

School health screening brings life-changing diagnosis for Anoka High School student

Adapted with permission of Anoka-Hennepin Schools



When Anoka High School (AHS) student Scott Springer, 16, took part in a health screening at school, he had no idea the results would be life altering. But a high blood sugar reading revealed that Scott has type 1 diabetes.

"They called me out to the hallway and told me my blood sugar was 500, which was really high, and they were going to test me again. The second time it was in the high 400s," he said. "I didn't really know how serious it was."

The screening is part of the Anoka-Hennepin School District's Healthy Student Partnership program. Mercy Hospital and the Anoka-Hennepin School District have been providing health screenings to high school students since 1995. The program started as a partnership between Allina Health, District 5M7 Lions Club, Mercy Hospital Foundation and the school district with the goal of improving student health. Through generous donations of organizations such as Connexus Energy, the program has expanded to eight high schools and has provided health screenings to more than 24,800 high school students. Of these students, about 10 percent were identified as being at risk for health problems, including high blood pressure, diabetes, high cholesterol, obesity and more.

"When we identify a student as being at risk of a health problem, we work with the school nurse to

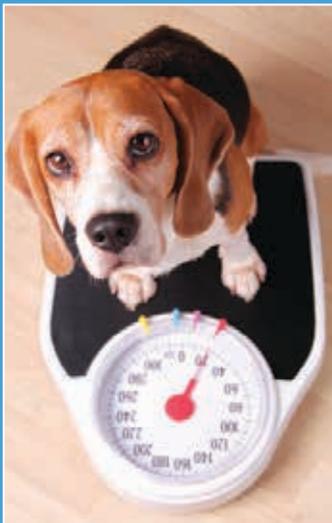
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9th Annual Pheasant Hunt

The 9th Annual Pheasant Hunt, benefiting Mercy Hospital Foundation programs, is scheduled for Thursday, October 5 at Wild Wings of Oneka in Hugo, Minn. Teams of four (\$1,500) can choose morning or afternoon hunts, which conclude with a fresh pheasant fry and complimentary beverage. Registration includes unlimited pheasants, bird cleaning and guide dog. Hunters may bring their own dogs. Sponsor information and registration is available. Contact the foundation at 763-236-3966.



Healthy Tip: Helping your overweight pet

Minnesota usually ranks in the top 10 among the 50 states when it comes to good health. Unfortunately, Minnesota recently came out on top of another health survey: most overweight pets. Learn how you can help your pet be more fit and help yourself at the same time. Read more at <http://bit.ly/2v1fmYy>.

Dear friends,



Living in the North Metro most of my life, I know the important role Mercy Hospital plays in the health of our community. From the birth of my great-granddaughter to my own emergency cardiovascular procedures, my family has been blessed with Mercy's excellent health care. My family, friends,

neighbors and co-workers also rely on Mercy as the premier hospital in the area. Having a comprehensive health care center close to where we work and live makes Mercy Hospital our first choice.

One of Mercy's closest friends passed away earlier this year. Betty Wall, who was instrumental in founding Unity Hospital, was remembered at a memorial service earlier this summer. Stories of her vision, hard work and determination showed the importance of having an excellent hospital in the north metro. We are indebted to Betty and the North Suburban Hospital District for making Mercy's Unity campus a source of healing and hope for our region.

Now that our "Advancing a Legacy of Caring" capital campaign is in full swing, we are hearing more wonderful stories from grateful patients, dedicated physicians and nurses and members of our area business and civic groups. Raising \$8.6 million dollars to support the expansion and renovation projects at Mercy's campuses in Fridley and Coon Rapids is possible through the commitments of generous members of our community who value Mercy's 50 plus years of outstanding care and who are investing in the hospital's future for the next several decades.

Please consider making a gift to support Mercy Hospital during this important campaign.

*Joseph Strauss, President
Mercy Hospital Foundation*

Plan a gift and change a life

Did you know gifts of a meaningful and lasting impact are within reach? Planning what to give, how to give and when to give provides enduring support for Mercy Hospital and gives you financial benefits today.

Visit MHF's new planned giving webpage for details. allinahealth.org/MHF

School health screening

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ensure that the student's parents are notified," said Dawn Prince, supervisor of the wellness program. "The nurses follow up with the students and their parents to see how they are doing."

The nurse who administered Scott's blood sugar test recommended he get to a doctor as soon as possible. Scott's parents took him to Children's Hospital where the family got a crash course on diabetes. Scott now has to prick his finger up to six times a day to check his blood sugar levels and inject himself with insulin several times a day.

This is not the first time the Healthy Student Partnership program proved invaluable to a student and his family. A few years ago, a high blood pressure reading led to the diagnosis of a congenital heart problem and emergency surgery for another student. The doctors said if not for the screening that led to the surgery, that student could have had a tragic outcome.

"We think it's a highly successful program," said Jeff McGonigal, associate superintendent for high schools at the Anoka-Hennepin School District. "It is very unique, and I wish it wasn't. I wish other districts were doing it. At this point, we're the only ones I know of for sure."

The Healthy Student Partnership's goal of providing health education and screenings has been significantly supported by Mercy Hospital Foundation. If you would like to donate to the Healthy Student Partnership, please contact the foundation at 763-236-3966.

Construction Update



Construction is completed on the Unity campus and ongoing on the Mercy campus.

Here's a quick update on what's happening.

- **Dakotah Street** – An additional right turn lane was added on Dakotah Street to help with increasing traffic on the east side of the campus.
- **Emergency Department** – The new ED intake rooms, two new procedure rooms and offices are now open. The new ED entrance and waiting room, along with the first level of the parking ramp with handicap accessible parking, opened Aug. 2.
- **Parking ramp and new main entrance** – The parking ramp and new main entrance will open in October. Main registration will relocate to the current radiology waiting room.
- **Lab** – Phlebotomy services will be temporarily relocated to the east entrance (current main registration area) in mid-October.
- **ICU** – Currently 18 out of 25 of the new ICU patient rooms are open. The remaining rooms will be completed in November.
- **4 East** – The fourth (and final) new patient room and the new procedure room will open Oct. 9.
- **5 East** – The new orthopedic unit will open in two phases with the first 22 patient rooms opening in late October and the final 17 rooms and new therapy space opening in January 2018.
- **Surgical Services** – On Oct. 23, 11 new operating rooms will open and sterile processing will move into their new space. Focus will then switch to renovating the three remaining operating rooms and construction of the new post-acute care unit, pre-surgery unit, employee locker rooms and waiting rooms for patients' families and friends.
- **Kitchen** – Planning continues for the kitchen renovation later this year. More details will be forthcoming this fall.

Award-winning care



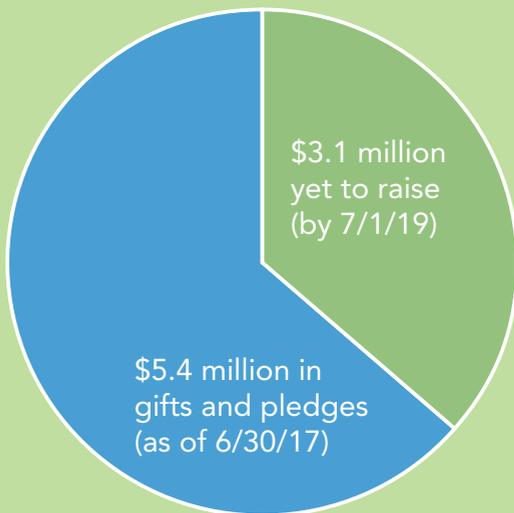
As part of Allina Health, Mercy Hospital's mission is to "serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care." Efforts in this mission have not gone unnoticed; Mercy Hospital has received national awards and recognition for clinical excellence and compassionate care. Here are some of these awards and what they mean.

- **U.S. News & World Report Best Hospitals:** U.S. News & World Report (www.health.usnews.com/best-hospitals/rankings) reviews data from thousands of medical centers and hospitals across the United States to rank specialty care. They publish their results in their annual Best Hospital's report. Mercy Hospital has consistently ranked among one of the best hospitals in Minnesota and in August 2017 was ranked third in the Twin Cities and fifth in the state and was named Best Regional Hospital due to its high-performing ratings, procedures and conditions.
- **100 Top Hospitals:** In March 2017, Mercy Hospital was named one of the nation's 100 Top Hospitals for a large community hospital by Truven Health Analytics (www.100tophospitals.com). Truven is a health care data and analytics company that identifies the top hospitals in the country based on key quality measures such as readmission rates, length of stay, mortality rates and cost. This is Mercy's sixth time on this list.
- **50 Top Cardiovascular Hospitals:** Truven also identifies the 50 top cardiovascular hospitals in the nation based on measures such as survival, complication and readmission rates. Mercy Hospital has been named to this list nine times since 2003.
- **Gold Seal of Approval:** Mercy Hospital's Joint Replacement Program earned The Joint Commission's Gold Seal of Approval™ for hip and knee replacements by demonstrating compliance with The Joint Commission's national standards for health care quality and safety. The Joint Commission is the nation's oldest health care accrediting agency.
- **100 Great Community Hospitals, 2017:** The Becker's Hospital Review editorial team selects hospitals based on analysis of key awards, rankings and certifications in addition to the hospital's reputation for leadership and innovation.
- **Blue Cross Blue Distinction Centers:** This program was developed with input from the medical community and evaluates hospitals on their ability to deliver high quality and safe specialty care based on criteria that directly impact patient results – e.g., surgical team expertise and a history of better outcomes for patients. Mercy Hospital has received Blue Distinction for knee and hip replacement, spine surgery, gastric stapling, gastric band and cardiac care
- Mercy has won other awards from various national rating agencies. However, these agencies charge fees to hospitals who wish to promote their rating. Allina Health has chosen not to participate in those fee-based award programs.

In addition to award-winning care, Mercy Hospital has received accreditation for many of its programs. Accreditation is given when a hospital meets stringent quality and safety standards for national, state or local organizations. Accreditations include:

- **Overall quality and safety of patient care by The Joint Commission**
- **Primary Stroke Center certification from DNV-GL.**
- **Institute for Healthcare Improvement Mentor Hospital designation for success in preventing two type of hospital-acquired infections**
- **The Society of Chest Pain Centers accreditation to Mercy's Emergency Department, Heart & Vascular Center and emergency medical personnel for extensive and coordinated efforts to reduce deaths from heart disease**
- **National recognition from the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program for the Bariatric Surgery Center**
- **American College of Surgeon's Commission on Cancer Accreditation**
- **Laboratory Services Accreditation**

Campaign Progress



Projected Revenue Sources



Advancing a Legacy of Caring Capital Campaign Update

Mercy Hospital Foundation is working to raise \$8.6 million over a three-year period to support construction and renovation on Mercy Hospital's campuses in Coon Rapids and Fridley. While this goal is lofty, it reflects only a portion of the total \$107 million capital investment Allina Health is making in our north metro hospital. With less than two years remaining in the campaign, the foundation is more than 60 percent toward its goal. Deep gratitude goes out to the hundreds of community friends, supporters and hospital employees who have already contributed to the campaign and a warm invitation to many others to make a gift.

Opportunities to support Mercy Hospital include:

- Outright gifts of cash, check or credit card
- Stock gifts or other appreciated securities
- Planned gifts in the form of annuities, trust, insurance policies or real estate
- Corporate matching gifts

Your support can help ensure Mercy Hospital continues delivering state-of-the-art health care to the 600,000 people living in the North Metro.

Working together, we can build healthier and stronger communities.



Consider a planned gift

Through a planned gift to Mercy Hospital Foundation you can:

- Significantly increase your annual income
- Provide for your retirement
- Increase the amount of financial support you can provide to your family
- Reduce your income taxes and/or estate taxes
- Provide exceptional health care at the hospitals and impactful programs and services throughout the community.

Planned Gift options include:

- Outright gift of cash, stocks, bonds or real estate
- Bequests of a specific dollar amount or percentage of estate
- Life insurance policies
- Charitable remainder trust
- Charitable lead trust.

Please visit our planned giving web site at rrnew.com/mhf/ to learn more.

We want to hear from you

I would like to learn more about making a planned gift.

I have already included a gift to the foundation in my estate plans.

Name _____

Address _____

City, State Zip _____

Telephone _____

Email _____

Andrea Melberg Thompson at
andrea.melbergthompson@allina.com or 763-236-3963.

allinahealth.org/mhf

Mercy Hospital Foundation's mission is to raise, steward and distribute philanthropic funds to help improve patient care, personal health, and the quality of life for all families served by Mercy Hospital.

Tax-deductible gifts help Mercy Hospital attract nationally renowned practitioners who care for patients in modern facilities using state-of-the-art technology. Donate online at allinahealth.org/mhf or call 763-236-3966 to discuss gifts of securities, bequests and other giving options.

If you would like to be removed from our mailing list, please email mhf@allina.com or call 763-236-3966.

Mercy Hospital Foundation Staff

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Community Connections is Mercy Hospital Foundation's (MHF) publication highlighting donor gifts at work in the hospital and the community, brief articles relating to health care and tips to help keep families healthy. The goal of this outreach is to better keep MHF connected to our donors and friends. Please feel free to email feedback to mhf@allina.com.