

Community Connections

Summer 2018



Music for better healing

*Music can minister to minds diseased,
pluck from the memory a rooted sorrow,
raze out the written troubles of the brain,
and with its sweet oblivious antidote,
cleanse the full bosom of all perilous stuff
that weighs upon the heart.*

– WILLIAM SHAKESPEARE (1564-1616)

When used in a therapeutic context, music has been shown to reduce depression, lessen agitation, increase sociability, movement and cognitive ability, and decrease problem behaviors in people with a variety of diagnosis, including dementia.

Thanks to your donations, we have a partnership with MacPhail Center for Music for music therapy services. Melissa Wenzell, the senior music therapist at MacPhail, provides group music therapy for patients on the geriatric psychiatry unit twice

a week, using music to achieve nonmusical goals.

“The goals for this program,” said Wenzell, “are to encourage the patients’ engagement with others, emotional expression and to provide opportunities for movement and community building. It also gives patients an excuse to come out of their room.”

Staff have commented that patients who decline other group therapy sessions do attend music therapy.

During a typical session, eight to ten patients gather in a circle of chairs near the nurse’s station. Wenzell starts the session with a warmup adapted to the needs of the group. For patients with a fall risk, warmups include stretching, arm rolls, and marching from their chair. Wenzell plays Irish tunes

near St. Patrick’s Day or carols at Christmas.

Not just the patients benefit. Staff have been caught humming and singing quietly along with the group.

“Anything music can do to create a positive effect on the unit will benefit all,” said Wenzell. “It helps balance the mood of the whole environment, which means better care and better healing.”

Thank you for your support of this meaningful program!

AllinaHealth 

MERCY HOSPITAL
FOUNDATION

WHAT'S HAPPENING AT MERCY HOSPITAL?



There are lots of exciting changes occurring at Mercy Hospital in 2018.

Mercy Hospital – Unity Campus

In February, long-time partner Metropolitan Heart and Vascular Institute (MHVI) moved into the old Ambulatory care center on the main floor of the hospital. MHVI offers a full range of cardiovascular services, and this move strengthens Mercy's partnership with MHVI and promotes heart care services on the campus.

Minnesota Gastroenterology started bringing more outpatient endoscopy procedures to the Unity campus to increase provider availability on site, Monday through Friday.

The Emergency Department (ED) began piloting a program to improve mental health patient care. In the first four weeks of the program, ED length of stay for mental health patients decreased by 47 minutes, and patient and family satisfaction has increased.

The new medical addiction withdrawal unit opened in May. This unit treats patients who are struggling with addiction and have resultant medical complications.

Donations from the 2017 Crystal Ball Fund-a-Need were used to enhance technology and equipment for the Forensic Nurse Program, including improved lighting to assist with photographic evidence, a more comfortable chair for patients, a locked closet to store equipment and cubicles for evidence storage, and resource material and training for staff.

Mercy Hospital – Mercy Campus

Construction is completed on 11 new operating rooms and remodeling of two of the seven existing operating rooms and the post-anesthesia area are also complete. All 18 operating rooms will be available in late September when construction on the pre-operating area is further along. Construction will then begin on the family waiting room. These projects

are scheduled for completion in summer 2019.

In mid-April, a much-needed and overdue kitchen and cafeteria remodel began. Construction for the entire project is expected to last approximately 14 months, and the kitchen and cafeteria will be shut down in various capacities and at various times during this renovation. In the meantime, staff and visitors have been enjoying expanded offerings at the gift shop, a temporary kiosk in the new main entrance and a variety of food trucks on campus.

Work is progressing on the main lab remodeling and is scheduled for completion this October. The outpatient lab will remain in its temporary location at the east entrance until the end of the project in July 2019.

The final project of the three-year capital campaign is construction of the new registration and waiting area. This project will start in the fourth quarter and be completed in July 2019.

In early July we expect to open the drive lane off of Blackfoot Street into the parking ramp and to complete the east tower exterior recladding and the Hope Garden landscaping.

THE 17TH ANNUAL

Crystal Ball
MERCY HOSPITAL FOUNDATION

Half A Million Thanks!

Together we raised \$510,000 at the 17th Annual Crystal Ball! Proceeds benefit the Mercy campus surgical services renovation. Of the total, \$175,000 was raised for the Fund-a-Need to enhance the substance abuse and addiction services area on the Unity campus.

Thank you donors, sponsors, guests and friends for your meaningful support!



Jeffrey Yue, MD, a long-time anesthesiologist at Mercy Hospital, served as honorary chair of the 2018 Crystal Ball.

ACCOUNTABLE HEALTH COMMUNITIES



a five-year grant from the Centers for Medicare and Medicaid Services (CMS) that identifies and addresses health-related social needs of Medicare and Medicaid beneficiaries. The program, called Accountable Health Communities, recognizes that as much as 80 percent of a person's health is determined by barriers people face in their daily lives. For example, health-

Health care is about people, not just the disease or condition that brought them to our doors. As such, Allina Health's strategic plan is to provide care; care that puts human relationships at the center and pursues all dimensions of health, including body, mind, spirit and community.

That is why Allina Health is proud to have been chosen to participate in

related social needs can include housing, being homeless or not being able to afford monthly rent, not having enough food to feed yourself or your family, trouble paying utility bills, domestic or community violence, and lack of transportation. Emerging evidence shows that addressing these health-related social needs can improve health outcomes and impact costs.

Through the Accountable Health Communities care model, people are screened for health-related social needs that may interfere with their ability to be healthy, stay healthy or get health care.

Pilot testing of the new workflow began in January at the Allina Health Coon Rapids clinic. Pediatric, internal medicine and family practice patients were screened. Of the 249 people who were screened through the end of February, 39 percent identified their top health-related social needs as utility and housing needs. These patients received a tailored list of community and Allina Health resources that can help them address these needs.

Plans are to implement the care model at a number of other Allina Health departments and clinics by August 1.

RIDING FOR A CURE

When it comes to fund raising, Rob Spiczka combined a beloved activity with his favorite charity. Spiczka is the sponsor of Ride for the Cure, an annual motocross charity ride at the Berm Benders Raceway in Mora, Minn. Proceeds from the now eight-year event benefit our cancer care fund here at the Foundation.

In 2009, Spiczka was diagnosed with metastatic stage III testicular cancer at age 18. Over the next few years, he underwent numerous surgeries and four rounds of chemotherapy, all while starting college. A good friend decided to sponsor a charity event at the local raceway to help with the costs of Spiczka's cancer treatment in 2010.

"Once I healed, we changed the focus from a personal fundraiser to a public event, with proceeds going to the Mercy Hospital Foundation," said Spiczka, who was treated here for his cancer.

"I wanted to give back to the people who helped me out," said Spiczka.

The cancer care fund help patients in financial need across the North Metro pay for daily living expenses like rent, and utilities.

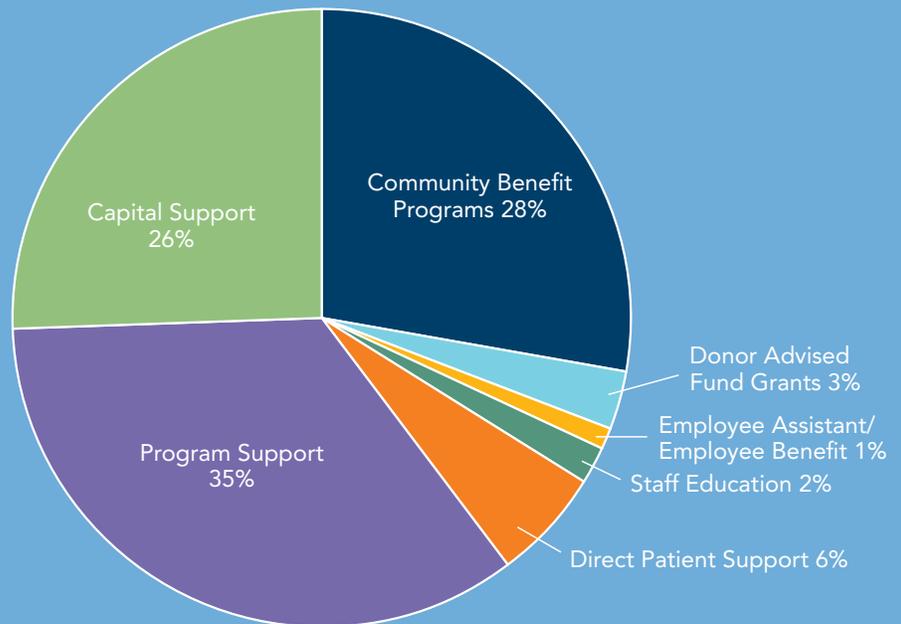
The day-long Ride for the Cure features open riding, a best whip contest, goon riding and a silent and live auction. Last year the event raised more than \$3,200. Thanks to your support and Spiczka's, we granted \$51,000 to qualifying cancer patients.



The 8th annual Ride for the Cure will be held August 11 at Berm Benders Raceway in Mora. For more information or to donate to the auction, contact Spiczka at 763-370-8743 or at rob.spiczka@polaris.com.

PUTTING YOUR CONTRIBUTIONS TO WORK

Here are examples of the many important initiatives Mercy Hospital Foundation was able to support as a result of your generosity in 2017. Nearly \$1.8 million was granted back to the hospital and to community health initiatives.



MHF in our Community

Your gifts to Mercy Hospital Foundation funds a number of community-based programs designed to improve the health, safety and well-being of members of our community.

Faith Community Nurse Program

A partnership between Mercy Hospital and faith communities in the North Metro providing spiritual, emotional and physical dimensions of health care for individuals and families, including personal health counseling, health education and more.

Forensic Nurse Program

Provides funding for medications for sexual assault victims being examined by forensic nurses who gather evidence to help with prosecution. In May 2018, the program helped 79 people who were affected by domestic violence and/or sexual assault. This is an all-time high for the program.

Community Health Screenings

Health screenings in area high schools and community events. In the 2017-2018 school year, more than 2,100 high school students from the Anoka-Hennepin School District, St. Francis High School and Fridley High School were screened for blood pressure, weight, blood sugar and cholesterol. Of these students:

- 12 percent were referred to the school nurse for follow up on blood pressure

- 2 percent were referred to the school nurse for follow up on blood sugar
- 26 percent had a recommendation letter sent to their parents regarding the importance of a healthy lifestyle and a recommendation for follow up with a health care professional for a health risk factor

Trauma Prevention Program

In this program, a Mercy trauma registered nurse makes presentations to high school students in their schools; a portion of her salary is underwritten by your donations to the foundation.

Reach Out and Read

This national program provides books to Coon Rapids Pediatric Clinic physicians who give them to children and their parents on their wellness visits to encourage parents reading to their children and for children to read.

Heart Safe Initiatives

Funding was approved in 2017 for purchasing 100 ResQCPR devices for use by first responders in the North Metro. The use of ResQCPR devices improves the survival rate of individuals experiencing sudden cardiac arrest. It has been shown in clinical trials that survival rate from non-traumatic cardiac arrest increased by 49 percent when compared to treatment with conventional cardiopulmonary resuscitation.

In 2017...

\$2,814,266
donated to support
Mercy Hospital programs and
services, patients and the
communities we serve.

3,095
newborn babies
swaddled in
**complimentary
sleepsacks.**

2,297
students screened in our
area high schools for the Healthy
Student Partnership.



Remodel and expansion of a
**25-bed intensive
care unit.**

**40 private
patient rooms**
built for the mental health
unit at Unity campus.



Provided
music therapy
for geriatric patients
at Unity campus.

**Renovated
two Emergency
Departments.**



18,913
surgical
procedures.



Distributed nearly
6,000 books
through the Reach Out
and Read Program.



**Renovated
two Emergency
Departments.**

108,825 ED visits.



Your 2017 gift made an impact!

Whether you designated your gift to the area of greatest need, patient care, technology, equipment or another fund of your choice, you helped to make a difference for thousands of people in your community.

Thank you for your investment in Mercy Hospital.

**Together, we are creating
a healthier community.**

*and so
much more!*

2017 TRIBUTES

IN HONOR OF

Nicole Larson
Rhonda and Surendran Sivarajah
Thomas Mohr
Larry and Susan Klein
Marjorie Sexton's 70th Birthday
Scott and Laura Burtness
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Mary Anne McDougal and
Donald McMahan
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Jean and Jeffrey Fideler
Fred and Martha Ho, MD
Robin Kornblum
Venetia and Bob Kudrle
Helen Kay McClintock
Dr. Marc and Cynthia Plawker
Joseph and Pamela Strauss

IN MEMORY OF

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Daryl Batalden, MD
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Elizabeth Brown
Anonymous
Jennifer Dunbar
Ellen Krelitz

Joan Hayes
Frank Mirovsky
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Rosemary Goff and Robert Toborg
Venetia and Bob Kudrle
North Suburban Hospital District
Calvin Wall
Patrick Burns
Karen Woods
Anonymous
Marcia Carlson
Rachel Nickles
Alexander Willard



Consider a planned gift

Through a planned gift to Mercy Hospital Foundation you can:

- Increase your annual income
- Provide for your retirement
- Increase the amount of financial support you can provide to your family
- Reduce your income taxes and/or estate taxes
- Provide exceptional health care at the hospitals and impactful programs and services throughout the community.

Planned Gift options include:

- Outright gift of cash, stocks, bonds or real estate
- Bequests of a specific dollar amount or percentage of estate
- Life insurance policies
- Charitable remainder trust
- Charitable lead trust.

Please visit our planned giving web site at www.rrnew.com/mhf to learn more

2018 Golf Classic

Hit the golf course to support our hospital and the community's health.

Morning round

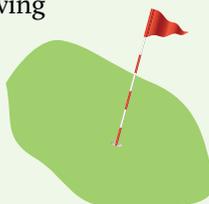
7 a.m. Registration and breakfast
 8 a.m. Shotgun start
 Lunch following

Afternoon round

11:30 a.m. Registration and lunch
 1:30 p.m. Shotgun start
 Appetizers following

Entry fee includes

- 18 holes of golf and cart
- Golfer's package, gift bag and drink ticket
- Breakfast or appetizers
- Lunch



To participate call **763-236-3961** or lisa.gleason@allina.com

allinahealth.org/mhf

Mercy Hospital Foundation's mission is to raise, steward, and distribute philanthropic funds to help improve patient care, personal health, and the quality of life for all families served by Mercy Hospital.

Tax-deductible gifts help Mercy Hospital attract nationally renowned practitioners who care for patients in modern facilities using state-of-the-art technology. Donate online at allinahealth.org/mhf or call 763-236-3966 to discuss gifts of securities, bequests and other giving options.

If you would like to be removed from our mailing list, please email mhf@allina.com or call 763-236-3966.

Mercy Hospital Foundation Staff

Joseph Strauss
President

Andrea Melberg Thompson
Development Manager

Kathy Schultz
Executive Assistant

Lisa Gleason
Administrative Assistant

Community Connections is Mercy Hospital Foundation's (MHF) publication highlighting donor gifts at work in the hospital and the community, brief articles relating to health care and tips to help keep families healthy. The goal of this outreach is to better keep MHF connected to our donors and friends. Please feel free to email feedback to mhf@allina.com.