Welcome to the Regina Senior Therapy department where 2014 Regina Classic proceeds went toward boosting therapy services. Occupational and physical therapy professionals serve residents from the nursing home, transitional care unit (TCU), and assisted living, as well as provide outpatient services to those patients previously served in TCU.

Not only do they focus on building strength and balance, they help patients maneuver through every day living; things that healthy people can take for granted. Loading/unloading the dishwasher, doing the laundry, retrieving items from the top shelf in the kitchen, getting in and out of bed, putting on shoes, etc.

“We are in the business of preserving independence,” says Dale Burgess, Regional Director of Therapy Services. “The goal of therapy is to help patients reach their highest functioning level so they can safely return home and are less likely to decline and return to the hospital.”

Remodeling the therapy space involved constructing a more homelike environment with a mock kitchen, washer/dryer, and varying floor surfaces. Equipment was added, such as a standing frame that allows the patient to work on upper extremity exercises while maintaining a more natural upright position. The space also includes a bathroom, bedroom and a set of stairs. Increased aesthetics offer a visual queue that helps stimulate motivation and adds to a comfortable experience.

Creating a more functional setting to duplicate what patients face at home is a significant advantage for them. Being able to offer a variety of activities helps us to meet both broad and specific requirements of their care, and provide a personalized program to focus on the particular needs of each patient.

“I want to thank all of the sponsors, volunteers, and participants of the Regina Classic that helped raise the money that allowed us to remodel our gym and provide additional equipment. This has truly improved the lives of those we serve and will continue to do so for a long time,” said Dale Burgess.
Your generosity makes a difference in our community

The Regina Foundation is dedicated to helping secure financial resources for both Regina Hospital and Regina Senior Living. A contribution to the Regina Foundation is an investment in the health and wellbeing of our community.

All Regina Foundation contributions are used to fund local initiatives:

- purchase medical instruments and equipment
- support facility enhancements
- support our community health goals

Your donation to the Regina Foundation makes a difference in the lives of your neighbors, your friends and your family. With your continued support, we will continue to provide exceptional care to our patients while working with our partners to improve community health for years to come.

I get an opportunity to visit with donors from time to time. It is humbling and exhilarating at the same time to hear their stories. One elderly gentleman wanted to honor his wife with a donation who had passed away. Together they had been involved in various fund-raising events for Regina. Another family had made a donation to Regina to honor their mother who had also passed away and was an active member of the Regina Auxiliary.

I will not forget a recent note from one of our donors. He wrote a note apologizing for only giving $10 and went on to explain that he was living on social security and had a son with autism living with him. No one expected anything from this gentleman, yet he felt compelled to make a contribution. I was moved by his sacrificial giving and feel more responsible for making sure we are good stewards of every dollar we receive.

Our hope and goal is to ensure that you, our donors, continue to see and appreciate the tremendous value your support brings to the health of the communities we serve. Every dollar we receive is used to support projects within the Regina Hospital and Regina Senior Living.

On behalf of the Regina Foundation staff and board members, we would like to thank all of you for your continued support. You make a difference!

Sincerely,

Al Zavala
Director, Regina Foundation

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The Cornerstone is a publication for patrons of the Regina Foundation, a 501(c)(3) not-for-profit corporation with the purpose of raising funds solely for Regina Hospital and Regina Senior Living. Please contact us for information; or let us know if you’d like to be removed from this mailing.

Our address is 1175 Nininger Road, Hastings, MN 55033.

Telephone: 651-404-1104.
Website: allinahealth.org/regina
Regina Foundation committee updates

Spirit of Regina

We’ve successfully made it past one full year of integrating Regina Medical Center into Allina Health and Benedictine Health Services. Total cash and pledges from Regina Hospital, Regina Senior Living and Allina Health Clinic employees came in over $14,000 for 2015. We plan to have a Fall membership drive with high hopes of increasing number of members in 2016. To thank employees for giving, the hospital and senior living hosted an appreciation luncheon in April with a Mexican fiesta theme. A January scrub sale to re-use nursing uniforms raised about $280. See page 9 for 2015 goals and Spirit Team members.

Great Rivers Society

The group had their inaugural event at the home of committee chair, Brian LaCroix. Membership includes pledges of $5,000 or more and can be spread over a 5-year period. A wine tasting event at Schoolhouse Square is planned in June.

Community Relations Committee

This group hosted a Soup-n-Sleep seminar in January. Dr. Andrew Stiehm from St. Paul Lung and Sleep delivered a high-impact presentation to a capacity crowd. The committee plans to repeat the seminar in the Fall. A Headache Relief seminar was presented in May by Jennifer Hansen, PA-C, Allina Health Prescott.

Business Relations Committee

These community business leaders continue to work on expanding the committee and refining the charter. A new brochure better defines their purpose as “Business Investors for Regina” and was developed to honor the business community that helped start the planning of Salve Regina Memorial Hospital in the late 1940’s. Giving levels were named after Ed Savoie, Ken Eddy, and Harold Hoffman – all members of the original Hospital Committee.

In other news

The Foundation office completed a full conversion to Allina’s computer data base. A quick shout-out to the Allina Office of Philanthropy for making it a seamless transition! They did an outstanding job in the conversion. Additionally, our Foundation staff moved our offices from 2nd floor of the Nininger Clinic to the 2nd floor of the hospital where we’re closer to the people with whom we work.

Keep in touch

We’d like to provide you with occasional updates throughout the year; please share your email with us if you’d like to be included. This is a quick, inexpensive way for us to keep in touch – just contact the Regina Foundation at 651-404-1104 or email maria.reis@allina.com.
Small town charm nurtures big hearts. Mary Fran, Susan, John and Jeanne Poepl grew up in Vermillion, MN, where the population has recently grown to just over 400. They lived in town next to the church, and their grandparents owned the local grocery store. It was a quaint and productive farming community.

Foundation staff recently met with Sue and Jeanne Poepl at a local coffee shop and visited about their family life, following your passion, living well and why it feels so good to give.

Mary Jane (mom) graduated from St. Teresa’s College in 1939 and her career was devoted to raising her four children. She was very involved in the church – especially the choir. Mary Jane’s lovely soprano voice touched hearts at many weddings and funerals over the years. “Singing was one of mom’s greatest gifts,” shared Jeanne.

Rusty (dad) was the local banker at Vermillion Bank. He started in the business in 1935, back when a handshake validated a contract. There are many farmers and neighbors who are quick to share a story about how Rusty helped them out. Even as he hit his 90’s, Rusty went into the office daily. One of the grandsons would often pick him up and drive him. Today, the bank has expanded to 6 locations in 5 towns.

Music was a passion and big part of the Poepl’s childhood. Rusty, who played 12 different instruments, taught his children about brass instruments. Piano lessons were part of growing up. “We even had a family band,” Susan said smiling. “I played drums, Mary Fran was on the piano, John played trumpet, and Dad loved the trombone.” She remembers playing in parades and performing for residents in the Regina Nursing Home.

Rusty and Mary Jane fostered a giving culture in their home as well as their profession. Their nature was to be good, kind and helpful, and they modeled it well for their children. When Rusty passed away in 2008, the children decided to honor their legacy by starting the Rusty and Mary Jane Poepl Foundation. Mary Jane has also since passed. “It brings so much joy to give in their name,” says Jeanne. “I can see them thinking ‘that’s good.’”

Regina has been fortunate to be on the receiving end of the Rusty and Mary Jane Poepl Foundation. They generously supported the Touching Lives campaign which expanded and dramatically renovated the Regina Nursing Home and Transitional Care Unit. A new flag pole in the Tabitha Community garden reflects Rusty’s love of Flag Day. And expanding the music and entertainment program in Senior Living supports how living and aging well is so important to the family.

The Poepl children have spent much time at Regina. First Grandma and Grandpa moved to Regina’s retirement center several years ago after retiring from the grocery store. Then, Rusty and Mary Jane followed suit in their later years. After many, many visits and strolls through the gardens, the family supports the Regina Foundation in gratitude for the care their loved ones received at Regina.
Mac McGoon Studio raises more than $1,600 for Regina Hospital’s birth center

Every January, Cindy Hoffmann with Mac McGoon Studio, contacts the Foundation office and says, “It’s time to start thinking about the Spring Special!”

She graciously works with the Birth Center manager to determine what goal to set to support our tiniest patients at Regina Hospital. On a mission to promote safe sleep for infants, Cindy continues to hand over proceeds for the purchase of new baby SleepSack® swaddles.

“Thanks to participants of the McGoon Spring Special, this will be the third year that we’ll be able to send one SleepSack® home with each newborn,” says Denise Viall, Birth Center Nurse Manager. “The SleepSack® replaces loose blankets in the crib that can cover your baby’s face and interfere with breathing.”

Special thanks to all who participated!

Tammy and Ryan Allen  
Jacki and Jason Bauer  
Lindsay Bechel and Justin Montgomery  
Kate and Mark Carpenter  
Carmen Drake  
Debra and Michael Egan  
Crystal and Marty Ellsworth  
Bethany and Josiah Engblom  
Brenda Erickson and Joe Lodermeier  
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Joel and Maria Reis  
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Kevin and Sheila Rumpca  
Sarah and Kevin Rutherford  
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Erin and Jamie Stevens  
Jillanne and Jason Traynor  
Martha and John Ward  
Brenda and Thomas Wilebski  
Michael and Erica Winters  
Christina and Jeffrey Wright  
Juliet and Patrick Zarich

Mingle and Mammogram parties

Getting a mammogram is not exactly the highlight of the year for women age 40 and better, but Regina Foundation is helping to make the annual screening a little more fun for women. During the spa-like evening, women can enjoy massage, hand treatments, snacks – and, of course, a mammogram.

For upcoming dates and to sign up for the party, call 651-404-1004.

Trish Hultquist, rad tech, who – along with Jan Cruz (not pictured) – performs the mammograms during the parties.
Regina Foundation’s Tree of Lights offers a very special way to remember family and friends. The 14-foot balsam shines with blue, red, green and gold lights; each symbolizing gifts made by donors in memory or in honor of a loved one. The glow warms the heart in many ways. Contributions for the 2014 Tree of Lights campaign supported two important projects.

First, End of Life Program enhancements keep these individuals and their families more comfortable during this stage of their life journey. Additions include a convertible couch to bed, more seating for family and friends, comfort baskets that include lotion, lip balm, puzzle books, etc., as well as flameless candles to lighten the mood. The primary focus is on patient and family comfort.

Secondly, a new scale allows residents in wheelchairs to roll onto the scale more easily, and staff can more efficiently evaluate weights. This is important in maintaining the good health of our residents.

The new scale offers a better experience for both residents and staff. It provides a precise weight and has a ramp that allows residents to more easily step up or glide onto it with their wheelchair. Staff can efficiently evaluate weights which is very important in maintaining the good health of our residents.

Special thanks to our 2014 Tree of Lights donors:

In Memory

Beverly M. Adams
Don and Cindy Bauerfeld

Floyd and Mickie Adams
Roger Thyen Family

Jay Ahern
Pat Ahern Family

Florence M. Anderson
Mabel A. Anderson
Robert L. Anderson
Elenore Lohmann

Dale Andreassen
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GwenEllen Henrich

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Maureen Arend

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Debra Foster

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Alf and Julie Bauer
Gordy and Cindy Bauer

Frank and Leona Bauer
Alf and Julie Bauer
Gordy and Cindy Bauer

Rita Bauer
Loren Bauer Family

Robert Beasley
Lois and Courtney Beasley

Lucille Becker
Pauline Becker
Loretta Sieben

Bob and Rosie Betterley
The Betterley’s

Joe and Christine Biskupski
Rita Biskupski

Ellen Bollenbeck
JoAnne Bollenbeck

Delores Braun
Loretta Sieben
Dona Brown
The Betterley’s
Jim and Marie Brown
Pat Brown
Helen Brunner
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Jon Burvkee
Darlene Burvvee-Schaffer
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Viola Byrne
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Sandy Fuchs
Laurence Erlandson
Debra Foster
Sandy Fuchs
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Bernie Estenson
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Karen Frandrup
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Lois Simacek  
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Joe and Maria Reis  
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Allie and JoAnn Feidt  
Catherine Wermund  
Denise Viall  
Elvira Woxland  
Robert and Carl Woxland  
Andrew Zajac  
Anna Mae Zajac  
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Elizabeth “Betsy” LaCroix  
Ken and Phyllis LaCroix  
Kathy Langeslay  
Mary Holien  
Nathan Mayer  
Irene Dalbotten  
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Colen and Peggy Willard  
Liz Otto  
LuAnn and Steve Rechtzigel  
Helen Radtke  
Mary Holien  
LuAnn and Steve Rechtzigel  
Liz Otto  
Regina Senior Living Staff  
Karrie Tipler  
St. Mathias Lay Carmelite Community  
Sister Anita Kolles  
Al and Irene Theis  
LuAnn Stoffel  
Fran Schneider  
Cecil and Carmen Zavala  
Al and Kay Zavala
Spirit of Regina 2015 goals include purchasing a new ice machine, new robes for mammography, blood pressure cuffs for senior living, chairs for emergency registration, and two new TVs for outpatient and emergency waiting areas.

In Honor
Myrna Aune  
Dawn Trombley  
Leslie Pallin  
Kris Donndelinger  
Pharmacy Staff  
Jenifer Watters  
Alois and Marilyn Reinardy  
Belinda Tuckner  
Sr. LaVonne Schackmann  
Mary Camber  
Julie Zurfluh  
Ann and Mike Westland

In Memory
Josh Blahna  
Suzanne Mathwich  
Doug Boyd, Sr.  
Lisa Rogers  
Rita and Ed Braun  
Sharon Braun  
Viola Byrne  
Pat Dohmen  
Bill Crookshank  
Sue Siebenaler  
Jerry and Joanne Dempsey  
Nick, Mark, Katie, and Patrick Dempsey

Emma Donndelinger  
Kris Donndelinger  
Hazel Erlandson  
Debra Foster  
Werner Fasbender  
Lisa Rogers  
Frank and Leona Fisher  
Pam and Lee Kochendorfer  
Marion Herrera  
Elena Mike  
Gail Holiday  
Stacy Thornwall  
Millie Kimmes  
Pat Dohmen  
Gregory Langenfeld  
Linda Kampa  
Patricia Marzolf  
Mary Pat Wolkerstorfer  
Lorraine Mach  
Lisa Rogers  
Doris Mazurkiewicz  
Pat Dohmen  
Steven J. Morrison  
LuAnn Morrison  
Frank and Lou Neuman  
Lynda Holzerner  
Pat Pallin  
Kris Donndelinger

Nathan Mitchell Pettersen – Cradle to Heaven burial site  
Lori Werner  
Amber Seleski Pugh  
Denise Viall  
Monica and Joseph Roy  
Monica Roy  
Mike Schommer  
Lisa Rogers  
Joseph (Joe) Sherry  
Hazel J. Gallmeier  
Teresa Tobias  
Maria Reis  
Viola and Wallace Wark  
Jo Hansen  
Gladys and Lewine Westland  
Ann and Mike Westland

Other Team Members
Elizabeth Auge  
Jason Bainbridge  
Sanaya Bharucha, MD  
Rebecca Boguslawski  
Tammy Bumgarner  
Kristina Cariveau  
Linda Clark  
Stephanie Cook  
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Gail Velin Beckman  
Bob Verchota  
Pauline Volkman  
Judy Werner  
Al Zavala
Pulmonary rehabilitation is designed for adults who are limited by shortness of breath and fatigue associated with COPD, asthma, emphysema, chronic bronchitis, or lung surgery. Each participant receives an individualized plan to address his or her diagnosis, exercise therapy, breathing techniques, additional identified pulmonary therapy needs, emotional support and education.

The Pulmonary Rehab area was relocated to the first floor near the hospital entrance. New equipment meets a variety of patient needs. The view outdoors through the floor-to-ceiling windows and natural light inspire motivation and promote a healing environment. The Regina Foundation provided a grant to make this remodel possible. The new location better serves these patients who are oxygen-compromised and have limited ability to walk long distances without tiring or struggling for air.

Cathy Larson, RRT, is one of our Pulmonary Rehab Therapists who works with each participant to stabilize or reverse both the physical and social limitations of pulmonary disease through exercise and education. Therapists support each person to reach his or her highest functional capacity and quality of life.
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 the Hastings area. Gifts may be designated for a specific purpose or used by Regina for the areas of most need. 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 2014 – April 2015

In Honor
Sally Pederson
Dorothy Dietman

In Memory
Jay Ahern
Pat Ahern and Family
Howard Akins
Margaret Akins
Herman Brenberg
Catherine Miller
Laurence and Hazel Erlandson
Friends and Family
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Bernard Husting
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Cheryl Strusz
Jerry Terrio
Kathryn Thelen
Dawn and Richard Trombley
Diane Tuttle
Mary Tobias
Gerald Tobias
Shirley Zbylicki
Jane and Shane Billmeyer
Friends at the Travelers Companies
Connie Forner
Ardell and Mary Jean Semington
Mary June Zbylicki

Contributors
3M Foundation
Franz and Karen Altpeter
Gordon and Cynthia Bauer
Rebecca Birtzer
Irma M. Bogdan
Renee and Terry Hartman
Gary and Susan Hoffman
Green Mill Restaurant
The K Foundation
Jesse and Nichole Keene
Elizabeth McCoy
Denny and Lynne McNamara
Leroy and Barbara Pribnow
Rivertown Lions Club
Melvina Rotty Estate
Marlene Tix Estate
David Youngren
Join us for the
2015 Regina Classic
September 14, 2015
at Troy Burne

Contact the Foundation office for registration information.

Introducing the Great Rivers Society

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. All donations stay local and are used to fund projects at Regina. Giving levels are named after some of our most influential Regina icons:

- Dr. Fasbender level - $5,000 - $9,999
- Father Dunne - $10,000 - $24,999
- Sister Tabitha - $25,000 and above

These dedicated individuals have a deep commitment to providing quality health care services in our community through their altruistic and generous support.

Great Rivers Society Charter members
Chuck and Mary Caturia
Marc and Lynn Chorney
Charlie Johnson
  In memory of Carol Johnson
Brian and Rebecca LaCroix
Jeff and Julie LaCroix
  In honor of Ken and Jane LaCroix
Ken and Phyllis LaCroix
Gary Seibert
Bob and Gwen Verchota
Al and Kay Zavala