

News Brief

Winter 2015

Welcome to our first issue of News Brief

This smaller newsletter will feature past campaign updates that show your donations at work. We'll also spotlight a health care topic chosen by you.

In this issue, we share ways to stay on track with New Year's resolutions. We'd love to hear your suggestions for future health topics that matter to you. Email your ideas to unitedhospitalfoundation@allina.com.



Thanks to you

Past Campaign Update: Emergency Department



The “Emergency Department Community Campaign” Committee as it was known at the time was co-chaired by long-time board members, Jack Ritt and Joan Thompson. Thanks to the generosity of Peter J. King, and numerous other donors, we were able to raise \$15 million of the \$25 million dollar project.

The Peter J. King Emergency Care Center opened its doors in 2011. From heart attacks to tornado victims, patients who come to the Emergency Department at United Hospital receive safe, high-quality care day and night.

We are proud of the board-certified emergency physicians and care teams who continuously rise to the occasion and provide emergency care 24/7.

Since 2011, our ED has:

- Treated more than 201,000 patients.
- Helped more than 10,100 patients using the 6 separate psychiatric rooms.
- Provided medical imaging for more than 138,400 patients, including use of the in-department CT scanner more than 58,800 times.



Did you know...

Once the Peter J. King Emergency Care Center opened, United Hospital found it had a surplus of medical equipment. The hospital donated the equipment to the Minnetonka-based charity “Matter” (formerly known as “Hope for the City”) whose mission is: to repurpose valuable goods and distribute material resources to organizations serving those living in scarcity.

The nonprofit sent our donation to the largest hospital in east Africa – a 1,700-bed facility called Mulago Hospital in Kampala, Uganda. The equipment was valued between \$500,000 to \$1 million.

Your generous donations to United Hospital Foundation helped those in need across the globe.

DONATE TODAY!

United Hospital Foundation

Phone: 651-241-8022

Online: [allinahealth.org/
unitedfoundation](http://allinahealth.org/unitedfoundation)

To your health

Resolution check-up

Changing or adding a new habit takes persistence. Now is the time people struggle to keep New Year's resolutions.

To help you stay successful, follow these simple ideas from Kris Coleman, manager, Milton M. Hurwitz ExerCare Fitness Center:

1. Set reasonable expectations – slow and steady.
2. Plan ahead and stick to a schedule.
3. Track your progress.
4. Reward success.
5. Get support, have fun!

Building better habits is not an all-or-nothing process. Remember that each day is a bright new beginning, a chance to start over or continue on and, if you fall away from your resolution, you can start again.



ExerCare started with a generous lead gift from John Nasseff to name the fitness center in honor of his cardiologist, the late Milton M. Hurwitz, MD.



ExerCare is ready to help

If getting fit or losing weight is part of your 2015 plans, the staff at ExerCare stands ready to help. "The ExerCare staff makes it different from other fitness centers," explained Coleman. "Every staff member has at least a four-year degree in exercise physiology, and some are registered nurses. An exercise physiologist works with each new member to design an individualized exercise program."

ExerCare Features

- Fitness assessment
- Consultation/orientation and guided workout session
- Endurance/cardiovascular, flexibility and strength-training exercise and equipment
- Health and lifestyle management education

- Aerobic and specialty classes
- Locker rooms with showers, free locker and lock usage, towels, soap, shampoo, deodorant, hairspray and lotion
- Personal training (additional fee)

We have onsite monitoring for:

- Blood pressure
- Blood glucose
- Oxygen saturation
- Quick-look EKG checks
- Symptom and emergency treatment

For membership information or to schedule a tour, call 651-241-8080.

2015 Events



**United Hospital
Golf Classic:
July 27**



**3M Senior PGA
Championship:
July 27-
August 2**



**Service to
Humanity Gala:
September 26**

United Hospital Foundation Mission

The United Hospital Foundation exists to enhance the health of United Hospital patients and the wellness of the community we serve.

We hope you enjoyed our first issue. Please be sure to send your ideas to: unitedhospitalfoundation@allina.com.

If you would like to be removed from our mailing list, please email unitedhospitalfoundation@allina.com or call 651-241-8022.

United Hospital Foundation Staff



Back row (L-R): Jo Marcotte, Cindy Early, Duke Adamski and David Byrd. Front row (L-R): Janet Berg and Allison Herbst

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