Tree of Lights

Warm your heart with a holiday light on our remembrance tree

The Tree of Lights campaign is a unique and heart-felt way to remember family and friends. 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.

Contributions to this year’s Tree of Lights program will support the Live 2B Healthy wellness program part of Regina Senior Living. This program improves mobility, balance, endurance and cardiovascular health of our residents. Regina’s memory care residents, as a group, improved their balance by 74% during the first half of 2017. Additional benefits include long-term improvement in overall health – fewer falls, decreased symptoms of depression, better sleep patterns and improved problem-solving abilities. Also, an aromatherapy program was designed specifically for seniors which addresses pain, anxiety and behavior-related symptoms.

Please use the enclosed envelope to select your light for the tree. You can also choose to have your donation go where the need is greatest through the Regina Foundation.

If you donate $25 or more to Tree of Lights, you will receive a keepsake Christmas ornament as a thank you gift. Everyone is welcome to join us at the Tree of Lights Blessing and Lighting Ceremony on Monday, Dec. 4 at 5 p.m. in Regina’s Chapel Lobby. The Tree will remain lit until Jan. 7.
During the last year, I have met many of you through various educational seminars, committee meetings, and other Regina Foundation, Hospital or Senior Living events. I have enjoyed getting to know you, hearing your stories and answering questions about the Regina Foundation.

I was recently asked what my ideal donor looks like. I'm guessing they were expecting me to say that the Foundation’s ideal donor is someone who walks into our office with a check for $1,000,000 in their hand. Actually, I said, "My ideal donor is anyone who believes in the work that we are doing at Regina Hospital and Regina Senior Living. It’s anyone who has been touched by the kindness of our staff or who has interacted with our patients or residents and feels a desire to give at any level.”

Every donor gives for a different reason and in a different way. Some volunteer their time. Others purchase a bulb on the Tree of Lights in memory or in honor of a loved one. A local business sponsors the Regina Classic. A resident’s family is compelled to support our caregiving. Employees join the Spirit of Regina team. Individuals pledge a gift to the Great Rivers Society while others include the Regina Foundation in their estate planning. Each contribution makes an impact. Every story behind the contribution has the ability to influence future philanthropic gifts and help us continue our mission of caring for the whole person.

While the person was expecting a different answer, my answer was honest. Our ideal donor is one who believes in the mission of our work. Someone who believes that we are special in the way we deliver care to our patients, residents and community. Someone who believes that through their contribution, Regina Hospital and Regina Senior Living will continue the legacy started by the Sisters of Charity of Our Lady, Mother of Mercy more than 60 years ago.

Sincerely,

Brandi Poellinger
Director of Community Engagement & Philanthropy
On September 12, the Great Rivers Society members and guests enjoyed a lovely autumn afternoon at Whistling Well Farm. Owner Charlie Johnson gave an interesting presentation on apple processing. While dining on grilled burgers and Ptacek’s IGA famous brats, guests listened to music from the “Back Porch Band.” The evening ended with a delicious variety of fresh baked apple pies.

The Great Rivers Society has been established to recognize and honor 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  
David and Andrea LaCroix  
  In honor of Betsy LaCroix  
Doug and Barbara Laumeyer  
Christina Pieper-Bigelow  
  In honor of Richard and Mary Pieper  
Brandi and Steve Poellinger  
Pat and Mary Regan  
Dick and Donna Rother  
Tom and Lori Thompson
The employee giving group, Spirit of Regina, held a summer family picnic in June at Day Camp Spring Lake. The picnic included grilled burgers, hotdogs and s'mores. The YMCA of Hastings organized camp-themed activities for campers of all ages including archery, slingshot, gaga, tie-dying and sandcastle building.

Our annual Spirit Week activities took place in September. This year’s theme was “Viva Las Spirit.” The campaign raised funds for the following 2018 projects:

1. Maintaining the Employee Emergency Fund so we can continue to help our coworkers in crisis
2. Sleep sacks for newborns to promote safe sleep for babies
3. New chairs in the Pauline Unit for the comfort and safety of our residents and staff
4. Bariatric furniture in the Emergency and Surgery Center waiting rooms to provide comfort and safety for our patients and families
5. New chairs for the Tabitha Community that are easy to clean and reflect the dignity of our residents

I’m happy to be part of the Spirit of Regina Team because …

I’ve always been a strong believer that working together as a team, anything can be accomplished. I’m a new member of the Spirit of Regina Team, and I’ve seen some of the past projects and witnessed the joy when a need is filled. I’m happy that I can say that now I’m a part of that and look forward to seeing what the Spirit of Regina team can do.

Cathy J Williamson
Business Office Manager
Regina Senior Living Community

I feel very grateful and blessed for what I have; it makes me feel good to be able to share. Some of my very dearest life-long friends have lost their parents over the years, I appreciate the ability to donate in honor of my beautiful memories of them.

Lisa Rogers
Patient Registration/Scheduler
Allina Hastings Clinic

I give to the Spirit of Regina for several reasons. But the number one reason is that it benefits the patients and the residents in ways that it wouldn’t without the Spirit of Regina committee and its members. It is also a great way to get involved with people in the community.

Melissa Lundberg
Janitor/Housekeeping
Regina Hospital
The Regina Foundation teamed up with Dakota County Public Health to offer “Become a Dementia Friend” at Regina Senior Living in August. Over 80 community members learned how to make a difference for people touched by dementia, help everyone understand what dementia is and how it affects people. Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia.

In September, Pediatrician Nick VenOsdel and Hastings High School Athletic Trainer Chelsea Zajac from Courage Kenny Rehabilitation Institute presented “Concussion: Sidelined from more than sports.” Attendees learned about prevention, diagnosis, treatment and after-care of concussions.

The October seminar topic was Anxiety and Depression. With the holidays approaching, this timely presentation focused on signs and symptoms, tips for coping and provided valuable resources.

Jess Luce, with Dakota County’s Communities for a Lifetime (aging) Initiative and Colleen Fritsch, a Hastings resident and Metropolitan Area Agency on Aging staff member shared how to become a “Dementia Friend.”

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.
**PRESENTING SPONSOR**
Smead Manufacturing Company

**MAJOR SPONSORS**
- Allina Health Emergency Medical Services
- Emergency Care Consultants
- Hunt Electric Corporation
- South Valley Anesthesia, PA
- Summit Orthopedics
- United Hospital

**HOLE SPONSORS**
- Berwald Roofing Co.
- The Bierstube
- Carlson Capital Management
- Dunham / Loucks
- Elliott Contracting Corporation
- Gilbert Mechanical
- Hoffman and McNamara
- Horizon Mental Health Management
- In Loving Memory of Jane LaCroix / In Honor of Ken LaCroix
- Kraus-Anderson Construction Co.
- LaCroix Consulting
- Mavo Systems
- McGough Construction
- Nasseff Mechanical Contractors
- NXC Imaging
- Christina Pieper-Bigelow, MD
- Prairie River Home Care Blaine
- Regina Auxiliary
- St. Paul Radiology
- Trané
- US Water
- Ziegler Power Systems

**FLAG SPONSORS**
- KGB Financial Group
- Zellner Senior Health Consulting, LLC

**SILENT AUCTION/DONATIONS**
- 3M Cottage Grove
- Ace Hardware / Jake and Jennifer Morri
- Alexis Bailly Vineyard
- Apex Print Technologies
- Applebee’s
- Auto Doctor, Inc.
- Avon, Ann Merfeld
- Bellwood Oaks Golf Course
- Mary Nylen Bezdeck
- Bierstube, Inc.
- Bix Products Company
- Tom & Jo Boettcher
- Breakaway Arts
- Brickyard Pub & Eatery
- Café Latte’
- Cernohous Chevrolet
- Chuck and Don’s Pet Food Outlet
- Chipotle
- Clear Choice Pool & Spa
- Clifton Highlands
- Coborn’s Superstore
- Culver’s
- Dairy Queen
- Dakota Pines Golf Club
- Mark Dempsey
- David and Shirley Doffing
- Kris Donndelinger
- Dunn Bros.
- Edward Jones-Office of Abra Hovgaard
- Emily’s Bakery
- Eye Candy
- Meg and Ben Fladager
- Flint Hills Resources
- Flowers for All Occasions
- Deb Foster
- Gopher Hills Golf Course
- GRACE Unit
- Grand Casino—Mille Lacs & Hinckley
- Hastings Concert Assoc.
- Hastings Country Inn
- Hidden Greens Golf Course
- Ken and Betty Hoeschen
- Lynda and Mike Holzemer
- House of Coates
- House of Wine
- Tara Hubbart
- Joe & Maddie Mauer Donations
- Johnson Jewelers
- KDWA
- Ruth Kelly
- King’s Place
- Bob and Jody Kleis
- Kwik Trip
- Las Tortillas Mexican Restaurant
- Patty Leifeld
- LINN Companies
- Lock & Dam Eatery
- Norma Lowell
- Melissa Lundberg
- M&H
- Mac McGoon Portrait & Design Studio
- Mall of America
- Mavo Systems
- Me & Julio’s
- MGM Liquor
- Midtown Cleaners
- Elena Mike
- MN Lynx
- MN Twins
- MN Vikings
- Molitor Brothers Farm
- Most Pharmacy
- Muddy Waters
- Kristen Novak
- Onion Grill
- Orange Dragon Art Gallery
- O’Reilly Auto Parts
- Lynn Otto
- Gwen and Russ Pangerl
- Jeanne Pauletti
- PBFS, David A. Doffing, CPA
- Perkins
- Planet Beach
- Brandi Poellinger
- Katie Polehna
- Ptacek’s IGA
- Q-Cumbers
- Chris Quicksell
- R&B Contract Manufacturing
Regina Classic

While we didn't plan it, the solar eclipse was a great addition to the annual Regina Golf Classic. More than 130 golfers were able to view the different phases of the eclipse between swings at Dakota Pines Golf Club. Even though the event was rained out after nine holes, the Classic raised more than $37,000 for the Regina Foundation and provided a memorable experience for participants and volunteers. The net proceeds from the event will fund Regina Hospital and Regina Senior Living programming and services. Thank you to our sponsors, donors, and volunteers who helped make this event a success.

The highlight of the day had nothing to do with golf! The Regina Foundation provided glasses to participants and volunteers so they could watch eclipse history in the making.
“I really enjoy the Live 2B Healthy classes. In my opinion, everyone should give it a try. I’ve been going since they started and have only had to miss a few sessions. I really hate to miss. I feel like it has helped me recover from my surgery and fall. You can do most of the exercises while sitting. It’s a lot of stretching, each week we focus on a different area; we only push ourselves to our own comfort level. Elliot is encouraging, he emphasizes the importance of movement, proper body mechanics and also gets our minds working.”

~ Margaret Akins

“I think the program is well run. The people are very kind and helpful. I like it because we can take our time doing it; we are never rushed. I enjoy the warm ups and working all parts of our bodies. If you’re not able to do something you can just sit and watch. I’m 95 years old, and I’m feeling better and more in shape since this program. I go three times a week. It has helped me so much with my lower back and shoulder. Now I’m taking less pain pills. It helps me keep the weight off. While we are stretching, he gives us tips on healthy eating. He demonstrates each exercise and stands close by if we have any questions. The staff that runs this is always on time, they are very patient and encouraging.”

~ Emma Siebenaler