urging of major United Hospital benefactor, John Nasseff. John was a frequent breakfast patron of the Downtowner Woodfire Grill when it was still the Downtowner Café. Over time, Moe and John became friends, and John suggested that Moe join him and others in supporting the hospital. Moe's been involved with the Foundation ever since.

Volunteering runs in the Sharifkhani family. Moe's wife, Nazy, volunteers at the United Hospital Foundation Service to Humanity Gala helping with the auction, organizing and setting up for the event. Moe donates prizes to the gala auction and ensures guests can purchase gala raffle tickets in his restaurants. Son Eddy, now 17 years old, started volunteering at United three years ago. The experience left a strong impression on Eddy and he

has returned every summer to volunteer at Camp United.

Raising funds for United Hospital also allows Moe to follow his interest in science and technology. United is able to offer top-of-the-line care to its patients through highly specialized equipment, but Moe knows that keeping pace with the latest technology costs

money. Helping raise funds for the Foundation every year means United can continue to purchase the innovative technology it needs to provide the highest level of care. "I believe in looking to the future and asking what I can do to make it better. I want to be part of the solution," Moe says.

Other community organizations benefit from Moe's efforts. He helps raise funds for Children's Hospital, and serves as a member of the board of the Police Foundation. He looks for ways to improve the neighborhood by supporting the fire department and local schools. And he keeps his eyes open for people who might need a mentor, nurturing them and giving them hope.

Moe says, "I came to the U.S. alone, to a different language and different culture. I was fortunate that John Nasseff and others in the area opened up and welcomed me. Raising funds to keep United Hospital on top is one way I can give back to my community."



Service to Humanity Gala Pledge Form

UNITED HOSPITAL FOUNDATION SERVICE TO HUMANITY GALA
SATURDAY, SEPT. 27, 2014 | 5:30 P.M.
ST. PAUL RIVERCENTRE

SPONSORSHIP LEVELS

Premier Sponsor I — \$50,000+

- Unlimited seats and dedicated tables
- Choice seating
- Ad and dedication to honorees in program
- Significant company advertising during event
- Designed company logo in program
- Company logo on our website with link to your site

Premier Sponsor II — \$25,000

- 30 seats and dedicated table
- Prime seating
- Ad and dedication to honorees in program
- Company advertising during event

Premier Sponsor III — \$10,000

- 20 seats and dedicated table
- Select seating
- Ad and dedication to honorees in program
- Company advertising during event

Dinner Sponsor — \$5,000

- 10 seats and dedicated table
- Ad or dedication to honorees in program
- Limited company advertising during event

Award Sponsor — \$3,500

- 10 seats
- Logo in program

SPONSORSHIP

☐ \$3,500 ☐ \$5,000 ☐ \$10,000 ☐ \$25,000 ☐ \$50,000 ☐ \$50,000+

Individual Seats

☐ Seat @ \$205 each x _____ = \$ _____

(* \$155 is tax deductible per seat)

Guest name _____

Table of 10

☐ \$2,000 ☐ Other \$ _____ (outright donation)

Dedication to Honoree

☐ \$100/name with message (write message on the back of this form)

PAYMENT OPTIONS

☐ Check enclosed (Make checks payable to United Hospital Foundation)

☐ Credit card: ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Card number _____ Expiration date _____

Name (on card) _____ Phone _____

Company _____

Address _____

City _____ State _____ ZIP _____

Cell Phone _____ E-mail _____

Signature _____ Date _____

Mail to:

United Hospital Foundation

333 North Smith Avenue

Saint Paul, MN 55102

651-241-8022

unitedhospital.com/unitedfoundation

Proceeds benefit The Mother Baby Center
at United and Children's-St. Paul.

DEADLINES

Gala Program

Ads and logos are due August 20
for the gala program.

Guest Names and Auction Donations

Submit guest names and auction
donations by August 29.



Service to Humanity Gala Auction Donation Form

SATURDAY, SEPT. 27, 2014

ST. PAUL RIVERCENTRE

5:30 P.M.

Please complete and return the auction form to United Hospital Foundation by August 29, 2014. Your donation will be included in the program. If you have any questions, please call us at 651-241-8022.

Donor name (individual or company) _____

Contact person (if different from above) _____

Phone _____ Cell Phone _____

E-mail _____ Fax _____

Address _____

City _____ State _____ ZIP _____

Solicitor name _____

Donated item with description

Auction category _____ (Categories: Art, Beverages, Children's Items, Dining, Home Decor, Sports, Lodging, Theatre, Jewelry, Health & Beauty)

Expiration date? ☐ No ☐ Yes

Estimated or actual value: _____ (each) x _____ = \$ _____ ☐ Cash ☐ Check donation \$ _____

Exclusions and/or restrictions? (if travel related, vacation home or other):

Item for donation: ☐ Has been donated ☐ Will be donated on (date)

I/we as signed below agree to donate the above item(s) or services to United Hospital Foundation, a not-for-profit and tax-exempt organization for the Service to Humanity Gala on Saturday, Sept. 27, 2014.

Donor signature _____

Date _____

Proceeds benefit The Mother Baby Center at United and Children's-St. Paul.

United Hospital Foundation | 333 North Smith Avenue | Saint Paul, MN 55102
phone: 651-241-8022 fax: 651-241-5420

14gala_UHF/ u01362



Three little words change everything: *You are pregnant.*

With the excitement of hearing those words “you are pregnant” comes planning, preparations, and names to consider. Not to mention the actual pregnancy: The warmth and wonder of life. The fear of the unknown. Will it be a boy or a girl?

As those nine months start counting down, some moms think that they will be pregnant forever, saying time seems to slow down rather than speed up as the baby grows. For others, like Amanda Johnson, birth comes too soon.

At just 21 weeks into her pregnancy, Amanda went to see her doctor. She had a non-pregnancy related health concern and wanted a general checkup. The examination revealed Amanda’s cervix was dilated two centimeters. Well into her second trimester of pregnancy, but nowhere near full-term at 40 weeks, Amanda was admitted to United Hospital for further tests and treatment.

Test results showed Amanda had a condition called cervical insufficiency, allowing the cervix to open and putting Amanda and her baby at risk for premature birth. Through a procedure using sutures to close the cervix (Cervical Cerclage) and home bed rest, the plan was for Amanda’s pregnancy to continue as long as possible.

All too soon, just a little over two weeks later, Amanda’s water broke. On Sunday, April 6, she was rushed to United’s Birth Center. Amanda said, “Through modern technology and medicine, the baby was not born for another four days.”

Athena Marie Johnson entered the world on April 10 at 11:37 a.m. Just 24 weeks old, she weighed in at one pound, two ounces and just 10.75 inches tall.

“She is clearly meant to be my daughter. And I am clearly meant to be her mother.”

Athena was named after the Greek goddess of wisdom and war because she came out fighting and continues to this day. She seems to have taken after her mother’s self-described stubborn side deciding she didn’t like all the tubes and pulled them out. The Birth Center staff agrees, telling Amanda “she’s feisty” and they are astounded at how well she is doing.



“I am blessed to have Athena with me,” Amanda said as she shared other frightening aspects of her pregnancy.

“I hemorrhaged at 13 weeks and was rushed to the hospital. It was a miracle Athena was not affected by it.” And exactly one week before Athena was born, Amanda received a steroid injection to help the baby’s lungs develop. One week is the minimum time needed for the drug to work its magic.



Amanda and Athena Johnson



Right after Athena's birth, Amanda suffered a hematoma and was admitted as a patient for the next two weeks. Even though Athena was just a few steps down the hall, Amanda would have loved to have her baby closer to her during those first few days and weeks.

Amanda credits her wonderful support circle of family and friends from across the world for thinking about, and praying for, her new little family. "I feel incredibly

blessed to be here, at United and the NICU. The staff treats me very well. They clearly communicate every detail of Athena's care. Plus, as an RN, I'm able to understand exactly what is going on at all times," she said.

Amanda, healing from hematoma surgery, is by Athena's side every day. "She is clearly meant to be my daughter. And I am clearly meant to be her mother."

Make something special.



To support The Mother Baby Center at United and Children's-St. Paul, please contact the United Hospital Foundation at 651-241-8022 or visit allinahealth.org/unitedfoundation.

Birth Center update

Budget:

Construction: \$17,000,000

Design: \$1,254,000

Fixtures, furniture
equipment: \$5,746,000

Total: \$24,000,000



The Ruth Lipschultz Family Gift Shop

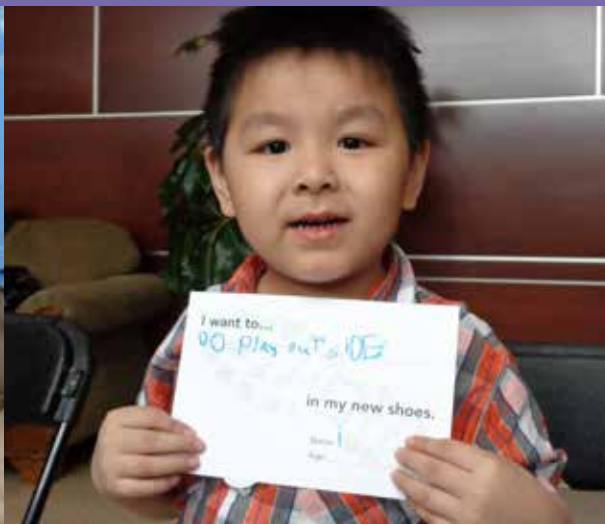
The United Gift Shop is renamed to honor Ruth E. Lipschultz and the Lipschultz Family, generous supporters of the United Hospital Foundation.

Ruth started the Lipschultz family on a lifelong journey of volunteering years ago at Miller Hospital. She was legendary at United Hospital where stories of her high energy and enthusiasm were common. Later, as a member of the board of directors, and as a patient, Ruth gained other perspectives of United's needs that spurred her to action. Even at age 92, she still came to volunteer every Monday morning in the Gift Shop.

Throughout time, the family continued the tradition of supporting United Hospital. The foundation is honored to thank the Lipschultz family for their continued support.

Allina Health Community Giving Campaign

The Community Giving Campaign allows employees to support patient and community services that are meaningful to them. In 2013, United Hospital took it a step further and asked employees to share the reasons why they give. "United Hospital employees are champions of caring when it comes to helping each other and that is reflected in the success of our campaign," says Janet Berg, annual giving manager. In 2013, United Hospital had more than 21 percent of employees give \$119,000. The 2014 campaign kicks off in September.



Allina Health employees help at the New Shoes, Healthy Kids event held April 26.

Allina Health New Shoes, Healthy Kids

The shoes are part of the New Shoes, Healthy Kids initiative that matched the new shoes with kids in need throughout the Allina Health service area. In total, 10,000 pairs of new athletic shoes and socks were distributed to kids in need so they are able to run, play and go to school with pride. The east metro locations included Cottage Grove, Forest Lake, Regina Hospital, Stillwater, United Hospital, Vadnais Heights and Woodbury. All totaled, shoes were given away at 30 Allina Health locations throughout central Minnesota and Western Wisconsin on Saturday, April 26.

“Shoes are a basic necessity that many kids in our communities lack. Not only does this inhibit their ability to run and play, it also affects their ability to focus in school. Giving kids in need a pair of shoes that fit eliminates these concerns, and also protects their feet,” said Eric Barth, MD, an Allina Health pediatrician.

The recipients, ages six through 12, were identified by local schools and non-profit organizations. At all the New Shoes, Healthy Kids event locations, more than 1,200 Allina Health volunteers fitted the kids and helped them test their new shoes with active play.

Allina Health purchased the 10,000 pairs of athletic shoes through a partnership with the Two Ten Foundation, The Jay Group Ltd. and Keds. Through these partnerships, the average cost of a pair of new athletic shoes to Allina Health was six dollars — less than 50 percent of wholesale cost.

“We are thrilled to help Allina Health with New Shoes, Healthy Kids. The footwear industry has mobilized unlike any other in the U.S. with a national program called Footwear Cares that will touch tens of thousands of families this month,” said Neal Newman of the Two Ten Foundation.

I give because...

“...the employee fundraising campaign is a great way to help and serve others. We hold a bake sale and employees donate things they make or buy. I always contribute a few of my favorites, Danish almond kringle. They usually go fast!”

*Robert H., nutrition aide,
nutrition services*



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*



Filled Backpacks Pay it Forward



Gordy Thompson

The last thing you think of when leaving home for a medical emergency is packing a bag—especially in the middle of the night. The Thompson family learned this first hand when their dad Gordy had a brain aneurysm and was rushed to the hospital. The family wanted to get to the hospital as quickly as possible. So fast that son Reggy arrived in his pajamas. But with the help of extended family in the area, the Thompsons were soon

supplied with important essentials left behind in their hurry to get care for Gordy.

“We, as a family, were not prepared for a hospital visit—let alone an extended stay. Dad was in the ICU for about a month. When we sat in the waiting rooms, we noticed many families in the same situation as ours, but without the support of family and friends. They had nothing,” said daughter Angie.

While in the ICU, Gordy was treated by Dr. Nussbaum and his team. Their “amazing treatment” gave the family an extra nine months with their dad. “Dr. Nussbaum treated the family very well,” said Angie. “He is a down to earth, kind, wonderful man.

“Since my dad died, we look for things to do in honor of him. A way to pay it forward,” Angie said. They decided to take care of other families in the same way they were taken care of and came up with an idea: backpacks filled with blankets, toothpaste, mouthwash, socks, deodorant and shampoo. Gordy’s wife Janelle and four children, Gordy Jr., Reggy, Angie and Jeff, plus all 15 grandchildren, took part the “backpack project.”

When it was time to donate the backpacks, the Thompsons reached out to Dr. Nussbaum and team because of their amazing work. They found Dr. Nussbaum at United Hospital where he currently leads the neurovascular neurosurgery program. Families of patients in the Benton Family Foundation Neurological Intensive Care Unit will be recipients of these thoughtfully-filled backpacks, thanks to the generous donation of the Thompson family. “Our dad would love that we are doing this,” says Angie.

A brain aneurysm is a bulging, weak area in the wall of an artery that supplies blood to the brain. In most cases, a brain aneurysm causes no symptoms and goes unnoticed. In rare cases, the brain aneurysm ruptures, releasing blood into the skull and causing a stroke. For Gordy Thompson, symptoms included a severe headache and nausea. Up to that time, Thompson was an incredibly strong, healthy and active man yet he died at age 59.

Symptoms of a ruptured aneurysm may include:

- Severe, sudden headache, described as “the worst headache of my life”
- Neck stiffness
- Sensitivity to light
- Nausea and vomiting
- Loss of consciousness
- Seizures

Jeff Thompson and Mark Chlebeck, Patient Care manager, Neuroscience



The Thompson family



United Hospital Foundation Funds

THE MOTHER BABY CENTER AT UNITED AND CHILDREN'S-ST. PAUL

This fund provides resources for programs and equipment for one of the state's busiest birth centers.

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 1 percent in the nation.

JESSE E. EDWARDS ENDOWMENT FUND

This cataloged collection of nearly 28,000 human hearts and 100,000 photographic slides 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.

LIPSCHULTZ GUEST ROOMS ENDOWMENT FUND

The rooms 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 EXERCISE 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.

OLIVIA FUND

Donations to the Olivia Fund at United Hospital Foundation are essential to supporting families who experience loss at the Birth Center. Funds are used to create "Solvieg's Boxes" - memory boxes filled with carefully chosen items to help families create lasting memories with the child they said goodbye to all too soon.

ADDITIONAL FUNDS

Jim Adamski Complementary Therapy Fund
Behavioral Health Services Fund
Breastfeeding Resource Center
Cal Calmenson Pulmonary And Cardiac Education Fund
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
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Employee Fund (EFAC)
Equipment Fund
Faye Ann Johnson Memorial Education Fund
Free Care Endowment Fund
G. Kamman Tumor Conference Fund
Peter J. King Emergency Care Center at United Hospital Fund
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To make a donation to any United Hospital Foundation Fund, please call the United Hospital Foundation at 651-241-8022 or visit us online at allinahealth.org/unitedfoundation.

United Hospital Donor Tributes

United Hospital Foundation's Honoring Program offers a distinctive and meaningful way to remember, honor, pay tribute to 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 Jan. 24 through May 22, 2014.

In Memory of

"Mike" Anglin

Richard and Patsy Ruff

Maxine Applebaum

Susan and Fred Novy

Bernie Bratter

Rick Brody and Maggie Flynn

Gordon Chaput

Betty Adam

Marie Eichold

Anne Handahl

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The Heritage Society

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:

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See page 13.