Mark your calendars for Monday, December 2, and join us for the Tree of Lights Blessing.

The Tree of Lights campaign is a unique and heart-warming way to honor family and friends, as well as improve health care in our community. The lights on the 14-foot balsam shine for all visitors and passers-by during the holiday season. Its blue, red, green and gold light bulbs symbolize gifts made by donors in memory or in honor of a loved one.

By contributing to Tree of Lights, you are helping patients with foot drop regain function with the Bioness L300 Go device. Foot drop is a gait abnormality in which the dropping of the forefoot happens due to weakness, irritation or nerve damage. Oftentimes the top of the toes will drag when attempting to walk with this condition.

You can help improve the lives of patients living with foot drop due to conditions such as stroke, multiple sclerosis, cerebral palsy, traumatic brain injury or incomplete spinal cord injury. The Bioness devices are clinically proven to increase range of motion and reduce the risk of falls while improving confidence and independence.

- Walk farther, faster, longer
- Reduce falls
- Potentially eliminate your ankle foot orthotic
- Use barefoot – no gait sensor required
- Easy on and off
- Comfortable, soft and flexible

Everyone is welcome to join us at the Tree of Lights Blessing and Lighting Ceremony on Monday, Dec. 2 at 3 p.m. in Regina’s Chapel Lobby. The Tree will remain lit until Jan. 7.

If you donate $25 or more to Tree of Lights, you will receive a keepsake Christmas ornament as a thank you gift. Also, if you donate $50 or more, you will automatically become a “Partner of Regina” charter member (read more about this annual giving club inside).
Message from the Regina Foundation

It has been a delight meeting some of you since I became the President of Regina Hospital and River Falls Area Hospital in June. For those of you who I have not yet met, let me introduce myself. I am originally from Canada, but have had the opportunity to live in China and Singapore before moving to the United States in 2001. I became an American Citizen in August of 2017. I am a Registered Nurse and have been in leadership roles at St. Joseph’s Hospital in St. Paul, Fairview Ridges Hospital in Burnsville and Regions Hospital in St. Paul. I had the privilege to work for Allina from 2013 to the end of 2016 at Unity Hospital in Fridley. When Unity and Mercy became one hospital, two campuses, I left the organization and worked for Press Ganey for almost 2 years. I am excited to be back at Allina again in this new shared President role.

Some of you already know that Brandi Poellinger accepted a new position within Allina Health as the East Region Community Benefit and Engagement Manager. In her new role, she will work with community partners in Dakota, Pierce, and St. Croix counties to identify and address health needs within the communities we serve. Brandi will divide her time between Regina Hospital and River Falls Area Hospital. Since Brandi left the Foundation in September, Shelley Solberg, Regina Senior Living CEO, and I have been working closely to hire the best candidate to serve the Foundation with Maria Reis and to work with all of you.

This year, the Foundation has provided funding for the hospital’s imaging department waiting room remodel, virtual reality training software for Regina Senior Living Staff, fetal monitor carts, neuro-stimulators for patients with foot drop, a transport van for nursing home residents, chapel supplies and services, in addition to many other things that enhance the care of our patients and residents. Thank you for supporting these projects and the Regina Foundation through your time and energy, donations, pledges, and sponsorships.

Our hospital and senior living center are an important part of the strength of the Hasting’s community and your continued support of the safe, high quality care that is delivered at both Regina Hospital and Regina Senior Living means the world to Shelley and me.

If you have any questions, please feel free to contact me.

Helen Strike
President, Regina Hospital
Great Rivers Society purchased eight new fetal monitor carts in the Family Birth Center. The carts open up more space at the patient bedside, making patient care much more efficient and safe, and allows space for the patient’s labor support person to be directly at the bedside during labor and delivery.

Great Rivers Society members enjoyed a casual evening of good company, fun music, grilled food, fine beverages and fresh apple pie at Whistling Well Farm on September 12.

Great Rivers Society honors the most distinguished benefactors of the Regina Foundation. Membership is extended to individuals who make a commitment to Regina Foundation of $5,000 or more over a five-year period. All donations stay local and are used to fund projects at Regina Hospital and Regina Senior Living.

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
Nick and Cheryl Conzemius
Jan and Doug Differt
Cindy Early
  In memory of Fran and Marc Tobias
John and Diane Fox
Cindy and Armin Hoffmann
Christy and Pat Iverson
Rita Kriha
David and Andrea LaCroix
  In honor of Betsy LaCroix
Doug and Barbara Laumeyer
Patrice and Charlie Molitor
Dale Olson and Alice McGuiggan
  In honor of Roderick and Joanne Olson
Donald and Mary Ellen Olson, Jr.
Christina Pieper-Bigelow
  In honor of Richard and Mary Pieper
Brandi and Steve Poellinger
Patrick and Mary Regan
Dick and Donna Rother
Bill and Joyce Sieben
Rev. John Siebenaler
  In memory of Mary Kay Hoffman
Rev. Leonard Siebenaler
Father Martin Siebenaler
  In memory of Math and Christine Siebenaler
Tom and Lori Thompson

Foundation Board Chair Cindy Hoffmann and Great Rivers Society event host Charlie Johnson, Whistling Well Farm.
PARTNERS OF REGINA

Become a “Partner of Regina” and help improve the lives of patients living with foot drop. The Annual Support Committee is teaming up with Tree of Lights to fund the Bioness L300 Go device (see the front page to learn more about how this helps our patients).

Partners of Regina is a unique and dedicated group of individuals committed to the advancement of health care in Hastings and surrounding area. This committee works to encourage annual donations of:

- Founder level $500+
- Supporter level $250 – $499
- Friend level $100 – $249
- Samaritan level $50 – $99

Join with your donation before the end of 2019, and become a Partners of Regina Charter Member!

Committee Updates

The Regina Foundation provided virtual reality demonstrations on October 7 so individuals could experience firsthand what it is like to live with Alzheimer’s Disease (AD). Regina Senior Living is taking this innovative approach to staff and community education to learn how to respond, care for and support those who live with AD.

Dr. Neal Buddensiek, Chief Medical Officer with Benedictine Health System, explored common questions about providing care for people with AD. Regina also has virtual reality programs for hearing or vision impairment and terminal diagnosis. This event focused on Alzheimer’s Disease.

Stepping Up Your Foot Care was presented on November 5 by Alex Scholl, DPM, Allina Health. Our feet work hard for us every day. Whether you love to run, enjoy walking, are an athlete or have aging feet, Dr. Scholl shared how to keep your feet happy. He discussed general foot care and injury prevention, common foot and ankle injuries and treatment options.

Partners of Regina Charter Members as of 10/1/2019:

- Mary Ann Cater
  - In memory of Gary Cater
- Brian and Gena Jones
- Derek and Nikki Latch
- Ben and Sharon Moes
  - In memory of Edmund and Viola Quant and Catherine Moes
- Mike and Cathy Norgaard
  - In memory of Jim and Verneil Thomas
- Gina Purzitza/Eyenique Vision
- Wayne and Trish Thompson
  - In honor of our grandchildren Wyatt, Lily and Mason
- Mike and Maria Slavik

The new Bioness L300 Go dramatically improves key features of their functional electrical stimulation foot-drop device to improve mobility.
SPIRIT OF REGINA

The employee giving group, Spirit of Regina, recognized 2019 participants at a June indoor picnic. The theme this year is “Are You Ready For Some Spirit?”

September 23 started Spirit Week with fun activities each day to raise funds for our 2020 projects. Projects are chosen by employees and include:

1. Maintain the Employee Emergency Fund so we can continue to help our coworkers in crisis.
2. Padded folding chairs for the Cancer Center, so family has a softer place to sit.
4. New gas grill and cover for outdoor cooking.
5. Weight scale in LTC/TCU. A new wheel chair accessible scale will be more efficient and safe for residents. Accurate weight is very important for health diagnosis and treatment.
6. Music in Assisted Living Dining will create a more relaxing and pleasant dining experience for our Assisted Living residents.

A construction update to the Medical Imaging waiting area provides a more pleasant space for patients and families. Patient satisfaction surveys had commented on the worn, old area. Construction included new flooring, removal of wallpaper, paint, adding a partition to separate the TV area from a more quiet space and extra seating. The Regina Foundation funded construction and Regina Auxiliary purchased the furniture.

Regina Hospital’s Grace Unit expanded from 14 to 20 beds. Adding these beds to our geriatric behavioral health unit will allow Regina to serve over 130 more patients and their families per year. More patients are consistently awaiting admission; many from the Regina service area and Western Wisconsin. Typically, three to four patients are on the waiting list as well as patients in Emergency Departments needing an inpatient bed.

We kicked off Spirit Week with a chili tailgate competition. Several employees did their best taste testing and voted for Best Taste, Most Creative and People’s Choice.
2019 Regina Classic

**Presenting Sponsor – The Smead Manufacturing Co.**

**Major Sponsors**
- Allina Health Emergency Medical Services
- Emergency Care Consultants
- Hunt Electric
- South Valley Anesthesia

**Special thanks to**
- Spa Where You Ahh
- Valley Buick & GMC
- Walmart
- Regina Classic Volunteers

**HOLE SPONSORS**
- Berwald Roofing Co, Inc
- Bierstube
- Dunham/BWBR
- Gilbert Mechanical
- Hoffman & McNamara
- Horizon Mental Health Management
- Kraus-Anderson Construction Company
- In Loving Memory of Ken and Jane LaCroix
- Ken LaCroix Consulting
- McGough Construction
- Midwest Radiology
- Nasseff Mechanical Contractors

**CONTRIBUTORS**
- Amazon Smile Foundation
- Estate of Claude B. and Lucy E. Ashbaucher
- Sharon and Michael Brown
- Cernohous Chevrolet
- Jamie Donndelinger
- Marty and Marie Emeott
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- Adam and Becky Rachuy
- Steve and LuAnn Rechtzigel
- Leon and Maureen Rother
- Ron and Karen Rubin
- Tom Ruedy
- Christel Schroeder
- Sandy and Joe VerBout
- Sandra Wall

**GIFTS AND MEMORIALS | May 2019 – October 2019**

**IN MEMORY**
- Howard Akins
- Jane Akins
- Lucille Bauer
- Ramona McCullough
- Gary Cater
- Chris Kummer
- Greg Doffing
- Pat Doffing
- Patricia Joan Duus
- Clergy Honorarium
- Sharon Endres
- James and Diane Rother
- Willis Harrington
- Mary Wagner
- William Kendall
- Joan Kendall
- Char Laselle
- Anthony Laselle
- Carol Lindahl
- Rosemarie Sontag
- George C. Marschall
- Marguerita Marschall
- John G. Marschall
- Marguerita Marschall
- Orville and Adeline Nelson
- Rhonda Nelson
- Our Parents
- Mike and Ann Westland
- Helen and Ernie Perry
- Judy Seidl
- Marion Peterson
- Armin and Cindy Hoffmann
- Justin and Larysa Karkoc
- Robert and Susan Popowitz
- Marvin J. Raway
- Maxine C. Raway
- Angela Savoie
- Edward Savoie
- Gerald and Janice Seifert
- Phil and Lisa Seifert
- Ben Sontag
- Rosemarie Sontag
- Delores Stoffel
- Debra Allyn
- Charles Allyn
- Lynn and Kathleen Jensen Anderson
- Jack and Betty Anfinson
- Gary and Kathy Bahn
- Alicia DeGross
- Jean Featherstone
- Martha Gretten
- Michael Gretten
- Sharon Hager
- John and Mary Lou Marschall
- Mary and David North
- Rod Olson
- Barbara Radsom
- Marv and Marti Rooney
- Monica Roy
- Larry and Mary Anne Rueemmele
- Becky and Raymond Schafer
- Dianna Schafer
- Starkson Family Life Celebration Chapel
- Dave Stoffel
- Linda Stoffel
- Joanne Winner
- Christina and Jeffrey White
- Margaret A. Thiel
- Theresa Gegen

**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.
Thank you to the wonderful businesses and people who support our mission.

Rain and cold could not keep the Regina Classic golfers from enjoying themselves on September 9! Thanks to our sponsors, donors and volunteers, more than $34,000 was raised at the tournament. Proceeds will support the purchase of a medical transport van for nursing home residents in Regina Senior Living. The van will safely and efficiently take them to/from clinic and dialysis appointments with no added fee.

**SILENT AUCTION/DONATIONS**
- 3M Cottage Grove
- Ace Hardware
- Alexis Bailly Vineyard
- Tammy Allen
- Apex Print Technologies
- Applebees
- Auto Doctor
- Avon–Ann Merfeld
- Bellwood Oaks Golf Course
- Bierstube
- Birchwood Wire and Wool
- Bix Produce Co.
- Beth Brandt
- Café Latte
- Cernohous Chevrolet
- Chuck and Dons Pet Food Outlet
- Clifton Highlands/River Valley Golf Trail
- Common Man Brewing
- Crave Restaurant–Woodbury
- Dairy Queen–Hastings
- Mark Dempsey
- Shirley & David Doffing
- Dominoes
- Duff's Meats 2
- EcoLab
- Emily’s Bakery
- Enrique’s Taco House
- Eye Candy
- FireSide Social House
- Flowers for All Occasions
- Debra Foster
- GDT Document Destruction
- Grand Casino Hinckley
- Hastings Concert Association
- Hastings Country Inn
- Hastings Family Service
- Hastings Golf Club
- Hastings Star Gazette
- Hidden Greens Golf Course
- Ken and Betty Hoeschen
- Lynda Holzemer
- House of Coates
- House of Wine
- Tara Hubbart
- Hy-Vee
- Joe and Maddie Mauer Donations
- Judge Electric
- KDWA
- King’s Place
- Kwik Trip
- Lah Tee Dah
- LINN Companies (Goodyear)
- Lucille’s
- M&H
- Mac McGoon Portrait Design Studio
- Mall of America
- Marcus Hastings Cinema
- McDonalds
- Me & Julio’s
- Midtown Cleaners
- MN Timberwolves and Lynx
- Fastbreak Foundation
- MN Twins
- Muddy Waters
- Nine Eagles
- Diane and Jim Nolan
- Office Depot
- Omnicare MN
- Onion Grille
- Orange Dragon Art Gallery
- PBFS, David Doffing, CPA
- Pan O Gold Baking Co.
- Gwen and Russ Pangerl
- Joyce, Chad and Jeremy Pechacek
- Perkins – Hastings
- Brandi Poellinger
- Ptacek’s IGA
- María Reis
- Brenda Riley
- Rio Gran Grooming School & Spa
- Saint Paul Saints
- Christel Schroeder
- Second Childhood Dolls & More
- Second Street Depot
- Sherwin Williams–Hastings
- Bill and Joyce Sieben
- Snap Fitness–Hastings
- Spartan Promotions
- Speedway
- Spirals Brewery
- Spirals Food Co-op
- Staples
- Steinhous
- Subway–Hastings
- Textile Care Services
- The New Art of Dentistry
- The Tree House

Foundation Board Chair Cindy Hoffmann congratulates Lynda Holzemer on her 20th and final year as tournament director for the Regina Classic. Lynda has been very instrumental in the continued success of this event over the years.

- Tires Plus of Hastings
- Topgolf
- Total Wine & More
- Tractor Supply Co.
- Richard and Dawn Trombley
- Trophies Plus
- UNFI
- United Promotions
- Von Hanson’s Meat–Cottage Grove
- Tim Wermager
- Whistling Well Farm
- Wiederholt’s Supper Club
- Cathy Williamson
- Xcel Energy
- Yacht Brokers/Tierney Investments
- Janice Zaccardi
Tree of Lights Blessing
MONDAY, DEC. 2 AT 3 P.M.
REGINA CHAPEL LOBBY

Last year’s Tree of Lights campaign brought virtual reality programs to senior living residents. The “smart glasses” can send you sky diving or to a peaceful waterfall park. “Virtual reality is decreasing agitation, frustration, anxiety and depression and increasing engagement and happiness,” says Dr. Neal Buddensiek, medical director of Regina’s Care Center. They also are interactive so a group of people can go on a walking tour of Paris together among other activities. New experiences can spark old memories and new friendships. Read the front page to see how Tree of Lights will help physical therapy patients this year.