

# News Brief

Summer 2015



*Is giving good for your health?*

**Many studies say yes, but there's only one way for you to know: Try it and see!**

If you are giving to the United Hospital Foundation for the first, or hundredth, time we'd love to know how it makes you feel. Send us a message at: [unitedhospitalfoundation@allina.com](mailto:unitedhospitalfoundation@allina.com). Your thoughts may be featured in future newsletters and encourage others to make a difference in the lives of so many.



# Thanks to you

Donate

Dine

Dance

Thanks to you, almost 165,000 people per year have access to:

- The Peter J. King Emergency Care Center at United Hospital Department in times of crisis.
- The Elaine S. Larson Surgical Center that not only offers greater patient safety, but also brings highly skilled surgeons who want to practice at United Hospital.
- Many programs and services provided to hospital patients every day.
- The Peter J. King Family Center that provides exceptional health care to an underserved population.

## More than \$13 million has been raised in 30 years of Galas

The first Service to Humanity Gala hosted by the United Hospital Foundation was in 1985. It started a wonderful tradition: an elegant evening to say thank you to donors. Through the years, your support has helped thousands of people.

Even with everything you've done so far, more is needed. United's Birth Center is in need of expansion and enhancements. Patients frequently say the care is absolutely wonderful but the rooms are small and need updating. Bigger rooms not only provide enough space for the medical teams to work safely, but also allow family members to be present during this special moment in life. That's why all the money raised at the 31<sup>st</sup> Annual Service to Humanity Gala will support building The Mother Baby Center at United and Children's - St. Paul. You can help provide rooms that match the high level of care, making sure that there are many more happy birth days in the future.

Everyone is invited to the Gala! While supporting United Hospital and the St. Paul community, enjoy signature martinis and a gourmet dinner followed by dancing to The Sevilles. The evening is full of unique games, live and silent auction items. Two of the most popular events include a drawing for the 2015 Mercedes-Benz SUV and honoring a community member and physician for their selfless dedication and leadership in the community. This year's honorees are Duke Adamski and Anders Knutzen, MD.

Save the date and make plans to attend your first – or 31st – Gala, Saturday, September 26 at the Saint Paul RiverCentre.

Buy your tickets today! Call 651-241-8022 or visit [allinahealth.org/unitedfoundation](http://allinahealth.org/unitedfoundation).

Know that every gift – no matter the size – makes a difference in the lives of so many.





*To your health*

## Tips to prevent summer injuries from Daniel D. Buss, MD

Ahhh .... Summer in Minnesota. It's time for those of us who hibernated all winter to come out to enjoy the sun and warmth. While you are out and about riding your bike, going for walks or runs, here are a few key things to remember to help prevent injuries:

- Start slowly and work up. You don't want to hit anything too hard. Start with something minimal, so that the next day you won't be sore and you'll still be enthusiastic about doing it.
- It's better to have a realistic point and start there and not get yourself into trouble than hit it too hard and not be able to work out for another two weeks.
- Pain is something that tells you you've got to do something differently. The "no pain, no gain" slogan is really not true.
- A good workout means you're tired and exhausted at the end of it, but you're not so exhausted that you're in pain.

To schedule an appointment at Sports and Orthopaedic Specialists, call 952-946-9777.



Dr. Buss is an Orthopedic surgeon with Sports & Orthopaedic Specialists – St. Paul. He sees patients in the clinic located in the Nasseff Specialty Center on the United Hospital Campus. He is a nationally-known expert in orthopaedics and stays current by conducting and sharing research in papers and book chapters. In addition, he served as team physician for the Minnesota Twins from 1990-2012.

He lectures nationally and internationally and has taught a variety of medical courses, including topics related to open and arthroscopic shoulder surgery, impingement syndrome, the evaluation and management of elbow pain, as well as shoulder problems in sports medicine, total shoulder replacement, acromioplasty techniques and the clinical presentation and surgical treatment of supraglenoid cysts.

# 2015 Events



**United Hospital Golf Classic:**  
**July 27**  
White Bear Yacht Club



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



**Service to Humanity Gala:**  
**September 26**  
Saint Paul RiverCentre

To learn more about the events,  
visit our website or call 651-241-8022.

## DONATE TODAY!

United Hospital Foundation  
651-241-8022  
[allinahealth.org/unitedfoundation](http://allinahealth.org/unitedfoundation)

### United Hospital Foundation Mission

United Hospital Foundation exists to raise philanthropic support for United Hospital and its mission of providing exceptional medical care to our patients. The Foundation also represents itself and the Hospital in the community.

### Vision Statement

United Hospital Foundation seeks to be a high-performing foundation. We do this by broadening our donor base, staying connected to our community and engaging our partners (donors, board members and physicians) in our mission.

### Values

Integrity • Stewardship • Respect • Trust • Compassion

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