

# 2012 Summer Foundation News



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Mercedes-Benz can be yours



Gala Chairs  
Russell and Andrea King



Service to Humanity Community Honorees  
Bonnie and Gene Nugent and  
Physician Honoree Mary Elizabeth Dunn, MD

MINNESOTA'S LEADER IN PATIENT CARE, SERVICE & TECHNOLOGY



UNITED HOSPITAL  
FOUNDATION



Alison Peterson, MD, MPH,  
Vice President,  
Medical Affairs,  
United Hospital

## Welcome Letter

For those I have been unable to meet yet, my name is Alison Peterson, MD, and I joined United Hospital as its new vice president of medical affairs in June.

Perhaps some of you may remember me as one of the first hospitalists here with Drs. Dennis O'Hare, Ronald Otremba and Scott Tongen in the 1990s, or even earlier as a resident in the M.O.D. clinic. I have remained on the staff all these years, but focused practice at the Allina Medical Clinic of Cottage Grove. The staff in the nursery and OB floor is used to seeing me rounding early before clinic or dashing in and out for deliveries.

I am honored to be in my new role. Whether it is in the Peter J. King Emergency Care Center, Birth Center, Stroke or Level One Programs or Breast Center, among countless other areas, many outstanding efforts are displayed every day by our staff. It makes me very excited to be working alongside our nurses, physicians and other care team members to ensure excellence for our patients.

On the personal side, I was born and educated in England and imagined I would remain there as a doctor. All that changed when I met my Minnesotan husband, Kevin, during a lab elective at the Mayo Clinic more than 30 years ago. I finished medical school in England and we returned to Minnesota. We bought our first home, a lovely "fixer upper" in St. Paul in 1989 and have lived in the city ever since. I am the mother of three teenagers. They were all born at United and are used to their mother pointing out their place of birth as we drive by on the way to soccer or music lessons. If you run into me out and about in the neighborhood, at the grocery store or McMurray soccer fields with my family, please say hello unless I am cheering too loudly to get a word in edgewise.

Finally, I would like to thank all of you for your commitment to United Hospital. Your generosity is inspiring and the support is vital to ensuring United remains in the forefront of the care it provides both in and out of the hospital.

**Alison Peterson, MD, MPH**  
Vice President of Medical Affairs  
United Hospital

# Introducing Allina Health

What if a hospital's goal was to keep you healthy and reduce your need for its services?

What if a health system spent as much time preventing illness as treating it? What if your doctor and their team supported your health beyond the clinic or hospital? When we asked ourselves these questions, they caused a powerful shift in our organization. The first thing you'll notice is our name change from Allina Hospitals & Clinics to Allina Health.

You'll also see more prevention programs from us — including free health screenings, school exercise programs and neighborhood health education. One of our first efforts has been to launch the Neighborhood Health Connection™ program to help people join with their neighbors to make themselves and their communities healthier. Learn more about the Neighborhood Health Connection program and the impact social networks have on one's health on page 20.

In addition, we've expanded care and services to meet the needs of every member of your family. We're encouraging our doctors to build relationships with patients. And asking all our employees to help you find your own path to better health. If you want to live a healthier life, we want to help. Talk with your Allina Health doctor.

Visit [allinahealth.org](http://allinahealth.org) and look for insights, resources and events.







## Work Begins on Elaine S. Larson Surgical Center

A complete renovation of United Hospital's surgery area began in June, with work continuing throughout the next 18 months.

Construction is underway to totally renovate the operating rooms and related surgery areas on United's second floor. The Elaine S. Larson Surgical Center will provide 15 operating rooms, larger areas for patients before and after surgery, comfortable space in the family waiting areas, offices for pathology and histology, and larger physician lounges.

Renovation will provide an advanced setting for surgery, updating the surgery area that was built in the 1970s. Minimally invasive surgery, robotic procedures, and electronic medical records require more staff, equipment and space. For example, an existing operating room averages 350 square feet. New operating rooms will range from 600 to 750 square feet, plus 200 square feet of storage.

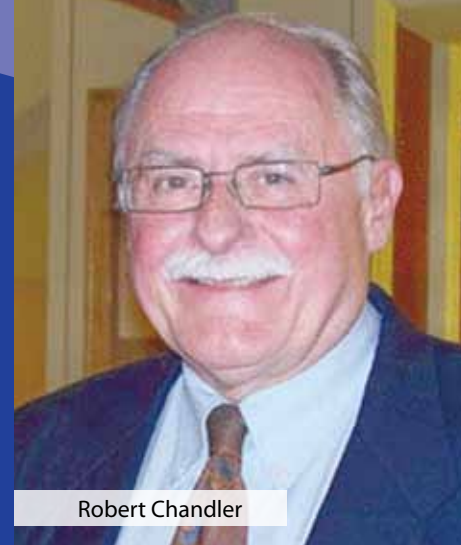
The United Hospital Foundation is conducting a fundraising campaign to raise \$18.5 million for this project. In 2011, donor Elaine S. Larson of St. Paul donated the lead gift.

"Completion is planned for late 2013," said Richard Schreiner, director, Facilities Management. "The complex building process takes place in three phases, with the first stage to be completed in March 2013. As areas are finished, staff will move in and begin using them, and renovation will proceed in the next area."

Seven work groups of physicians, nurses and United staff created designs for the new space, which were completed in June. Accompanying this design work has been a program to change and improve the work flow and systems in the operating rooms. The program, called LifeWings, is designed to create a culture of safety and high reliability. A United team of two physicians and two nursing leaders took LifeWings training in the fall of 2011, and they helped to train the entire surgery staff.

"Through better teamwork and streamlined systems of care, enhancements in safety and quality of care will be achieved for all surgery patients," said Sarah Held, director, Surgical Services.

## BOARD MEMBER PROFILE: Robert Chandler



Robert Chandler

Twenty years ago, Robert Chandler first got to know United Hospital in a way he will never forget. His wife Katherine, a literature professor at the University of Minnesota, was dying of cancer.

The hospice nurses who cared for her were from United. “Nothing prepares you for an experience like that, and I’m not sure I would have made it through without them,” Chandler recalled. “Our hospice nurses were angels. They not only attended to Kathy and her physical care; they cared about the whole person, including our emotional well-being. They even called to check on me after she died.”

The experience, Chandler said, led him to appreciate the important role that medical care plays during significant parts of people’s lives. This insight has helped him work with donors during his tenure on the United Hospital Foundation board of directors.

As an attorney who specializes in estate planning, Chandler often speaks to groups about charitable giving and estates. Several years after his wife’s death he gave a speech to The Saint Paul Foundation. Norma Larson, a pillar of the United Hospital Foundation board, was in the audience. One of Chandler’s topics was his family’s experience with the United hospice program. After that, Larson nominated him to the United Hospital Foundation’s board of directors.

Chandler accepted, and he has served for 11 years, including two terms as chairman. He brings his expertise as a partner of the St. Paul law firm Chandler and Brown, Ltd. Chandler has practiced for nearly 40 years in estate planning for executives, professionals, and owners of closely held businesses. He has experience with the entire range of estate planning tools, including wills, trusts, charitable contributions, estate tax planning and succession planning for

family businesses. He earned his law degree from Northwestern University.

He also draws on his experience as a board member for other nonprofits, including Crown College and the foundations for two senior housing organizations, Lyngblomsten and Augustana Care. Chandler also served on the Cornerstone Council of The Saint Paul Foundation and Minnesota Foundation. He was a director and officer of Milkweed, a national nonprofit press.

Through the United Hospital Foundation board, Chandler has learned first-hand about the impressive medical care that United offers. “I’ve always thought of United as the crown jewel of hospitals,” he noted.

He emphasized the key role played by donors to United, including John Nasseff, Helene Houle, Peter J. King, Jack Ritt, Elaine S. Larson, and many others. “Generous people like these have written the checks to make United’s medical programs possible. They appreciate the distinct difference their gifts can make.”

Chandler said he also values his work with foundation executives Duke Adamski and David Byrd. “They’re a joy to work with and are wonderful representatives for the hospital.”

Although donations to the arts and education are strong in Minnesota, Chandler said he stresses the significance of medical care. “In charitable giving, my role is to help people discover what’s in their heart. United Hospital reaches people at critical and unique parts of their lives. What other kind of charity saves people’s lives? And changes lives for the better? That’s why my board service is so satisfying for me.”

# Mark Your Calendar for the 2012 Service to Humanity Gala



## Join us at one of the largest fund-raising events in the Twin Cities

On Saturday, Sept. 29 the Saint Paul RiverCentre will once again be filled with glitz, glamour and giving hearts as the United Hospital Foundation hosts the 28th Annual Service to Humanity Gala.

This fabulous evening includes a signature martini reception, silent auction, gourmet dinner, live auction, car raffle, awards ceremony and dancing to music by the legendary group The Seattles.

Since 2003, more than \$10 million has been raised to benefit the Nasseff Neuroscience Center, Peter J. King Family Health Center, Peter J. King

Emergency Care Center at United Hospital and proceeds again this year to benefit the Elaine S. Larson Surgical Center. The gala is attended by 1,500 people and ranks seventh in gross revenue out of 25 Twin Cities area fund-raising events.

One of the most successful features of the Service to Humanity Gala each year is the auction. Thanks to the dedicated gala auction committee and many generous donations, we are able to offer hundreds of wonderful items through the silent auction and several big items during the live auction.

Thank you to everyone who contributed to past auctions, to the auction committee, and all the volunteers who made the 2011 event a success. We look forward to working with you again this year. Your auction donations will ensure a successful and fun event.

To make a donation to the auction or to become a sponsor, please complete the forms on the next page or contact United Hospital Foundation at 651-241-8022. For more information visit our website at [unitedhospital.com/unitedfoundation](http://unitedhospital.com/unitedfoundation).





Russell and Andrea King

## 2012 United Hospital Gala Chairs

Russell and Andrea King are the chairs of this year's 2012 Service to Humanity Gala. The couple was married in June.

Russell, following in the footsteps of his father Peter, continues his family's decades-long relationship with United Hospital and other Twin Cities non-profits as president of the Peter J. King Family Foundation.

Andrea, who moved to the Twin Cities recently from Fargo, has supported many Fargo area civic

organizations and is eager to continue this community work in the Twin Cities.

"It has been a great addition to have Russell and Andrea chair this year's event. Russell's board leadership and community involvement partnered with Andrea's fundraising and event planning experience has made for a perfect combination," said David Byrd, director, Development, United Hospital Foundation.

## 2012 Service to Humanity Gala Auction Committee

David Byrd  
Merry DeCourcy  
Lyn Foley  
Terry Devitt  
Helene Houle

Russell and Andrea  
King, gala chairs  
Jim Marino  
DeeAnn McArdle  
Debbie Metzler

Mary Ann Newman  
Connie Paquette  
Mary Ritt  
Linda Schroeffer  
Nazi Sharifkhani

Kris Taylor  
Tim Vesperman  
Tom and Dawn  
Walrath



## Learn how this Mercedes-Benz could be yours

### Visit United Hospital Foundation's website and learn how this 2004 Mercedes-Benz SL600 could be yours

#### Customized features include:

- Valued at \$141,000 in 2004
- One of only 1,073 SL 600s sold in the USA in 2004
- 2 passenger, V12 coupe roadster
- Panorama roof with sunshade
- Hardtop convertible
- Sport package
- Automatic transmission
- AMG-design sculpted lower body work
- Pristine condition, well maintained
- Mileage 33,950
- Estimated value \$42,000



Use your smart phone to scan this code and be taken to the webpage.

Or call United Hospital Foundation at 651-241-8022, or visit our website for more details and to download the form.

**[unitedhospital.com/  
unitedfoundation](http://unitedhospital.com/unitedfoundation)**

# Meet the 2012 Service

## Physician Honoree Mary Elizabeth Dunn, MD

The United Hospital Foundation is honoring Mary Elizabeth Dunn, MD, in recognition for her many years of service to humanity locally, nationally and internationally.

Dr. Dunn is the sixth child born to Dale and Rosemary Dunn. She grew up in the Midwest. Her father was a family physician, and her mother raised 10 children. Dr. Dunn and two of her siblings followed in their father's

footsteps and became physicians. She credits her parents' example as inspiration and motivation for developing her strong commitment to family, friends and community.

Dr. Dunn met her husband, Gregory Cotterell, MD, 34 years ago during a chance meeting. They have been happily married for 32 years and were blessed with three children. Her children are amazed by their mother's ability to seamlessly balance her personal and

professional lives. She values family and prioritizes the needs of her children. Her son Jack once remarked that his mother attended every parent-teacher conference and extracurricular activity while pursuing her passion of neurosurgery.

Dr. Dunn is a leader and trailblazer. She was the second female graduate from the University of Minnesota Neurosurgery Residency Program and the first with a family. Upon completing her residency, in 1988 she joined United Neurosurgery Associates and the staff of United Hospital. She started her efforts immediately to establish United as a neuroscience center of excellence. The brain tumor program and surgical epilepsy were established in those early years.

The multidisciplinary brain tumor working conference was established in the late 1980s and has become the template for many tumor conferences at United. Dr.

Dunn served as the chair of the Education and Research Committee for two years, then chief of staff-elect for two years, followed by chief of staff.

During her tenure as chief of staff, she spearheaded efforts that emphasized the preservation of United in the face of challenging adversaries. Dr. Dunn wanted United to continue providing excellence in patient care. She also served as chair of the credentials committee. In that role she ensured the acquisition of providers who continued to strive for excellence and thus propel Allina Health as a pre-eminent health care organization.

Dr. Dunn has been instrumental in establishing neuro-surgical programs for children and adults. She has improved the care delivered at home and overseas. Neuroscience care at United evolved to become a center of excellence in the early 1990s with the determined efforts of Dr. Dunn. She has served as the surgical epilepsy director and brain tumor program director since 1989.

Coordinated care of children with cerebral palsy was initiated at Gillette Children's Hospital in 1988 and has flourished under Dr. Dunn's guidance. She has improved comprehensive care for children with cerebral palsy in the Midwest and internationally.

Dr. Dunn has served as a visiting professor in Europe, South America and Australia. She has developed new procedures, such as open door laminoplasty, trap door laminoplasty, selective dorsal Rhizotomy and epilepsy surgeries now commonly performed by neurosurgeons and orthopedic surgeons. She has multiple publications.

Dr. Dunn's personal side is characterized by loyalty, passion and thoughtful caring. Her patients think she is a great doctor, and this has been her strong suit. She has been a very busy, dedicated and loyal member of her group and the United medical staff for 24 years. She received her medical degree from Creighton University Medical School and her undergraduate degree from Arizona State University.



Mary Elizabeth Dunn, MD



## Community Honorees Gene and Bonnie Nugent

The United Hospital Foundation is honoring Bonnie and Gene Nugent in recognition for their breadth of service to the community.

The Nugents have been supporters of United for more than 30 years, with major gifts to the Elaine S. Larson Surgical Center, Nasseff Neuroscience Institute, Peter J. King Emergency Care Center, and Peter J. King Family Health Center.

### Bonnie Nugent

Bonnie grew up in Chicago and graduated from Northwestern University with a degree in elementary education. She became a teacher and taught school in the Chicago area and Minnesota. She and Gene married in 1950 and had three children, Cindy, Dale, and Mark, who is deceased. Bonnie is a student of piano, duplicate bridge, and photography and is politically active.

She compiled 35 genealogy books for relatives and wrote an allergy cookbook and two books that trace her and Gene's family life. She is a freelance magazine writer and edited the Human Ecology Medical newsletter for 12 years. Bonnie's interest in the environmental aspects of health developed after she was diagnosed as chemically and food sensitive.

In 1989, Bonnie and Gene founded the Mark A. Nugent Medical Research Foundation in memory of their son. Bonnie served as president until 2001. The foundation raised more than \$600,000 for research in mental illness, depression, and vagus nerve stimulation at the University of Minnesota (U of M) and the University of California. Bonnie and the foundation were recognized by the U of M Trustee Society for their generous support of biomedical research.

In addition to United Hospital, Bonnie supports the St. Paul campus of Children's Hospitals and Clinics of Minnesota and the Mayo Clinic. She helps to raise money for children's health care as a member of the North Oaks Guild of the Children's Hospital Association. Bonnie also serves as president of Eagle Forum – Minnesota and the Eagle Forum chapter in Naples, Florida.

Recent recognition for Bonnie includes the Community Service Award in 2009 from North Oaks, Minn., and a

2007 award from the Eagle Forum and Phyllis Schlafly.

### Gene Nugent

Gene is the retired chairman and chief executive officer of Pentair, Inc., based in Golden Valley.

He graduated from Northwestern University with a degree in mechanical engineering. His early business career included service at ITT, American Louver, and U.S. Gypsum. He joined Pentair in 1975.

Gene became Pentair president in 1976, chief executive officer in 1982, and chairman and CEO in 1986. He led Pentair's transition from producing printing papers to industrial products manufacturing, including acquisition of six companies from 1981 to 1994 and divestiture of the paper business in 1995.

Pentair became a top performer among Fortune 500 industrial corporations, specializing in products that move, store and treat water and enclosures that protect critical electrical and electronic systems. Today Pentair employs 15,300 people with 32 plants in the U.S. and 31 internationally. Gene retired from management in 1992 and from the board in 1997.

He was active in the Boy Scouts in St. Paul and served on advisory boards at Northwestern University and the University of St. Thomas. The Nugents were recognized for the Nugent-Pentair Teaching Professorship in Business Leadership at Northwestern's Robert B. McCormick School of Engineering and Applied Science. Also, Gene was a director of Apogee Enterprises and several private companies.

Gene served as chairman of the Minnesota Blue Ribbon Commission of Forestry and Forest Products, chairman of the paper industry Bargaining Forum, co-chairman of the Minnesota WellSpring organization, and director of the American Paper Institute.



Bonnie and Gene Nugent

## Service to Humanity Gala

*Auction Donation Form*

Saturday, Sept. 29, 2012 | St. Paul RiverCentre | 5:30 pm.

Please complete the auction form below and return to United Hospital Foundation by **September 4, 2012**. Our deadline for the program listing is also **September 4**. If you have any questions, please call us at 651-241-8022. You may also fax this form to 651-241-5420. Thank you.

Donor name (individual or company) \_\_\_\_\_

Contact person (if different from above) \_\_\_\_\_ Phone \_\_\_\_\_

Cell phone \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ Fax \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Solicitor name \_\_\_\_\_

Donated item with description

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Auction category \_\_\_\_\_ Expiration date? ☐ No ☐ YesEstimated or actual value: \_\_\_\_\_ (each) x \_\_\_\_\_ = \$ \_\_\_\_\_ ☐ Cash ☐ Check donation \$ \_\_\_\_\_

Exclusions and/or restrictions? (if travel related, vacation home or other): \_\_\_\_\_

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Item for donation: ☐ Has been donated ☐ Will be donated on (date) \_\_\_\_\_

I/we as signed below agree to donate the above item(s) or services to United Hospital Foundation, a not-for-profit and tax-exempt organization for the Service to Humanity Gala on Saturday, Sept. 29, 2012.

Donor signature \_\_\_\_\_ Date \_\_\_\_\_

Proceeds benefit the Elaine S. Larson Surgical Center at United Hospital.

United Hospital Foundation | 333 North Smith Avenue | Saint Paul, MN 55102 | 651-241-8022


**UNITED HOSPITAL**  
**FOUNDATION**

# Service to Humanity Gala

## Pledge Card

Saturday, Sept. 29, 2012 | St. Paul RiverCentre | 5:30 pm.

### SPONSORSHIP LEVELS

#### PREMIER SPONSOR I — \$50,000+

- Unlimited seats and dedicated tables
- Choice seating
- Ad and dedication to honorees in program
- Significant company advertising during event
- Designed company logo in program
- Company logo on our website with link to your site

#### PREMIER SPONSOR II — \$25,000

- 30 seats and dedicated table
- Prime seating
- Ad and dedication to honorees in program
- Company advertising during event

#### PREMIER SPONSOR III — \$10,000

- 20 seats and dedicated table
- Select seating
- Ad and dedication to honorees in program
- Company advertising during event

#### DINNER SPONSOR — \$5,000

- 10 seats and dedicated table
- Ad or dedication to honorees in program
- Limited company advertising during event

#### AWARD SPONSOR — \$3,500

- 10 seats
- Logo in program

### SPONSORSHIP

☐ \$3,500 ☐ \$5,000 ☐ \$10,000 ☐ \$25,000 ☐ \$50,000 ☐ \$50,000+

#### Individual Seats

☐ Seat @ \$195 each x \_\_\_\_\_ = \$\_\_\_\_\_ (\*\$145 is tax deductible per seat)

Guest name \_\_\_\_\_

#### Table Sponsor

☐ \$1,800 table of 10

☐ Other \$ \_\_\_\_\_ (outright donation)

#### Dedication to Honoree

☐ \$100/name with message (write message on the back of this form)

### PAYMENT OPTIONS

- ☐ Check enclosed (Make checks payable to United Hospital Foundation)  
☐ Credit card: ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Card number \_\_\_\_\_ Expiration date \_\_\_\_\_

Name(on card) \_\_\_\_\_ Phone \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail to: \_\_\_\_\_

United Hospital Foundation

333 North Smith Avenue

Saint Paul, MN 55102

651-241-8022

[unitedhospital.com/unitedfoundation](http://unitedhospital.com/unitedfoundation)

Proceeds benefit the Elaine S. Larson Surgical Center at United Hospital

### DEADLINES:

#### GALA INVITATION

Submit form by June 25 to be added in the gala invitation.

#### GALA PROGRAM

Ads and logos are due August 20 for the gala program.

#### GUEST NAMES AND AUCTION DONATIONS

Submit guest names and auction donations by September 4.



UNITED HOSPITAL  
FOUNDATION





Steve Austing

## ExerCare Helps Him Stay Healthy After Heart Attack

Steve Austing had a heart attack about 10 years ago when he was 43 years old. Ever since, he's dedicated himself to exercising at the Milton M. Hurwitz ExerCare Fitness Center at United Hospital.

Exercise "is vital to my survival," Austing explained. And that's not just his opinion — it came directly from his cardiologist. Although he could choose any athletic club, Austing decided that ExerCare best fits his needs.

He drops in at ExerCare after work three days a week for his workout, which involves 40 minutes of cardiovascular and weight-training exercises. He has also joined ExerCare classes to "have some fun and get a different perspective on exercise."

Austing draws on the medical expertise of ExerCare staff through blood pressure checks before and after exercise. This allows him to exercise with confidence, given his occasional problems with an irregular heartbeat.

"This is a place where I feel comfortable," Austing explained. "The people on staff are just phenomenal—friendly, outgoing, and respectful. When I need guidance or assistance with my exercise program, they are eager to help."

Austing said he appreciated that funding from donors laid the groundwork for ExerCare to be the state-of-the-art fitness center it is today. "Ten years ago when ExerCare moved to its current building, the staff shared with us that this center exists because of donations," he recalled. "We have a lot to be thankful for." Austing has contributed to the United Hospital Foundation to show his appreciation for ExerCare.

Austing's path to ExerCare began in 2001, when he worked as a mechanic for Northwest Airlines at the Minneapolis-St. Paul airport. In shape, healthy and active, he certainly didn't expect a heart attack in his early 40s.

The heart attack began with an odd feeling in his throat. A little while later the chest pain started, "like a semi driving across my chest." Austing's crew chief took him to the airport clinic. Then, in the ambulance headed for the hospital, a paramedic told Austing he was having a heart attack.

A heart attack "is a life-changing experience — emotionally, mentally, physically, everything," Austing said. After Austing recovered in the hospital, his cardiologist outlined the changes he's need to make, including regular exercise at a gym, a heart-healthy diet, and a cholesterol-lowering medication. Austing's cardiac rehabilitation took place at United, and that's how he was introduced to ExerCare. He used a few free passes to try out ExerCare and was hooked.

Like many ExerCare members, he finds reassurance in knowing that Peter J. King Emergency Care Center at United Hospital is close by. "Medical help is literally 500 feet from here, if I would ever need it," said Austing.



## Happy 25<sup>th</sup> Birthday, ExerCare!

The Milton M. Hurwitz ExerCare Fitness Center will celebrate its 25th birthday on Sept. 24 -25.

ExerCare has been located in three different buildings since it opened at United Hospital in 1987. It is now conveniently located in street-level facilities at the corner of Smith Avenue and Walnut Street.

During September's 25th anniversary celebration, ExerCare staff will feature the fitness center's history with activities and food. Manager Kris Coleman invites you to stop by and celebrate with staff and members.

## Staff Offers Expertise for People with Medical Conditions

ExerCare is a fitness center that specializes in helping people who have medical conditions. It's the only medical fitness center in the east metro area.

People who use ExerCare have a range of medical conditions, from cardiovascular issues to back injuries, shoulder and knee problems, overweight, and stroke. However, membership is open to everyone, and no connection with United is needed.

The ExerCare staff makes it different from other fitness centers, explained Kris Coleman, manager. Every staff member has at least a four-year degree in exercise physiology, and some are registered nurses.

Emergency equipment is on site, and staff members know how to use it. They are trained in advanced cardiac life support and certified by the American College of Sports Medicine. "It's no big deal for a staff member to take a member's blood pressure or monitor

an electrocardiogram for someone who is finishing cardiac rehabilitation," Coleman said.

An exercise physiologist works with each new member to design an individualized exercise program. "We work with each person's physical needs and goals. For example, a person with cardiac disease might also have a bad knee," Coleman notes.

ExerCare's services also include:

- personal trainers,
- full locker room facilities,
- participation in many fitness reimbursement programs offered by health plans.

For more information, call ExerCare at 651-241-8080. The center is located at 362 Walnut Street, St. Paul.

To contribute, call United Hospital Foundation at 651-241-8022.

## Donors Make the Difference at ExerCare

The Milton M. Hurwitz ExerCare Fitness Center at United Hospital is more than a place where people exercise. It's a testament to the power of philanthropy.

Many of the extra elements that make ExerCare a unique place are underwritten by charitable donations to the United Hospital Foundation.

Philanthropist John Nasseff donated the leading gift in 2002 to name the fitness center in honor of his cardiologist, the late Milton M. Hurwitz, MD. ExerCare had been located just down the block on Walnut Street,

and Nasseff's donation provided the funds to design and build the fitness center. "Instead of retrofitting existing space as we'd done before, we could build from the ground up," explained Kris Coleman, ExerCare manager.

Mickey Goff is another donor who has been generous to ExerCare. He's worked out there for years and donated funds to make sure that ExerCare's equipment is top-notch. Donors have funded all of the center's equipment purchases for the last 15 years, Coleman noted.

# Through the Eyes of an Oncology Genetic Counselor



Ashley VanDenBoom, MS

During a hospital stay, patients and visitors may interact with a variety of doctors, nurses, specialists and other hospital staff members. “Through the Eyes of...” introduces care providers and staff members to explain the role they play in the care provided at United Hospital.

Ashley VanDenBoom, MS, is a certified genetic counselor for Cancer Care Services at United Hospital and at Rivers Cancer Center in River Falls, Wis., which is associated with River Falls Medical Clinic and River Falls Area Hospital. This is a new service at both sites.

## Why is genetic counseling a part of the cancer program?

Many people who have been diagnosed with cancer want to know whether there is a genetic, or inherited basis for their cancer. Other people are concerned about whether they are at risk to develop cancer, given their family history of the disease.

My role is to help patients not only assess their risk of cancer, but also make informed decisions about genetic testing and cancer risk management. Our goal is to eliminate the burden of cancer in families through education, screening and prevention.

## What is your background?

I have a master’s degree in genetic counseling, which involved specialized training in genetics and psychosocial counseling. I’m board-certified by the American Board of Genetic Counseling. Before starting at United Hospital in January 2012, I worked for four years as a genetic counselor at another hospital system.

## How do you fit into the cancer program?

I work closely with all members of the care team, including oncologists, surgeons, nurses and any other providers who care for cancer patients at United Hospital and Rivers Cancer Center.

I also provide a genetics resource to primary care providers whose patients have a family history of cancer. In addition, patients can make appointments with me at either United or Rivers Cancer Center.

## What indicates that a person would benefit from cancer genetic counseling?

In general, we look at the number of people in the family who have been diagnosed with cancer, or if there are multiple individuals with the same or related cancers. A personal or family history of young cancer (before age 50) or a rare form of cancer may also be an indication for genetic counseling.

## Are all cancers inherited?

No, only about 10 percent of all cancers are inherited. Typically, these families would include several members of the family with specific types of cancer (such as breast and ovarian cancer or colon and uterine cancer) in multiple generations, family members affected with cancer at an age younger than expected in the general population, and individuals with bilateral or multiple primary cancers.

Cancer is a relatively common diagnosis in the general population. About one in two people, or 50 percent, will be diagnosed with cancer in their lifetime. The majority of these cancers are not caused by inherited factors. They are due to aging, environmental and lifestyle risks, of which we currently have limited understanding.

## What does a genetic counseling appointment involve?

To begin, the patient and I work together to gather a very thorough family history. This is the best tool we have to predict a person’s risk. Family members included in this history are children, siblings, nieces, nephews, parents, aunts, uncles and grandparents. We note the type of cancer diagnoses in the family and the age at diagnosis for all family members.



If needed, we assist in gathering family members' medical records.

Then we discuss whether the family history may suggest a hereditary cancer syndrome and if there is any testing available (usually conducted through a blood draw). We discuss how likely it is for the test to detect a cancer syndrome and what the information may tell the patient and their family members. If a person is found to have a hereditary cancer syndrome, we recommend a personalized and often more aggressive program of cancer screening.

We also discuss that it's illegal for health insurance companies and employers to discriminate based on genetic test results, under the federal Genetic Information Nondiscrimination Act of 2008. Insurance coverage for testing may be an issue for some, and I will assist patients with coverage questions. Ultimately, patients make their own decisions about whether to have genetic testing.

In general, genetic counseling and testing is a process of educating our patients to make informed decisions about their health care, which is empowering and reassuring for them. If people are concerned about their cancer risk, I encourage them to speak with their primary physician about making an appointment.

### **Give an example of how genetic testing helped a patient.**

A common reason for people to seek cancer genetic counseling is if they are concerned about their family history of breast cancer. If a woman has many family members who had breast cancer at young ages, she may wish to have testing for mutations in two genes, BRCA1 and BRCA2.

If we find that she has this hereditary cancer syndrome, we would recommend that she begin breast cancer screening at an earlier age, but would also recommend that she have additional screening for breast cancer, such as a breast MRI every year. She may also take steps to reduce her risk for breast cancer, such as taking a medication or even pursuing preventive surgery. This test may also tell us if she has a higher risk for other cancers, such as ovarian cancer.

### **How would genetic counseling help someone who already has cancer?**

I'm asked that a lot. If you have had cancer, testing may tell us if you have a higher risk to develop a second cancer. The idea is to develop a personalized program of screening so that cancer can be caught early, when it is most treatable, or even prevented.

Second, people with cancer often worry about whether their children or other relatives are at increased risk. Again, most cancers are not due to an inherited cancer syndrome, but if your personal or family history is significant, counseling may be important.

### **How are you involved in cancer prevention?**

We are doing our part to help people understand the importance of cancer prevention and screenings. I participate in community health fairs, and I talk with people about what to look for in their family tree related to cancer.

**To schedule an appointment with  
Ashley VanDenBoom, MS, call:  
United Hospital – 651-241-8300  
Rivers Cancer Center – 715-307-6430**

## DONOR PROFILE:

## St. Paul Radiology



Anders Knutzen, MD

United Hospital is one of the leading beneficiaries of St. Paul Radiology's tradition of generous charitable donations to the community.

St. Paul Radiology, a private practice of 60 radiology physicians, formed a foundation approximately 10 years ago. The partners dedicate a percentage of the firm's annual income to the St. Paul Radiology Foundation, which is administered by The St. Paul Foundation. Each year, St. Paul Radiology makes donations to organizations in the east metro area that promote improved medical care and healthy living.

"We decided that we have a responsibility to give back to our community," explained Anders Knutzen, MD, of St. Paul Radiology. "We give back as a group, rather than as individuals. St. Paul Radiology is supported by our community, and in turn we support the community through our foundation."

Its donations to the United Hospital Foundation include the Elaine S. Larson Surgical Center Campaign that is currently

underway. Other gifts from St. Paul Radiology supported United programs for cardiology and neuroscience, along with the emergency department and outpatient clinic.

St. Paul Radiology's tradition of service to United dates back more than 90 years. The practice was founded in 1920 and served the two hospitals that preceded United—Miller Hospital and St. Luke's Hospital. This affiliation continued when the hospitals merged to form United in the 1970s.

"We are a lifelong partner of United," Knutzen said.

He noted that 12 radiologists serve United patients with coverage 24 hours a day, seven days a week, 365 days a year.

"Collaboration means physicians, their groups, and hospital systems work together to achieve high-quality care, lower cost, and patient satisfaction," said Knutzen.

Dr. Knutzen is based at United and served recently on the United Hospital Foundation board of directors.

## DONOR PROFILE:

# Associated Anesthesiologists, PA

Associated Anesthesiologists, PA (AAPA) is a St. Paul-based anesthesia practice comprised of anesthesiologists, nurse anesthetists and support personnel who provide care for patients at United Hospital.

AAPA has been a faithful donor to a number of United projects, including the Nasseff Heart Center, Nasseff Neuroscience Center, Milton M. Hurwitz ExerCare Fitness Center, and Peter J. King Emergency Care Center.

AAPA and United share a history that dates back more than 75 years. The physicians of AAPA provided anesthesia services at Miller and St. Luke's hospitals, the predecessors to United. "When those two hospitals merged to become United, we moved down the hill to continue our practice," said Mark Destache, MD, of AAPA.

"We have been part of United Hospital since the start. AAPA physicians and staff appreciate the role that United plays in the St. Paul community," Destache said. "United is a place we belong to, participate

in and believe in," he explained. "A strong hospital helps our patients and our practice. Contributing to the United Hospital Foundation helps strengthen the hospital and our group."

United's surgery area is undergoing a complete renovation, and the new Elaine S. Larson Surgical Center will be finished late in 2013. The current surgery area has "geographic and system barriers" that are obstacles for physicians and United employees, who are dedicated to providing the best possible care for patients, Destache noted.

"By redesigning the surgery center, we hope to break down those barriers and provide the highest level of care for patients," Destache said. The surgery center will offer amenities for patients and families to make the experience less stressful. "By enhancing the environment that surgery takes place in, we can alleviate some of that stress and further advance care for patients."



Mark Destache, MD



## U.S. Supreme Court rules on the Affordable Care Act

On June 28, 2012, the U.S. Supreme Court issued its decision on the constitutionality of the Patient Protection and Affordable Care Act. In a 5-4 ruling, the Court upheld all of the provisions of the law, including the requirement that all Americans purchase health insurance (also known as the individual mandate). The Court also ruled that the federal government cannot withhold Medicaid funds from states if they choose to not comply with the expanded eligibility requirement.

Minnesota is one of eight states already adopting early Medicaid expansion, while Wisconsin has yet to take action. For non-partisan resources about the U.S. Supreme Court's ruling on the Affordable Care Act, check out the links on [allinahealth.org](http://allinahealth.org) and search for Federal Health Reform.



*Thank United Volunteers.  
They're Worth a Million!*

In 2011, 877 United Volunteers contributed 50,875 hours. This time is valued at \$1,086,690.

Our volunteers are a valuable asset to patients, guests and staff.

## Goff and Boysen Memorial and Honoring Garden

The Goff and Boysen Memorial and Honoring Garden, which was dedicated in 2011, provides a long-lasting tribute to a loved one who has passed away. This garden also honors those who have made a difference in our lives and offers a place to reflect, remember and heal.

At the entrance to the garden, an ash tree forms a natural canopy. The paths are lined with flowers, shrubs and trees of various colors and fragrances to evoke fond memories.

Supporting the garden offers an opportunity to remember, honor and to keep memories alive in your heart and mind. If you are interested in contributing to the garden, please contact Cindy Early, major gifts manager of United Hospital Foundation, at 651-241-8027 or [unitedhospital.com/unitedfoundation](http://unitedhospital.com/unitedfoundation). On the website, select the “Giving Options” tab and choose “Memorial Garden” to view a special video.



Goff and Boysen Memorial Garden

## New Emergency Department Sets Records

The Peter J. King Emergency Care Center at United Hospital continues to set new records in numbers of patients it serves.

Since the new Emergency Department (ED) opened in April 2011, numbers of patients have increased steadily. The ED served 18 percent more patients in the first five months of 2012, said Steve Horstmann, emergency department director.

“In many ways, our new Emergency Department has become the front door to this hospital,” said Tom O’Connor, United president.

The renovated ED was designed to serve more patients, quickly. Statistics show that patients wait only five minutes before being escorted to a treatment room.

Within 15 minutes after arrival, patients see a physician. These waiting times rank United very high among EDs in Minnesota and the United States.

People can now find ED waiting times online at [unitedhospital.com](http://unitedhospital.com). The main page for United’s website posts the current waiting time, updated every 15 minutes.

This spring, the ED pioneered a barcoding system for giving medications—the first ED in the Allina Health hospitals to use the system. Barcoding, used throughout United’s other patient care areas, eliminates medication errors by matching each patient to the correct medication.

# Employee Volunteer Program Wins Breakthrough Performance Award

A new employee engagement program of Allina Health won an award for Breakthrough Performance from the organization VolunteerMatch in May.

United Hospital is part of Allina Health, which started its volunteerism program for employees in 2011. The program gives resources and rewards to employees who share their passion, expertise and time with nonprofit organizations. The Breakthrough Performance award recognizes the program's success in connecting employees with volunteer opportunities.

At United, 735 employees who registered with VolunteerMatch logged more than 6,700 hours of volunteer service. United employees directed \$9,400

in donations from Allina Health to organizations that range from local food shelves to youth organizations.

In total, Allina Health employees logged 60,000 community service hours in 2011. Employees who volunteer 20 hours of service can direct a \$100 donation to a nonprofit of their choice through the Dollars for Doers program. In addition, employees also can direct donations to charity walks, runs and rides when they organize groups of coworkers to participate.

Allina Health partners with VolunteerMatch for a web-based service to manage volunteer engagement efforts.

## BAPS Charities



BAPS Charities is a 501(c)(3) registered nonprofit international charity organization committed to sincerely serving the world by caring for individuals, families, and communities.

It is affiliated with BAPS as an independent charity and social services arm. The 55,000 BAPS

volunteers networked in more than 3,300 centers around the world and provided more than 12 million volunteer hours of service annually.

Among social service charities, BAPS Charities is a well-respected and trusted name. It has amassed more than 50 years of firsthand experience in initiating, managing, and sustaining 160 humanitarian services throughout the world. Efforts have included working within the medical, environmental, community, tribal, and disaster relief fields.

In 2011, more than 12,000 participants, of all ages, joined hands to support the BAPS Charities Walk which was organized in 48 centers. BAPS Charities local chapter in Minneapolis participated in the walk, and United Hospital Foundation was the beneficiary. This

partnership began in 2007.

"Thank you, BAPS Charities, for your generous donation," said Cindy Early, major gifts manager of the United Foundation. "No greater inner satisfaction can permeate the life of any individual than having helped someone less fortunate."

In addition to annual walkathons, 2011 BAPS Charities organized:

- 44 health fairs nationwide attracting approximately 14,000 participants;
- 2,588 health care professionals volunteering their services;
- 27 blood drives, which collected 1,210 pints of blood that helped to save 3,630 lives;
- 26 bone marrow drives resulting in 2,510 registered participants; and
- 10 flu vaccination drives with more than 1,000 participants.

For additional information on BAPS Charities and its international and local philanthropic activities, visit [bapscharities.org](http://bapscharities.org).



## United Hospital Golf Classic



2011 White Bear Yacht Club Golf Classic

The 22nd annual United Hospital Golf Classic will take place July 30 at the White Bear Yacht Club. One hundred twenty-four golfers will participate in the tournament, enjoying 18 holes of golf on a course that is ranked number 60 of the 100 best classical courses in the United States. The variations in lie, green undulations and raw beauty of the course make it one of those special layouts that participants never tire of playing.

To date, our tournament has raised \$160,000, making 2012 a record year. Proceeds will benefit the Elaine S. Larson Surgical Center Campaign here at United.

A special show of appreciation to McGough Companies (tournament title sponsor); HDR (tournament reception sponsor); Nasseff Mechanical Contractors (beverage sponsor); and Lexus of Maplewood (hole-in-one sponsor).

Mark your calendar for the 2013 tournament on July 29 at White Bear Yacht Club.

## 3M Senior PGA Championship



2011 3M Senior PGA Championship

The 2012 3M Senior PGA Championship will take place July 30 to August 5 at Tournament Players Club (TPC) in Blaine. It is Minnesota's only PGA Championship Tour event and offers one of the largest purses on the tour.

In addition, the tournament is the largest professional sports-related charity event in Minnesota. Since 1993, the tournament has donated more than \$20 million to charity. This year's event is expected to net more than \$1.3 million to benefit United Hospital, along with Mercy, Unity, and Abbott Northwestern hospitals.

Thank you to 3M, the tour's title sponsor, and to all of the sponsors, volunteers and spectators who make this event a success.

Mark your calendar for the next year's tournament dates of July 29 to August 4, 2013.



## Employee Giving Campaign

The 2012 Employee and Community Giving Campaign at United Hospital will start September 4 and continue through October.

Throughout the campaign, United employees will have the opportunity to support a variety of giving options, such as the Elaine S. Larson Surgical Center Campaign and the Employee Allocation Fund.

“We are committed to our mission of enhancing the health of United Hospital patients and the wellness of

the community we serve,” said Cindy Early, major gifts manager at United Hospital Foundation. “Our employees share this commitment by supporting the employee campaign and participating in numerous fundraising activities. Every gift, no matter the size, will make a difference in someone’s life.”

## Neighborhood Health Connection Program™



This spring, a new program to help support wellness and promote healthy lifestyles — one neighborhood at a time — was launched by Allina Health. The

Neighborhood Health Connection™ provides tools and resources to help people join with their neighbors to make themselves and their communities healthier.

In May and June, neighborhood groups and organizations applied for free health screenings, fitness challenges and funding to support neighborhood-driven projects that improve health.

“This kind of approach is exactly what is needed to improve the health of individuals and populations while lowering the cost of care,” said John R. Finnegan, PhD,

dean of the School of Public Health at the University of Minnesota. “A large body of research clearly shows that social networks and social supports play a huge role in achieving better health. In many ways, communities are the means by which better health is created.”

The Neighborhood Health Connection program gives community members access to support and materials to establish various healthy neighborhood activities, like starting a walking group, hosting a healthy potluck, and planting a community garden.

“We at Allina Health believe that we can truly help people to take control of their health by partnering with them at the neighborhood level,” said Courtney Baechler, MD, medical director of the Penny George Institute for Health and Healing, a part of Allina Health. “Programs like the Neighborhood Health Connection and others to come are examples of how we can build relationships that extend beyond the walls of our hospitals and clinics to facilitate better health for our communities.”

# United Hospital Foundation Funds

## BIRTH CENTER

This fund provides resources for programs and equipment for one of the state's busiest birth centers.

## CAL CALMENSON PULMONARY AND CARDIAC EDUCATION FUND

The fund provides for pulmonary and cardiac education for patients and staff at United Hospital.

## CARDIOLOGY RESEARCH FUND

The vision is to be a leader in clinical cardiology and provide the highest level of quality research service. The fund helps expand the knowledge of current and developing therapies.

## DIABETES FUND

A health care team works together to find the best way to manage diabetes. This fund provides support for diabetes programs and projects. United Hospital is Joint Commission certified for inpatient diabetes care program. Our program is in the top one percent in the nation.

## JESSE E. EDWARDS ENDOWMENT FUND

This cataloged collection of nearly 24,366 human hearts and 88,000 photographic slides provides a unique learning and working opportunity for local, national and international physicians, which benefits every person with the potential for heart disease. The endowment fund keeps the registry here at United.

## HEART UNITED FUND

The Nasseff Heart Center offers comprehensive care from diagnosis to rehabilitation.

## ELAINE S. AND ROBERT E. LARSON ENDOWMENT

This fund supports the designation of a medical director position of the Stroke Intervention Center within the Nasseff Neuroscience Center, which already has the components for a stroke center of excellence in place, including experienced staff, interventional radiological treatments, rehabilitation services, screenings, prevention and risk-reduction programs.

## LIPSCHULTZ GUEST APARTMENTS ENDOWMENT FUND

The apartments offer a place for families to stay when a loved one is hospitalized. This fund helps subsidize guests who can't afford to pay for the service.

## MEDICAL EDUCATION AND RESEARCH ENDOWMENT FUND

This resource is funded entirely by physicians and provides grants for clinical research, educational opportunities and the purchase of ancillary equipment.

## MILTON M. HURWITZ EXERCARE FITNESS CENTER FUND

The Milton M. Hurwitz ExerCare Fitness Center provides medically safe and effective exercise and education programs to patients, their families and the community.

## NEUROSCIENCE UNITED FUND

The John Nasseff Neuroscience Institute offers comprehensive services, including a multi-disciplinary team for acute and long-term care, and serves as a research and education center to patients with neurologic disorders.

## ELAINE S. LARSON SURGICAL CENTER CAMPAIGN

The campaign supports the renovation of the United Hospital operating rooms. Upgrades bring state-of-the-art technology and capabilities to continue providing exceptional care. To be completed late in 2013.

## PETER J. KING EMERGENCY CARE CENTER AT UNITED HOSPITAL FUND

United's Emergency Department, one of the busiest in the Twin Cities, was expanded to continue to meet the needs of our community as we respond to life-threatening injuries and illness, as well as the possibilities of terrorist threats, large-scale natural disasters and worldwide epidemics. The renovated Emergency Department opened in spring 2011.

## ADDITIONAL FUNDS

Jim Adamski Complementary Therapy Fund  
Behavioral Health Services Fund  
Breastfeeding Resource Center  
Cancer Care and Research Fund  
Cardiovascular Health Improvement Fund  
Center for Caring  
Chapel/Pastoral Care/Spiritual Care Fund  
Claussen Scholarship Endowment Fund  
Community Partnership Fund  
Dr. C. Richard Guiton Ethics Fund  
Dr. Karon Pulmonary Disease Fund  
Employee Fund (EFAC)  
Equipment Fund  
Faye Ann Johnson Memorial Education Fund  
Free Care Endowment Fund  
G. Kamman Tumor Conference Fund  
General Fund  
Heart/Lung Endowment Fund  
John & Delores Holl Endowment Fund  
Lawson Family Donor Advised Fund  
Medicine Fund  
Newman Breast Cancer Fund  
Maureen Smith Nursing Education Fund  
Olivia Birth Center Fund  
Oncology Endowment Fund  
Pain Center  
Ragon Cardiac Fund  
Rifkin Cardiac Fund  
Rinke Cardiovascular Endowment Fund  
Sam Singer Memorial Fund  
Sharon K. Willbrandt Memorial Fund  
Volunteer Fund

To make a donation to any United Hospital Foundation Fund, please call the United Hospital Foundation at 651-241-8022 or visit us online to learn more about planned giving at [unitedhospital.com/unitedfoundation](http://unitedhospital.com/unitedfoundation).

# United Hospital Donor Tributes

United Hospital Foundation's Honoring Program offers a distinctive and meaningful way to remember, honor, pay tribute or recognize those important people in your life. By giving in remembrance, you offer a gift of lasting memory.

United Hospital's continued strength results in large measure from the support received from generous individuals like you. The financial commitment of our community members enables United Hospital Foundation to invest in important projects at United — supporting the best in quality health care for our patients while meeting the needs of our donors. The following are memorial/tribute gifts received from January 1 through May 18, 2012.

If you would like to honor, remember or celebrate someone or an event, please complete the enclosed honoring envelope and send it along with your donation to the United Hospital Foundation.

## In Memory of

### Ruth Miller Brand

Karen and Bruce Gershman

### Genevieve Deutsch

William O. Kenney and Margaret E.

Kilpatrick

Elaine Tuhy

### Dorothy Elaine Dickson

City of Robbinsdale Employees

### Mary Jean Erickson

Eric and Suzie Gydesen

### James Foster

Diane J. Lindstrom

### Leo Gold

Dr. and Mrs. Paul T. Yellin

### Francis Goschy

Virginia and James Mondry

### Janet Herr

Lynne and Paul Billings

Elizabeth Shryer Boyle, PsyD, LP

David and Mary Kay Herr

Susan and Tom Mielenhausen

Michael and Jane O'Farrell

Dick and Ginnie Post

John and Lorraine Strand

Janice Welburn

### Clayton Kaufman

Marjorie Edwards

### Jackie Kelcher

Shirley Weidner

### Leonard G. Keller

David W. York

### Anna Kisch

JoAnne Kisch

### Harold Lichterman

Marjorie Edwards

### Thomas McConaughy

Carol A. McConaughy

### Richard C. Moen

John Nasseff and Helene Houle

### Richard Monahan

Yvonne Garvin

### Peter Montgomery

Mary Massetti

### Adeline Nemitz

Jerry and Pat Kubash

### Eldon Olsen

Eric and Suzie Gydesen

### David Lee Olson

Sara, Cary, Noah and Josh Sennet

### Edward Paster

Janie and Terry Becker, David Swanson, and Hilary Huntington

### John M. Pelant

Mary Pelant

### Madeline Muller Peterson

Dennis and Kathy Peterson

### Joseph Segal

Marjorie Edwards

### Margery Jane Taggart

United Medical Staff

### Verona Wallace

Yvonne Garvin

### Jeff Ward

Diane J. Lindstrom

### Elaine Wolf

Marjorie Edwards

## In Commemoration of

### Dr. Jesse Edwards, Mrs. Jesse

Edwards, Dr. Brooks Edwards

John B. and Sara Carter

### Peter J. King

Helen Kalafatas

### Maureen Smith

Jennifer Smith Kerr

Alice Smith

### Dr. Jack Titus

Victor and Kathleen Tschida

### Carolyn Weiss

Mel Weiss

## In Celebration of

### HAPPY BIRTHDAY

#### Stuart Applebaum

Karen and Bruce Gershman

#### Karen and Seth Chlebeck

Mike and Karen Boland

#### Mrs. Corinne Wilson

Marjorie Edwards

### MOTHER'S DAY

#### Judith A. Wolf

Mr. and Mrs. Bruce A. Goldfarb

### NEW GRANDSON

#### Kerry and Scott Bader

Karen and Bruce Gershman

## In Gratitude to

### Emergency Department Staff

Mickey Goff and Lisa Boysen

### Station 4500 Staff

Mickey Goff and Lisa Boysen

## In Honor of

### Katie Deeb

John Nasseff and Helene Houle

### Cindy Early

Mickey Goff

### Elaine S. Larson

Mr. and Mrs. J. Donald Donahue

### Robert Winkler

Louis B. Hurvitz



## PLANNED GIVING: Keeping it Simple

I have written a number of articles previously published in this magazine extolling the virtues of planned giving as a means to establish one's legacy and to achieve a greater good as a tax savings. Recently, I was asked by a client about comparisons between setting up a private foundation and establishing or contributing to a donor-advised fund.

I noted that a private foundation is subject to less operational flexibility and potential for taxes, which would reduce the funds that are available.

Private foundations need to set some parameters for potential recipients of funds. In addition, there are other requirements: a 2 percent excise tax on net investment income; substantial other taxes if it is deemed to be self-dealing with disqualified persons; minimum distribution requirements in any year; potential other taxes for certain investments; annual accounting and possible legal expenses; and other administrative costs related to running the foundation.

With the donor-advised fund, the most critical issue is that the fund can't make distributions to a single identified organization or governmental entity. While some potential taxes may be incurred, they are less likely if the funds ultimately end up with a "qualified charity," as defined by the Internal Revenue Service.

Donor-advised funds are simpler to work with, and decision-making about when the funds will go to those qualifying charities does not always have to occur annually. The key is that the donor's tax deduction is based on the timing of the contribution to the fund, and not when the fund makes a distribution. While some people may feel they have less control over who may benefit, there are potential traps when the decision-making is retained by the individual alone in the private foundation.

In my many years of practice, I have dealt with a number of private foundations, and I have seen the onerous reporting requirements and costs that exist. While there may be some outstanding cases where they accomplish much for the donor, I believe that for most, the donor-advised fund with its ease of operation makes it more beneficial. The donor should make the ultimate decision after careful consideration and discussion with advisors.

To conclude, I will offer one caveat on this topic. The changing tax climate we face makes it more imperative to have a discussion on charitable plans before the end of 2012. The possibility of potential added limitations on charitable deductions for high-income taxpayers should be impetus enough to start looking at options now.



Larry Gamst, the managing principal of DS&B Ltd., is a board member of the United Hospital Foundation.

# The Heritage Society

The Heritage Society is our way of acknowledging donors who make the Foundation part of their estate plan or who provide perpetual support of our hospital through the creation of an endowment fund. These generous individuals are shapers of the future, making their mark with gifts that will benefit generations to come. An estate gift is so much more than a donation. It is a charitable act that provides a steady stream of support that allows the Foundation to respond to changing needs — forever.

To become a member of the Heritage Society, all you need to do is inform us of the provision you have made for the Foundation in your will or trust. The amount can vary and does not have to be disclosed. You may remain anonymous if you wish.

For more information, please contact the United Hospital Foundation at 651-241-8022. Confidential consultation on charitable giving with foundation staff or other experts is available.

## We recognize and thank the following members of the Heritage Society:

Duke Adamski	James Flink, M.D. and Diane	Mary L. Huberty	Lucille Moeller	Craig and Leah Schmalz
Darcy Andahl	Uecker-Flink, R.N.	Rose Hutterer	Joan Muhlenkord	Dolores M. Schram
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Helen L. Bauer	Elsie Geiss	David B. and Julie A. Jones	John Nasseff	Shank
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Arthur G. Driscoll	John and Dolores Holl	David R. Miller	Lillian M. Rumble	Jason Zotalis
Cindy and Bill Early	Dr. Ken and Linda Holmen	Dr. Zondal and Esther Miller	Jerry Sansby	
Mina Fergestad	Joseph B. Hreha	Mark and Joan Mishek	James Scarpetta, Jr.	Eleven of our donors wish to remain anonymous.



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

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

**Duke Adamski**

President

**Janet Berg**

Development Associate

**David Byrd**

Director of Development

**Cindy Early**

Major Gifts Manager

**Jo Marcotte**

Department Secretary

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