



The Cornerstone

SUMMER 2017



In 2014, Regina Medical Center became Regina Hospital, part of Allina Health and Regina Senior Living became part of Benedictine Health System. At the time of the transition, there were concerns about what those partnerships would mean for the future of health care and senior living in Hastings. However those concerns have been minimized as staff, residents, patients, and the community have seen both Allina Health and Benedictine Health System continue to invest in Regina Hospital and Regina Senior Living.

Since 2014, Allina Health has invested more than \$60 million into the Hastings community. Aside from bringing the 1953 buildings up to code, Allina Health built a new Emergency Department, which provides increased patient privacy, and updated technology. The Medical Imaging department received a \$6.4 million remodel and expansion. This project upgraded three major diagnostic tools:

- computerized tomography (CT),
- radiographic/fluoroscopy equipment and
- magnetic resonance imaging (MRI)

MRI was also moved into the newly expanded Imaging department – patients don't have to go outside to the truck anymore!

Allina Health is also building a 50,000 sq. ft. medical clinic, and bringing new services and programs to Regina Hospital, including a Chronic Pain Center, full-time oncologist, and additional surgical staff.

While Allina Health and Benedictine Health System have brought numerous upgrades and financial stability to the campus; the tradition of health care excellence that the Sisters of Charity of Our Lady, Mother of Mercy instilled more than 60 years ago is still the foundation of the care that patients and residents receive at Regina Hospital and Regina Senior Living.

The Regina Foundation represents the cornerstone from which we build our vitality for today, tomorrow and the future...caring for life.

 **Regina**
Foundation



"Wow! I had no idea..."

I hear this phrase a lot when patients, guests, and colleagues walk through Regina Senior Living and Regina Hospital. While we are happy to impress everyone who enters our facilities, we don't want to be the best kept secret in town. We want to shout our programs, services and technology from our newly resurfaced rooftops!

Beginning the next few months, we'll be inviting community groups to Regina Senior Living and Regina Hospital to learn more about how our campus is growing and changing to better serve the needs of the communities. We will provide an overview of our wide range of services and answer all of your questions. One question that I get asked frequently is "why does Regina Hospital and/or Regina Senior Living need to raise money now that they are part of larger health care systems?" That's a great question and one that I'm happy to answer. I think the best way to explain is through the following analogy:

Allina Health and Benedictine Health System are like parents who have multiple children in college. They can financially support each child up to a certain amount. After that, each child is responsible for earning any additional money they need to further their education. This is where the Regina Foundation comes in. The Foundation raises money to fill in the gaps between the budget and the actual cost of the "college experience" for the children - Regina Hospital and Regina Senior Living.

As you just read in the cover article, Allina Health has invested more than \$60 million in Regina Hospital and Allina Health Medical Clinics since 2014. Benedictine Health System continues to invest in the programming and resident care in Regina Senior Living. Your support to Regina Foundation ensures that the tradition of health care excellence that the Sisters of Charity of Our Lady, Mother of Mercy, began more than 60 years ago will continue to benefit the communities we serve.

Sincerely,

Brandi Doellinger

Director of Philanthropy and Community Engagement

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Keep in touch

We'd like to provide you with occasional updates throughout the year; please contact us if you'd like to be added or removed from our email/ mailing list. Regina Foundation at 651-404-1104 or email maria.reis@allina.com.



Committee Highlights

Great Rivers Society

The Great Rivers Society members and guests received a sneak peek of the newly renovated Imaging department in April. Attendees were able to preview restricted areas and get a “behind the scenes” feel for the \$6.4 million remodel and upgrade/replacement of major diagnostic tools including MRI, CT and radiographic fluoroscopy equipment.

Great Rivers Society Charter Members

- Chuck and Mary Caturia
- Marc and Lynn Chorney
- Bernie Estenson
 - In memory of Lee Estenson
- Charlie Johnson
 - In memory of Carol Johnson
- Brian and Rebecca LaCroix
- James P. LaCroix
- Jeff and Julie LaCroix
 - In honor of Ken and Jane LaCroix
- Ken and Phyllis LaCroix
- Joanne Ruedy
- Gary Seibert
 - In memory of Kate Seibert
- Jeannie and Tom Williams

Members

- Drs. Neal and Jennifer Buddensiek
- Jan and Doug Differt
- David and Andrea LaCroix
 - In honor of Betsy LaCroix
- Doug and Barbara Laumeyer
- Brandi and Steve Poellinger
- Pat and Mary Regan
- Dick and Donna Rother
- Tom and Lori Thompson



LuAnn Morrison, manager of Medical Imaging, provided informative tours of the expansion and remodel.

Great Rivers Society Chair Brian LaCroix (on the left in pictures below) and Foundation Director Brandi Poellinger (on the right in pictures below) presented special membership gifts to the following people:



Tom and Lori Thompson



Doug and Barbara Laumeyer



Doug and Jan Differt



Spirit of Regina Team 2017

Spirit of Regina had some 50's Rock & Roll fun during the employee campaign last fall

2017 Goals:

1. Supporting funds for the Employee Emergency Fund to help coworkers in crisis
2. TV-DVD for Pauline Memory Care Community to be used for music and relaxation videos
3. Dyson bladeless fan for an ultrasound room to keep patients and staff comfortable
4. Automatic door openers in the Tabitha Memory Care Community for the two exits going out to the garden area
5. iPads for patient mindfulness in the medical/surgical unit

Regina Hospital President Tom Thompson and Regina Senior Living CEO Kari Everson got into the 50's swing during Spirit Week last fall



Spirit of Regina Members

Jennifer Abraham
 Cynthia Aherns
 Tammy Allen
 Elizabeth Auge
 David Aune
 In honor of Myrna Aune
 Jason Bainbridge
 Sanaya Bharucha
 Cris Bickman
 Rebecca Boguslawski
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 Mary Camber
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 Beth Deitner
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 In memory of Jerry and Joanne Dempsey
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 In memory of Pat Pallin and Doris Donndelinger
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 In memory of Wes Crisp
 Lorna Garrick
 Ellen Gross
 Jennifer Guild
 Renee Haliburton
 Marianne Halls
 Laura Hannah



Free balance assessments prior to seminar

Community Relations

The Regina Foundation's Community Relations Committee continues to sponsor health education for our community. Last November, Gordon Beardwood, MD, with United Pain Center and Heidi Woodland, PsyD, LP, with Allina Health Clinic-Hastings shared helpful information for those experiencing chronic pain including coping strategies outside of medication.

In January, Christina Gapp Ritzer, RD, LD, Regina Hospital and Nick Blied, PT, DPT, OCS, (top right photo) with Courage Kenny Rehabilitation Institute discussed healthful eating and activity strategies that you can ease into a daily routine.

Aaron Wickboldt, DPT, (left photo) and the team from Courage Kenny Rehabilitation Institute, conducted free balance assessments at the April "Balancing Act" seminar. Paul Kerestes, MD, (bottom right photo) shared information about improving balance and preventing falls.

Jo Hansen
 Sarah Harvieux
 Lisa Heutmaker
 Linda Hiltgen
 Brenda Holmes
 Lynda Holzemer
 In memory of Frank and Lou Neuman
 Sandy Hoopingarner
 Nicole Howard
 Tara Hubbart
 In memory of Paul Schoen
 Trisha Hultquist
 In memory of Alexandra Curtis and Ed Hultquist
 Mick Humbert
 Jean Ickstadt
 Kathryn Irvine
 Christy Iverson
 Allison Johnson
 Shari Johnson
 Sheila Jones
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 Katherine Justen
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 In memory of Greg Langenfeld
 Lori Kampmeier
 Roberta Kieffer
 Micaiah Kline
 Pam Kochendorfer

Jay Kouchich
 Christine Kramer
 Christina Kummer
 Diane LaRue Seifert
 In memory of Dorothy LaRue
 Carla Lee
 Geraldine Lee
 Patty Leifeld
 Donna Lindahl
 Denise Linnell
 In memory of loss of twins
 Teresa Long
 Jenni Lorentz
 Julie Love
 Norma Lowell
 Melissa Lundberg
 Anna Mangan
 Michelle Martinez
 Suzanne Mathwich
 Elizabeth Matzke
 Mary McAlpin
 In memory of My Dad
 Cindy McCutchen
 Carol McDaniel
 Becky McKuras
 Sandra Meier Hilden
 Elena Mike
 In memory of Pedro and Marion Herrera
 Jill Miller
 Paul Miller

Kim Millis
 Cynthia Mollick
 Anna Moore
 LuAnn Morrison
 In memory of Steven Morrison
 Kristen Novak
 Fr. Thomas F.A. O'Brien
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 Belinda Tuckner
 In honor of Alois and Marilyn Reinardy
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 In memory of Cradle to Heaven
 Mary Anne Westman
 Aaron Wickboldt
 Cathy Williamson
 Mary Pat Wolkerstorfer
 Chelsea Zajac
 Several anonymous donors



Healthful eating and activity strategies seminar



April "Balancing Act" seminar

Planned Giving



Tony Bolstorff

The Regina Foundation would like to welcome Tony Bolstorff, CFP® to our Planned Giving Committee. Tony is a Senior Integrated Wealth Advisor at Carlson Capital Management and will serve as Committee Chair. As a Certified Financial Planner, Tony is well versed

in planned giving options and is looking forward to working with his committee to educate our community on their long-term giving options and Regina's planned gifts program.

Tony also gives back to the Hastings community by serving on the Hastings Family Services Board of Directors, as a volunteer coach and an active member of his church. He lives in Hastings with his wife, four children and two dogs.

DONOR PROFILE *Bernie Estenson*



Growing up on a small farm in rural North Dakota, Bernie and her three brothers watched their parents give back to their community. “My parents were financially and emotionally supportive of our community,” Bernie proudly explained. “My dad was generous with his time and was always willing to help others, and my mom was very creative with limited time and resources.”

Given her upbringing, it should come as no surprise that Bernie is dedicated to giving back to the Hastings community that she and her late husband, Lee, have called home since 1972. “In 2008, Dale Olson invited me to serve on the Regina Trustee Board,” says Bernie. “I served on that Board until 2014.” She currently serves on the Regina Foundation, Regina Senior Living and Regina Healthcare Boards.

Bernie has seen a lot of changes to the Regina campus since 2008. She is most proud of the Regina Board’s work during the Regina Hospital and Allina Health merger and Regina Senior Living and Benedictine Health System merger. The other thing Bernie feels really good about is the professionalism of the health care staff. “Everyone is just superb in providing a safe environment and excellent care to the residents, patients and their families at Regina.”

“We are so fortunate to have this expanding medical campus in Hastings,” says Bernie, “and our partnership with United Hospital helps meet any additional needs for advanced specialty services and technology.” Aside from bringing the 1953 buildings up to code, Allina Health built a new Emergency Department, upgraded technology and renovated the space in Medical Imaging.

Allina Health is currently building a new medical clinic (opening late 2017), and bringing new services and programs to Hastings including a Chronic Pain Center. The partnership with Allina Health was “the best thing we could have done for our community,” says Bernie. “It allows our friends and family to get their medical care in town.”

Bernie also played an active role in the “Touching Lives” campaign. The campaign raised nearly \$1.4 million to renovate and expand the Regina Senior Living Care Center and Transitional Care Unit. One of Bernie’s favorite projects during that time was transforming a boring concrete patio into an open atrium healing garden (funded through the 2012 Regina Classic). Bernie and the other subcommittee members worked hard to provide the care center residents with a beautiful outdoor space that can even be enjoyed from inside through the large windows overlooking the area.

“If you give, you get it back somehow.”

While Bernie is committed to her community, her family is her first priority. She lights up when she talks about her late husband, their two children, and seven grandchildren. Her son Patrick, his wife, and their four children live in Stillwater and her daughter Lynette lives in Hastings with her husband and their three children. Bernie's grandchildren range in age from 19 to 4, and she spends as much time as she can with them. "I'm so blessed to have them close by," says Bernie. "I love watching them walk through my door."

Since retiring four years ago, Bernie has become very active in the Regina Auxiliary. She has worked on a number of projects and activities including the upcoming Garden Party on June 24 (see below for details). "The Blossoms and

Blessings event allows us to share the beautiful gardens we have on campus with the community," explains Bernie, "and participants will be able to view Father Tom O'Brien's personal vestment collection!"

Bernie stays motivated to help others because she would want others to care for her family if she wasn't close by. "I remember thinking 'someday my parents may need this service' when I was volunteering for Meals on Wheels years ago. And sure enough, my dad did participate. There was someone there to help him when I couldn't do it," shares Bernie. "If you give, you get it back somehow."

Blossoms and Blessings

Tour of the Regina Gardens

Gardens: Reflection Circle, Healing Garden, Tabitha Garden, Sister Mary Philip Garden, the Father Dunne (formerly Regina Auxiliary) Garden

- ☀ Enjoy a Walk-Through-Time at the History Wall
- ☀ See the Father Thomas O'Brien Vestment Collection
- ☀ Music and Refreshments in the River Room

The 2013 transformed Healing Garden project. Bernie and fellow garden committee member, Georgine Robinson, searched to find just the right angel statue to place in the space.

Sat., June 24
1-4 p.m.





Opportunities for Giving

The Regina Foundation is a 501(c)(3) nonprofit organization dedicated to the viability of health care in our community. Our work enhances the health care services and medical technology available in Hastings and the surrounding area. Gifts may be designated for a specific purpose or used by Regina for the areas of most need in senior living and the hospital. All gifts are gratefully received and acknowledged by the Regina Foundation.

For more information, call the Foundation office at 651-404-1104.

Gifts and Memorials

October 2016 – April 2017

In Memory

Glen Anderson

Gerald and Kathryn Koryba

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Maureen Geraghty Bouchard

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Mac McGoon Spring Special

“Regina Hospital uses ‘sleep sacks’ instead of blankets in the birth center to model safe sleep practices,” says Julie McGary, Birth Center Nurse Manager. “Loose blankets and bedding in the crib pose a risk to baby as they can cover a baby’s face and interfere with breathing.”

The successful event brought in \$2,000 to purchase new baby SleepSack® swaddles. Now, with the help of Mac McGoon Studio, we can send one SleepSack® home with each baby born at Regina Hospital for the next several months.

This was the 22nd annual fund raising event by Mac McGoon Studio, who offers a children’s spring portrait special with bunnies and lambs in an effort to raise funds for our littlest patients at Regina Hospital. Special thanks to all who participated!

Thank you Spring Special Donors

Alysia and Jeremy Anderson
Connie Ball
Cindy and Don Bauerfeld
Lindsay Bechel
Stacey and Nick Beissel
Gail and Al Carstensen
Brittany and Adam Collins
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Cindy Hoffmann





2016 Tree of Lights

Regina Foundation's Tree of Lights program helps us remember family and friends in a special way through the Christmas season. The 14-foot pine, positioned along Nininger Road, shines with lights representing a donation made in memory or in honor of a loved one. Contributions from the 2016 Tree of Lights campaign supported two projects:

1. The senior living River Room renovation, bringing freshness to this space where residents, families and staff enjoy social activities.
2. An automatic external defibrillator (AED) for the conference center area of the hospital, ensuring rapid response for an employee, community member or resident who suffers cardiac arrest until medical staff arrives.



Father Thomas F.A. O'Brien blesses the Tree of Lights, lit by Debra Foster. Paul Miller assisted.

Thank you 2016 Tree of Lights donors

In Honor

Amy, Mitch, Stacy, Matt, Stella, Rhett, Marilyn
Don and Sandy Kramlinger

Myrna Aune

Dawn Trombley

Colleen and Dennis Becker

Joanne Peters

Betsy LaCroix

Marty and Marie Emeott

Jane and Ken LaCroix

Lucille Aurelius

Joyce Morin

Scott and Shelly Schmitz

Frank Oertel

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LuAnn and Steve Rechtzigel

Novie Place

Robert and Beverly Geiken

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Carmelite Community

Tom Thompson

John and Patty Leifeld

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In Memory

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Elenore Lohmann

Elsie A. Schaar
Elenore Lohmann

Jim and Pat Schmid
Mary Myers

Patty Peck Seleski
Joan Goebel

Patty Seleskie
Scott Seleskie Family

Catharine A. Sieben
Loretta Sieben

Clarence W. Sieben
Loretta Sieben

Dorothy M. Sieben
Loretta Sieben

Jim Sieben
Char Sieben

Lucille B. Sieben
Loretta Sieben

Peter P. Sieben
Loretta Sieben

Irvin and Therese Siebenaler
Alf and Julie Bauer

Logan Siebenaler
Alf and Julie Bauer

Kenneth Sigerson
Mary Sigerson

Mike Simacek
Lois Simacek

Sister Mary Philip
Robert H. Dassow

Sister Pauline DuChesne
Joan Goebel

Sisters of Charity of Our Lady, Mother of Mercy
Regina Hospital Mission
Integration Team

Edmund and Helen Staiger
Jack and Marge Staiger

Corwin Staus
Ray and Donna Staus

John F. "Jack" Stern
Loretta Sieben

Orville and Olivia Sturm
Sandy and Dick Greiner

Gordon and Pauline Swanson
JoAnne Bollenbeck

Donna, Rob, Jeff and Luke Swanum
Judith L. Lawrence

Alice Taffe
Karen Rosenlund

Math and Kate Thurmes
Pat and Gery Dohmen Family

Ben and Betty Thyen
Roger Thyen Family

Cathy Thyen
Roger Thyen Family

LeRoy and John Thyen
Angie Thyen

Mary Tobias
Joel and Maria Reis

Gerald Tobias

Teresa Tobias
Joel and Maria Reis

Nick and Delores Weiland
Allie and JoAnn Feidt

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Regina Classic

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Regina Classic returns August 21

The Regina Classic will be held on August 21 at Dakota Pines Golf Club in Hastings. This exciting event includes lunch, a round of golf, social hour, dinner and a fabulous silent auction. Our tournament is a fun, relaxed outing (foursome scramble) for men and women golfers at all levels of playing ability.

If you're interest in sponsoring or donating a silent auction item that benefits Regina Senior Living residents and Regina Hospital patients, please call 651-404-1104 or email maria.reis@allina.com.