

2013 Summer Foundation News



New operating room in the
Elaine S. Larson Surgical Center



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Looking Forward to the Gala



Tom O'Connor

Welcome to summer, 2013. It was a long, cold winter. And a long, cold spring. Hopefully, it will be a long, warm summer to tide us over until we reach one of the biggest events of the fall.

2013 Service to Humanity Gala

Save the date now for what is sure to be another magical journey as we celebrate giving on Saturday, Sept. 28, 2013. One of the largest fund-raising events in the Twin Cities, the

United Hospital Foundation Gala is a hot ticket. This year, look forward to a few new twists on the Gala traditions you know and love. Old favorites will return, too, in wonderful food, the elegant martini bar and captivating music by our favorites, The Sevvilles.

One of the most anticipated events on the night is, of course, the auction. Thanks to the generous donations from many of you reading this, hundreds of highly sought-after items will be available for the silent and live auctions.

This year, we are proud to announce our 2013 Physician Honoree, Omer Sanan, MD, and our Community Honorees, John and Linda Schroeffer. Read their profiles, and all the Gala details, on pages 4-9.

As you read through our summer newsletter, you'll meet board member Norma Larson, profiled on page 3. We would not be where we are today without our donors and this issue profiles Larry and John Anderson, from Ideacom Mid-America, on page 14.

We've been busy at United Hospital and are looking at expanding our Birth Center (page 2), relocating our Breast Center (page 15) and adding new leadership to the John Nasseff Neuroscience Institute (page 16).

I invite you to read this issue from cover to cover. You'll find wonderful patient and employee stories to warm your heart and more United Hospital Foundation updates from the year that will make you smile.



Tom O'Connor
President
United Hospital



Elaine S. Larson Surgical Center Nears Completion

Construction of the Elaine S. Larson Surgical Center at United Hospital will be approximately 75 percent completed in September.

The new surgery center, funded by donations to United Hospital Foundation, will be finished in January 2014. It is named for the late Elaine S. Larson of St. Paul, who donated the lead gift for the project in 2012.

United's surgery space is being completely rebuilt. In September, 12 new operating rooms will be completed out of a total of 15, said Richard Schreiner, United's director of facilities management. Half of the "clean core" space that serves the operating rooms will be finished in September, he noted.

"The new operating rooms are remarkable," he said. "The improvements are significant in both the technology and the larger size of the rooms. Each

operating room allows for all types of surgery, from general to specialized." Screens and monitors display images for surgeons and staff. Cords and hoses are connected to ceiling-mounted booms, making it easier for staff to move around.

United's previous operating rooms were built in the 1970s, before the introduction of minimally invasive surgery and other advances that require more equipment and staff.

Other completed sections of the Elaine S. Larson Surgical Center include: the pre-operative and post-anesthesia care units; pathology department; pharmacy; and renovated physician lounge and locker room.



Creating a New Birth Center at United

The birth of a child is a high point for a family. It's a time for new beginnings and celebration. The hospital that families choose for birth plays an important role in their birth experience. Thousands of families have chosen the Birth Center at United Hospital for excellent medical care. Since its opening more than 30 years ago, families have trusted the Birth Center for routine and high-risk births. United's partner in the Birth Center is Children's Hospitals and Clinics of Minnesota. Children's operates the newborn intensive care unit (NICU), one of the state's largest and

most sophisticated Level III nurseries. This partnership with Children's assures families that women and newborns receive the highest level of medical care, if it's needed.

Today, United Hospital Foundation is planning a fundraising campaign for renovation of the Birth Center. The goal is to build a Birth Center to offer expectant parents the birth experience they desire. And — in keeping with United's tradition — to provide the depth and breadth of medical care for which the Birth Center is known.

To make a contribution to the Birth Center, please contact United Hospital Foundation at 651-241-8022 or at unitedhospital.com/unitedfoundation.

Norma Larson: A Tireless Advocate for United Hospital



Norma Larson

For more than 35 years, Norma Larson has devoted herself as a tireless board member and volunteer at United Hospital.

Larson is a pillar of the board of directors for United Hospital Foundation. Before that, she chaired the hospital's board of trustees.

Her involvement dates back to one of United's predecessors, Miller Hospital. (Miller and St. Luke's Hospitals consolidated in 1972 to form United.) Larson gave birth to both of her children at Miller. During a hospitalization later at Miller, the chaplain told her, "You should get involved here. It's right up your alley."

Miller President Tom Rockers also encouraged Larson when they met at a Miller Auxiliary event. Rockers predicted she'd join the auxiliary and become president in a year. He was right, but off a little on timing: She became president a year and a half later.

As president of the United Auxiliary, Larson also had a seat on the hospital's board of trustees. She served for three years as its first woman president, then transitioned to the foundation's board of directors.

Hospitals are a natural fit for her. Larson studied nursing in college and worked for Carl B. Drake, MD, and J. Felton Hammond, MD, in the Lowry Medical Arts Building in St. Paul.

Larson put her heart and soul into leading an array of projects at United. In the 1980s, she was instrumental in developing the patient representative programs at both United and St. Cloud Hospital. To launch United's program, she volunteered as a patient representative for several years.

On the foundation board, Larson has worked hard to build key fundraising events. She played a key role in landing the charity golf tournament that is now the highly successful 3M Senior PGA Championship. The tournament has raised more than \$1 million annually for United, Mercy, Unity and Abbott Northwestern Hospitals.

Larson chaired the United Hospital Foundation's Service to Humanity Gala for many years. She also applied her organizational flair to the foundation's women's golf tournaments and breast cancer awareness luncheons and fashion shows.

"One year I talked the United administrators into wearing tuxedos with bright pink bow ties and cummerbunds at our luncheon," she recalled with a laugh. "They were quite a hit."

Larson has also served on many boards in the community, including 13 years as board chair for Walker Methodist and chair of the Metro Hospital Trustee Council. She's earned a host of awards and is especially proud of two at United: United Hospital Foundation's Trustee of the Year in 2004; and the Norma L. Larson Volunteer Achievement Award, created in 2002 to recognize hospital volunteers.

Larson's passion for United makes her an excellent advocate for the need for community members to step up and support the hospital.

"The United Hospital Foundation creates the base for everything that's done here, from technology to improving our facilities and attracting outstanding physicians," Larson explained. "United is the premier hospital in the east metro area, and wonderful things happen here. Now more than ever, philanthropy is essential to continue the premier position that United holds."

Giving.
Glamour.
Glitz.

The Gala.

September 28, 2013

Mark your calendar for the:

2013 Service to Humanity *Gala*

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

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

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

Since 2003, more than \$11 million has been raised to benefit the Nasseff Neuroscience Center, Peter J. King Family Health Center, and the Peter J. King Emergency Care Center at United Hospital. Again this year, proceeds will benefit the Elaine S. Larson Surgical Center. The Gala is attended by 1,500 people and ranks third in gross revenue out of 25 Twin Cities area fund-raising galas. This year's Gala chairs are Russell and Andrea King, who also headed the event in 2012.

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 to all of the volunteers who made the 2012 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.



2013 Service to Humanity Gala Auction Committee

David Byrd
Bob Chandler
Brenda Corbett
Terry (Hoffman) Devitt
Sharol Enger
Jennifer Hirschi
Helene Houle

Russell and Andrea King
Julie Larson-Wearn
Jim Marino
DeeAnn McArdle
Debbie Metzler
Peter Michalowski and Joan Hackel
Mary Ann Newman

Connie Paquette
Linda Schroepfer
Nazy Sharifkhani
Kris Taylor
Tim Vesperman
Tom and Dawn Walrath



Physician Honoree: Omer Sanan, MD



United Hospital Foundation is honoring Omer Sanan, MD, General Surgeon at Aspen Medical Group, for his service to patients and to United Hospital.

Omer Sanan, MD, grew up watching his father practice medicine in Balikesir, Turkey. His father, Mucip Sanan, was a highly respected ear, nose and throat specialist. The ENT clinic was located in his home, and the family dining room served as the waiting room during office hours. He

often helped out in the practice. He believes this early exposure to medicine led to his decision to make a career in general surgery.

After graduating from Hacettepe University Medical School in Ankara, Dr. Sanan traveled to America for an international medical school internship. In 1973 he arrived at St. Vincent's Hospital in Portland, Ore., with one suitcase and a briefcase, possessing a minimal command of English and no idea at all about American life.

He followed the internship with a surgical residency in Buffalo, New York, where he began his work with cancer patients. After finishing his training, he relocated to the Midwest, first to Wisconsin, then Minnesota. Dr. Sanan moved to St. Paul in 1983 as a staff surgeon at Share Health Plan.

In the past 30 years, Dr. Sanan has built a medical practice in general surgery and established deep roots in St. Paul and at United Hospital. He and his wife Paula have three children and two grandchildren, with another on the way.

At United, Dr. Sanan is a leader in the surgery department and oncology program. He serves as medical director of surgery and has a profound interest in breast cancer surgery. He helped to create United's Breast Center and is among its key physicians.

Dr. Sanan has been an active member of United's medical staff since 1993, serving as chief of surgery and also as a member of the Credentials Committee. He has been active in United's patient safety efforts. He has been an instructor in the LifeWings improvement program in the Elaine S. Larson Surgical Center.

For the last 17 years, Dr. Sanan has performed volunteer surgery in Guatemala along with medical teams from United, Abbott Northwestern, and Regions Hospitals.

In 1985, Frederick Washburn, MD, joined Dr. Sanan in the surgery department at Aspen Medical Group. Dr. Sanan characterizes Dr. Washburn as his role model and mentor, always highly regarded by patients and colleagues. Years of studying Dr. Washburn's comprehensive approach to patients further developed Dr. Sanan's own philosophy of patient care.

He realized that two-way communication with patients is essential. This means taking time to listen as patients talk about themselves and their concerns about their medical conditions. As he develops an understanding of the whole patient—not just the illness—he tries to explain medical matters fully and plainly, often relying on metaphors. Then, he gets a sense of whether the patient understands the situation correctly.

By conveying empathy along with his knowledge, he seeks to create understanding for patients. Ultimately, this will reduce their fears and stress and promote healing. His reward: helping patients through difficult times in their lives.

Upon learning that he was chosen for this award, Dr. Sanan credited the nurses, staff and fellow physicians who are his partners in caring for patients. As he sees it, it is only when these teams of clinicians nurture and support each other that they are able to offer patients truly excellent medical care.

Community Honorees: John and Linda Schroepfer

United Hospital Foundation is honoring John and Linda Schroepfer in recognition for their breadth of service to the community.

John and Linda Schroepfer share a philosophy of giving back to the community. They are generous supporters of United Hospital Foundation as volunteers, donors, and advocates.

John is President of NEI Electric, an electrical contracting firm in east St. Paul. His firm supports United Hospital Foundation as part of its policy of donating to causes that are important to its customers. Linda has served for 25 years as Director of Regulatory, Compliance and Performance Systems at the University of Minnesota Medical Center, Fairview. Since 2004, she has coordinated the children's section of the silent auction for the United Hospital Foundation Service to Humanity Gala.

The Schroepfers' have personal connections to United and its predecessors, Miller and St. Luke's Hospitals. Linda was born at Miller and volunteered as a flower girl during high school. One summer during college she worked as a night nurse's aide at St. Luke's. After earning her bachelor's degree in nursing from the College of St. Teresa in Winona, Linda worked as a registered nurse on United's adult and adolescent psychiatric units for five years.

The Schroepfers see United as their family's health care home. One of their two daughters was born at United, along with several of their grandchildren. John and Linda have both been United patients.

Their introduction to United Hospital Foundation came through their friends, John Nasseff and Helene Houle, who are major donors to United. In 2000, they invited the Schroepfers to attend the Gala in celebrating John Nasseff's Service to Humanity award. Some years later, Helene and Merry DeCourcy, who are foundation board members, urged Linda to volunteer for the next Gala. She has been active ever since in securing donations of children's items for the silent auction.

John has deep roots in St. Paul's east side, where he grew up and operates NEI Electric. In keeping with John's belief in supporting key organizations in the community, the firm is a donor to United Hospital Foundation and other community groups. He and Linda have encouraged friends to become involved with United Hospital Foundation.

John participated in the Wilder Foundation's effort to purchase drug houses near the Payne - Arcade area, rehab them and sell them to owner/occupants.

Linda has been a longtime volunteer and former board member for the Girl Scouts St. Croix Valley Council. She and John became involved when their daughters were Girl Scouts, and Linda went on to chair the Family Partnership Campaign and the Fund Development Committee. She received a Centennial Award for commitment and service to the Girl Scouts in 2012.

Her professional life has centered on the mental health and chemical dependency field. Linda has advocated for parity in access to mental health care, urging that it be considered the same as medical and surgical services. She participates in efforts by the National Alliance on Mental Illness to educate families of suicidal teenagers about restricting access to guns, prescriptions and other means of harming themselves. Through her position at the University of Minnesota Medical Center, Fairview, Linda helped to plan the new, state-of-the-art behavioral health unit of Amplatz Children's Hospital.





UNITED HOSPITAL FOUNDATION SERVICE TO HUMANITY GALA
SATURDAY, SEPT. 28, 2013 | 5:30 P.M.
ST. PAUL RIVERCENTRE

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
- Exclusive raffle tickets for premium prize- **NEW**

Premier Sponsor II — \$25,000

- 30 seats and dedicated table
- Prime seating
- Ad and dedication to honorees in program
- Company advertising during event
- Exclusive raffle tickets for premium prize- **NEW**

Premier Sponsor III — \$10,000

- 20 seats and dedicated table
- Select seating
- Ad and dedication to honorees in program
- Company advertising during event
- Exclusive raffle tickets for premium prize- **NEW**

Dinner Sponsor — \$5,000

- 10 seats and dedicated table
- Ad or dedication to honorees in program
- Limited company advertising during event
- Exclusive raffle tickets for premium prize- **NEW**

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 of 10

☐ \$1,800 ☐ 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

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

DEADLINES

GALA INVITATION

Submit form by June 24 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 3.



UNITED HOSPITAL
FOUNDATION

Auction Donation Form

SATURDAY, SEPT. 28, 2013
ST. PAUL RIVERCENTRE
5:30 P.M.

Please complete the auction form below and return to United Hospital Foundation by September 3, 2013. Our deadline for the program listing is also September 3. 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 _____ Fax _____

Address _____

City _____ State _____ ZIP _____

Solicitor name _____

Donated item with description

Auction category _____ (Categories: Art, Beverages, Children's Items, Dining, Home Decor, Sports, Lodging, Theatre, Jewelry, Health & Beauty)

Expiration date? ☐ No ☐ Yes

Estimated or actual value: _____ (each) x _____ = \$ _____ ☐ Cash ☐ Check donation \$ _____

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

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. 28, 2013.

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



Experts at ExerCare

For ExerCare's staff, reviving a man who suffered sudden cardiac arrest while exercising is all in a day's work.



Dean Mahlke returns to his exercise routine under the watchful eyes of Lori Fleischhacker and Shelby Stockdale, ExerCare exercise physiologists.

One minute Dean Mahlke, 82, was exercising on an elliptical trainer at United Hospital's Milton M. Hurwitz ExerCare Fitness Center.

The next minute he fell to the floor, the victim of sudden cardiac arrest. Mahlke was fortunate to be in the right place, because within seconds two highly trained ExerCare exercise

physiologists ran to his side. They started cardio-pulmonary resuscitation (CPR) and revived him in about five minutes, just before paramedics arrived.

Mahlke's experience points out the difference between ExerCare and other fitness centers, said Kris Coleman, manager. "Our staff's training and customer service set us apart."

ExerCare specializes in exercise for people with medical conditions, from diabetes and heart disease to joint problems. Membership is open to everyone, and no connection to United is needed.

Each ExerCare staff member has at least a four-year degree in exercise physiology, and some are registered nurses. All are trained in Basic Life Support and Advanced Cardiac Life Support.

ExerCare exercise physiologists Lori Fleischhacker and Shelby Stockdale, RN, were Mahlke's lifesavers that Friday afternoon in March 2012. They knew him well; he'd been an ExerCare member since 2002 with his wife Nell.

Mahlke recalled that the day of his arrest, he felt a little dizzy as he exercised. Then, he fell backwards off the elliptical trainer, and Fleischhacker and Stockdale heard an odd clunk. They rushed over to find him unconscious, with no pulse.

"We knew this was a cardiac arrest," said Stockdale, who is also a registered nurse. As she started CPR, Fleischhacker called 911. Then, an ExerCare member took over the phone so she could assist Stockdale with chest compressions.

Fleischhacker used ExerCare's automated external defibrillator to restart Mahlke's heart. "He came back, then we lost him again. We started CPR again, and he came to," she recalled. "When the paramedics arrived, Dean was talking to us."

Paramedics transported Mahlke to the nearby Peter J. King Emergency Care Center at United. Stockdale checked on him a few hours later in the cardiac intensive care unit. "She was my first visitor," Mahlke said, smiling. He recovered for a week at United and received a pacemaker. Two months later his cardiologist gave him an OK to return to ExerCare.

The ExerCare members who witnessed Mahlke's resuscitation that day were reminded of why they chose this fitness center, Fleischhacker said. "A few people mentioned to me later, 'Wow, now I know why I come here. The staff here really knows what they're doing. If something happened to me while I'm exercising, I'd be in good hands.'"

As an ExerCare member and United Hospital patient, Dean Mahlke has made charitable donations to United Hospital Foundation. If you are interested in contributing, contact United Hospital Foundation at 651-241-8022 or unitedhospital.com/unitedfoundation.

Kris Taylor: 2013 Trustee of the Year



Kris Taylor

The United Hospital Foundation presented its 2013 Trustee of the Year award in June to Kris Taylor.

Taylor, who joined the United Hospital Foundation board in 2007, is Vice President of Community Relations at Ecolab Inc., based in St. Paul. She is responsible for the development

and execution of Ecolab's civic and community-based programs and is also Vice President of the Ecolab Foundation.

Prior to joining Ecolab in 2004, Taylor served at Minnesota Children's Museum and Bentz Whaley Flessner, a national consulting firm for non-profits.

Taylor also serves on boards of directors for the YMCA of Greater Saint Paul, Saint Paul Area Chamber of Commerce, Minnesota Chamber of Commerce and the Culinary Advisory Board for Southwest Minnesota State University.

At United Hospital Foundation, Taylor is active on the executive board development and funding priorities committees and the Service to Humanity Gala. "One of the advantages of being a board member is learning, and in turn sharing with the community about the wonderful work that goes on at United," she said.

She has been interested to learn from United physicians and nurses about opportunities to advance patient care, culminating in fundraising campaigns to construct the Peter J. King Emergency Care Center and the Elaine S. Larson Surgical Center.

"With the foundation's work, it's been particularly rewarding for board members to participate in the success of these programs," Taylor said.

Julie Cohen's Named Fund Helps Hospital Volunteers

Julie Cohen's volunteer work at United Hospital brings her into contact with patients, families, and visitors. Every week she volunteers in Guest Services at United's lobby, helping people find patients' rooms and hospital services.

A few years ago Julie retired from Delta Airlines as a flight attendant and purser on international flights, work she'd done for 38 years. She became a United volunteer and got to know other volunteers. Some of them, she discovered, wanted to become nurses but had trouble affording the tuition.

"Volunteers at United are a very diverse group—young, old, women, men," she explained. "Some volunteers are getting hospital experience so they can go to college and work in the health care field."

To help these volunteers, Julie recently created a scholarship fund at United Hospital Foundation. The Julie Cohen United Hospital Volunteer and Nursing Education Fund will award scholarships for volunteers who are pursuing nursing degrees.

Her strong belief in United as an excellent hospital, along with her desire to give back to the St. Paul community, spurred her to action. Her son David encouraged her. Later this year, the first scholarship will be awarded.

"I lived in St. Paul for years. I've been a patient at United, and I had great service. Now, I'm happy to volunteer at United and be a donor to United Hospital Foundation," Julie said. "United has earned my respect."



Julie Cohen's experience as a United volunteer inspired her to create a scholarship fund at United Hospital Foundation.

Donors establish named funds at United Hospital Foundation for a variety of purposes. To learn more about setting up a fund, please call the foundation at 651-241-8022 or visit unitedhospital.com/unitedfoundation.

Through the Eyes of...

A Nurse in the United Heart Catheterization Laboratory

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



JoAnn Kopelke, RN, is part of the team who cares for patients in the United Hospital heart catheterization laboratory. A registered nurse with 22 years of experience in critical care nursing, Kopelke finds challenges and satisfaction in her work.

What role does the heart catheterization laboratory play in helping someone who's had a heart attack?

The cath lab, as we call it, is part of United Hospital's Level One Cardiac Program. This program eliminates delays in getting heart attack patients into the cath lab for a life-saving intervention that can reduce heart muscle damage and help save lives.

United and the cath lab are a link in the chain of survival for people with heart attacks. Other links—all necessary to save lives—are paramedics, emergency rooms and finally, hospitals like United with cath labs.

The cath lab is essentially an operating room where we can see the arteries that feed the patient's heart and perform procedures to correct problems. We look for a blockage in the heart, and many times we can fix it.

It's important to work quickly on the heart, because heart muscle dies when its blood flow is disrupted. We have a saying, "Time is muscle." This emphasizes the importance of early treatment to restore blood flow and prevent damage.

Who makes up the medical team in the cath lab?

The team is headed by an interventional cardiologist from United Heart & Vascular Clinic (UHVC), a physician who specializes in catheter-based treatments for heart disease. In addition, there are two registered nurses, a cardiovascular technologist and a radiology technician.

Why do patients need to be in the cath lab?

We have two types of patients. Patients with scheduled procedures have been seen first by either their primary care doctor or a cardiologist at UHVC, located next door. These patients have symptoms of heart disease, and they receive a diagnostic procedure in the cath lab.

Other patients come to us in an emergency. They've called the paramedics or arrived at a hospital emergency department because they have heart attack symptoms, such as chest pain, nausea, shortness of breath, dizziness or pain in the jaw.

What's your advice for someone with heart attack symptoms?

It's important to call 911 right away. Most people who have a heart attack will sit at home for a few hours. They're thinking, "Oh, it could be nothing." But if you wait too long, the heart may sustain irreversible damage.

What happens when a person with a heart attack arrives at United?

The cath lab team learns that a heart attack patient is on the way from a single phone call by paramedics or an emergency department. Our cath lab staff is on call off-premises 24 hours a day, seven days a week. We literally sleep with our pagers.

When we're paged, we have 30 minutes to assemble at United. The cath lab



team meets the ambulance and ushers the patient past the emergency room and directly into the cath lab.

Most of our patients are conscious, in pain and very frightened. We give medication to help them relax and control the pain but remain conscious. We need patients' feedback on how they feel as we work. Many tell us the pain goes away quickly when an artery is no longer blocked.

Family members of our patients are escorted to our cath lab waiting room. We try to keep them informed, because they're extremely worried. Our first priority, though, is caring for patients.

What actually happens in the cath lab?

First, we gain access to the arteries that feed a patient's heart through a thin tube called a catheter. Using sophisticated imaging, the interventional cardiologist threads the catheter from a small opening in the groin up to the arteries that supply the heart.

The cardiologist then injects a dye into the catheter, which allows us to see the arteries, valves, the structure of the heart, and blockages. (This procedure is called an angiogram.) Access through the catheter also gives us the ability to open an artery with a balloon and keep it open by placing a metal stent (an angioplasty). Sometimes we can remove a blood clot through the catheter.

At United, we consistently exceed the national standard of 90 minutes or less from the time the heart attack patient arrives at the hospital until treatment begins in the cath lab. United's time-to-treatment for serious heart attack patients averaged 43 minutes in 2012. In 76 percent of cases, we treated patients in less than 60 minutes.

After the cath lab, where do the emergency patients go?

We take emergency patients to United's cardiac intensive care unit in the Nasseff Heart Center, where they're very closely monitored for one or two days. From there, patients go to the cardiac telemetry unit for less-intensive monitoring and preparation for returning home.

How does United work in the community to improve care before heart attack patients arrive at the hospital?

Kenneth Baran, MD, is the medical director of the Nasseff Heart Center at United. He's worked extensively to train Emergency Medical Service (EMS) providers in the east metro area to start an electrocardiogram (ECG) on patients before they arrive at the hospital, then to interpret the results. When we have ECG information from EMS about a patient, we can treat that patient in the cath lab even faster.

Through a large grant from the United Hospital Foundation, St. Paul Fire Department paramedics were given 13 Lucas Mechanical CPR devices. Paramedics use these with heart attack patients to provide rapid, effective CPR on the way to the emergency department.

Ideacom Mid-America: Applying Communications Technology at United



Laurence Anderson



John Anderson

During Laurence Anderson's career in communications systems, the tools of the trade changed from screwdrivers to computers. Anderson, chairman and CEO of Ideacom Mid-America, has 50-plus years of communications experience, which he's put to work for United Hospital.

In the 1960s and 1970s, Anderson was responsible for the nurse call systems in both Miller and St. Luke's Hospitals. The hospitals consolidated to form United in 1972, building new facilities that opened in 1979.

Ideacom installed United's first telephone and nurse call systems and has continuously updated its nurse call systems ever since. It equipped United's recent major renovations, including the Elaine S. Larson Surgical Center and the Peter J. King Emergency Care Center.

Ideacom is family-owned and headed by Laurence, along with his sons, John, president; Myron, chief financial officer and corporate legal counsel; and Jim, chief operating officer.

The company takes pride in its deep connections to United, Laurence said. That's why Ideacom has supported the United Hospital Foundation as a donor for 20 years.

"We have developed a partnership and a relationship with United, and that extends to working with the foundation," John explained. "St. Paul is our hometown." Ideacom has supported the United Hospital Golf Classic since its inception, along with the Service to Humanity Gala.

Ideacom started in 1954 as Executone of St. Paul. It steadily expanded in the Midwest to provide leading-edge technology for a range of clients, from

businesses and school districts to hospitals. Now 100 employees strong, Ideacom has corporate headquarters in St. Paul and offices in Rochester, Duluth, Des Moines and Fargo.

In 2001, Ideacom formed a partner company, Communications Mid-America (CMA) to focus on supplying communications technology such as nurse call, real-time locating systems and mobility solutions to hospitals, senior communities and nursing homes throughout the Midwest.

At United, Ideacom has provided the communications solutions and technical expertise to advance patient care. A key milestone occurred in 1995 under United CEO Barbara Balik. Ideacom installed the nurse call system and the locator system, which significantly helped improve patient care and staff efficiency, John explained. Today, CMA keeps its health care clients up-to-date on new ways to apply advances for caring for patients and improving results, such as patients' rankings on a major national survey about hospital care.

A new area CMA is expanding into is telehealth, in which doctors use high-resolution cameras and Internet connections to conduct "virtual" examinations of patients. Vital signs, pictures, and pertinent information can be stored and sent to an electronic medical record. This extends doctors' reach to distant hospitals, clinics, nursing homes and senior housing, John explained.



New Medical Center Honoring Helene Houle to Open in August

The Helene Houle Medical Center will open Aug. 14 in Vadnais Heights. The medical center at 1155 East County Road E will house the Allina Health Vadnais Heights Clinic and other services.

The center honors Helene Houle, a member of the board of directors of United Hospital Foundation. She is the wife of philanthropist John Nasseff and is a longtime businesswoman and donor. The medical center is another aspect of Nasseff's donation in 2012 to establish the John Nasseff Neuroscience Institute at Allina Health.

Staff specialties in the 22,000-square-foot Allina Health Vadnais Heights Clinic include family medicine, internal medicine, general surgery, podiatry, audiology, mental health and ear, nose and throat care.

The Helene Houle Medical Center incorporates energy efficient and environmentally friendly green technology. It also houses The Urgency Room, which is staffed by Emergency Physicians Professional Association and offers services that are more intensive than urgent care but less intensive than an emergency department.

Breast Center Moves to Ritchie Medical Plaza

The United Hospital Breast Center will move to a new location on the United Hospital campus in September. The Breast Center's new facilities, now under construction, will be located on the third floor of the Ritchie Medical Plaza, 310 North Smith Avenue.

The United Hospital Foundation, in support of the strategic vision for cancer care, granted funds for the Breast Center's relocation costs.

The Breast Center will be housed with United's Cancer Care Services, creating greater convenience and access for patients to receive comprehensive cancer care in the same building as Minnesota Oncology.

Allina Health Provides 200,000 Meals for Food Shelves

Thanks to the efforts of thousands of Allina Health employees and community volunteers, more than 200,000 meals were packed on June 1.

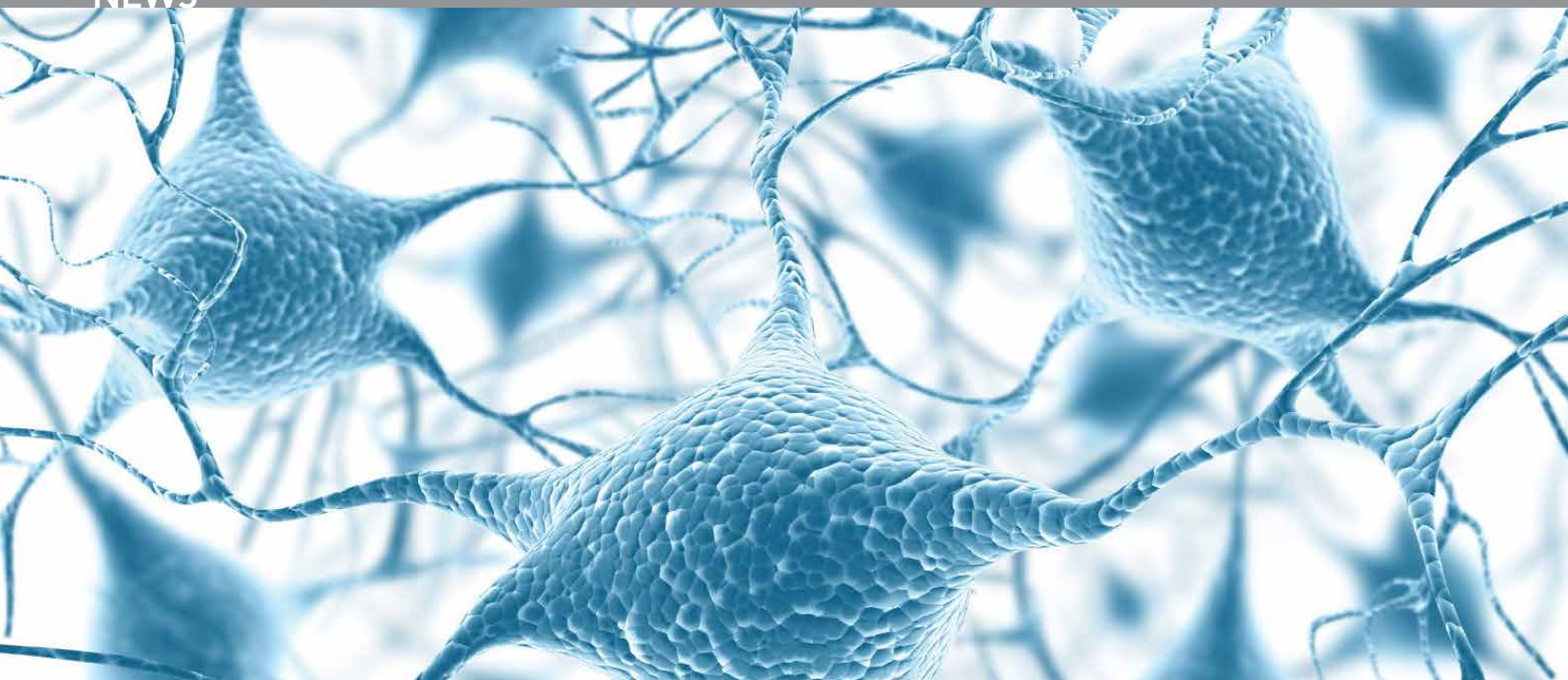
The event, which took place at United Hospital and 40 other Allina Health locations, provided healthy meal packages to more than 75 nonprofit organizations in the Allina Health service area. Allina Health donated cans of black beans, corn, diced tomatoes and chicken and one-pound bags of brown rice in the packages designed to feed a family of four. The packs included a "Healthful Eating on a Budget" brochure with recipes.

"It's inspirational to see this many people volunteering for the good of our community," said Penny Wheeler, MD, chief clinical officer of Allina Health. "I'm so proud

to be part of this work."

"The meal packs assembled by volunteers will not only fill an increased need for food donations, they also provide healthy meal options, which are sometimes scarce at food shelves," said Scott Flaata, MD, internal medicine physician at Allina Medical Clinic in Edina.

Allina Health employee volunteers were joined by members of the local community, including families and friends. "I like that we're helping the community and having fun at the same time!" said 8-year-old Moira, who volunteered with her grandmother, Allina Health employee Carlotta Stomberg.



Programs for Neurosurgery, Stroke Expand in John Nasseff Neuroscience Institute

Exciting developments are taking place at United Hospital and Allina Health to further expand programs of care for patients with neurological and spinal disorders.

The Allina Health neuroscience program was named for philanthropist John Nasseff in 2012 to honor his generous philanthropic gift. The John Nasseff Neuroscience Institute strives to deliver comprehensive, high-quality care across a broad geographic region of Allina Health.

Two new physician leaders with significant experience in neuroscience sub-specialties recently joined the John Nasseff Neuroscience Institute. A new unit at United, the Bentson Foundation Neurological Intensive Care Unit, is opening this summer.

Eric Nussbaum, MD, Neurovascular Neurosurgery



Eric Nussbaum, MD, will join United's medical staff in August and will lead the neurovascular neurosurgery program at United. Dr. Nussbaum is a nationally recognized surgeon who specializes in brain aneurysms. He received his

neurosurgery training at the University of Minnesota and had fellowship training in neurovascular neurosurgery at the University of Western Ontario.

Dr. Nussbaum and his team at Minnesota Neurovascular and Skull Base Surgery provide consultation and surgical care for hundreds of patients with complex brain tumors and brain vascular lesions. He works collaboratively with other specialists, including neurointensivists, stroke neurologists and interventional neuroradiologists to provide the best care for his patients.

Sandra K. Hanson, MD, Stroke Program

Sandra K. Hanson, MD, will join the John Nasseff Neuroscience Institute and Allina Health in August. Dr. Hanson will become medical director of the Allina Health stroke program and oversee ongoing development and expansion of its telestroke network.

Dr. Hanson earned her medical degree from the University of Minnesota and completed an internship in internal medicine, a neurology residency, and a

cerebrovascular fellowship at the University of Texas. She is certified by the American Board of Psychiatry and Neurology.

Since completing her fellowship, Dr. Hanson has been a leader in stroke care, working to enhance the connections between telehealth technology and stroke care. Her work on acute ischemic stroke and stroke prevention has led to standardization of stroke code protocols and care processes. She has worked collaboratively with several health systems to develop stroke units, Transient Ischemic Attack (TIA) clinics, and a telehealth system to bring advanced stroke care to rural Minnesota communities.

At Allina Health, Dr. Hanson will work with stroke care teams at all hospitals and clinics to advance the stroke program. She will continue her practice as a stroke neurologist and neurohospitalist.

Bentson Foundation Neurological Intensive Care Unit

United recently finished construction of a new intensive care unit for neurology patients, which is opening for patients this summer.

The Bentson Foundation Neurological Intensive Care Unit is funded by a generous donation from the Bentson Foundation. The unit features 14 private intensive care rooms, with a generous amount of clear space around each bed. Rooms have ceiling-mounted lifts to move patients, and a portable CT scanner can be brought in for imaging. Rooms have sophisticated monitoring capabilities, and some are equipped for dialysis.

A new nurses' station is equipped for all of the clinicians who serve patients in the unit.

Stroke Care at Allina Health

For the last several years, Allina Health has developed its telestroke network between its two stroke care hubs, United and Abbott Northwestern Hospitals. These hospitals are linked with many hospitals in smaller communities throughout Minnesota and western Wisconsin. Expanding the telestroke network is an essential part of the Allina Health commitment to provide outstanding neurological care to communities through an integrated system of care.

Patients with stroke symptoms go to their local hospital for emergency treatment. Through a video connection, a neurologist at United or Abbott Northwestern sees and interacts with the patient. On the neurologist's recommendation, some patients receive stroke treatment locally. Others are transferred quickly to United or Abbott Northwestern for specialized care. Time is critical for stroke patients, because rapid treatment restores blood flow to the brain and limits damage.

United and Abbott Northwestern have additional, intensive services for stroke patients, including neurovascular neurosurgery, interventional radiology, and neuro intensive care.

Stroke is a significant cause of disability and death among Americans. Each year, nearly 800,000 Americans suffer a new or recurrent stroke, costing the country more than \$73 billion in stroke-related medical costs and disability.

School Health Connection™ Gets Students Moving

At Lincoln Center Elementary School in South St. Paul, students get more exercise during the school day. They're trying to eat healthier foods.

Thanks to the School Health Connection™ (SHC) program of Allina Health, Lincoln students, families and staff are gaining insights into exercise and wellness. Lincoln and Lakes International Language Academy in Forest Lake are among 10 Minnesota elementary schools in the 2012-13 Allina Health program.

SHC helps children learn early in life the value of physical activity and a healthy diet, said Heather Peterson, community engagement director for the east metro region of Allina Health. "With good lifelong habits, students will be less likely to be challenged with obesity and chronic diseases," she explained.

Lincoln's Family Fitness Fair in May, which drew 800 students and parents, capped the school year's activities.

The fair offered everything from health screenings by Allina Health staff to exercise activities including tennis, zumba and yoga. Allina Health employees offered healthy eating tips, information on how to use pedometers, and demonstrations of the amount of sugar in pop. Every SHC school hosted a fitness fair, complete with free T-shirts for all students.

Through the SHC, Lincoln purchased exercise equipment that students use for "circuit training" in



Clare Gustafson, a student at Lincoln Center Elementary School in South St. Paul, learns a balance ball exercise at the Family Fitness Fair in May.

classrooms and hallways. "When students get back to class, they get more done," said physical education teacher Jen Friedges. "Taking time for 15 minutes of physical activity pays dividends academically."



Employee Campaign Begins in September

The 2013 Employee and Community Giving Campaign at United Hospital will start Sept. 3 and continue through Oct. 18. 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 Birth Center capital campaign.

"United employees understand the impact our hospital makes in the lives of our patients and their families," said Janet Berg, development associate at United Hospital Foundation. "Employees share this commitment to United by supporting the Employee and Community Giving Campaign and participating in numerous fundraising activities. Every gift, no matter the size, will make a difference in someone's life."

United Hospital Golf Classic

**Save the Date
in 2014**

July 28, 2014,
at White Bear
Yacht Club

The 23rd annual United Hospital Golf Classic will take place July 29 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 one of the best classical courses in the United States. The variations in lie, green undulations and the raw beauty of the course make it one of those special layouts that participants never tire of playing.

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

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

3M Senior PGA Championship

The 2013 3M Senior PGA Championship will be played at the Tournament Players Club (TPC) in Blaine July 29 – Aug. 4. The event is Minnesota's only PGA Championship Tour event and offers one of the largest purses on the tour.

The tournament is the largest professional sports-related charity event in the state. Since 1993, the tournament has donated more than \$18 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.

We wish to acknowledge and thank 3M, the tour's title sponsor, and all of the sponsors, volunteers and spectators who make this event a success.



It's Time to Look at Appreciated Assets in Your Portfolio



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

If you would like information about planned giving, contact United Hospital Foundation at 651-241-8022.

There are now two major changes to the landscape of income taxes that took effect for many people in 2013. The increase in rates to capital gains taxes, to the highest bracket and the Medicare tax will probably cause some concerns with plans for giving in the current year.

With the advent of increased taxes on higher income earners for 2013, for people in that category, current gifts of highly appreciated assets to charities might make more sense. This article will address why you should discuss with your tax advisors whether this fits your own situation this year.

The long-term capital gains rate will increase to 20 percent for some taxpayers. The top regular tax rate will increase to 39.6 percent for some people, and there is a new Medicare tax of 3.8 percent that will affect many taxpayers. With all of these increases, it may make more sense to contribute long-term highly appreciated stocks to charities in 2013.

When a person takes long-term highly appreciated stocks and contributes them to the charity, the person is limited to 30 percent of adjusted gross income for the contribution. However, the contribution is based upon the fair market value at the date of the transfer.

The charity then sells the stock and receives the cash that may fulfill a pledge or other commitment made by the individual. If the individual had instead sold the stock to make a cash donation to the charity, he or she would have potentially paid a long-term capital gains tax and a Medicare tax on that sale. In addition, for Minnesota residents, state taxes of just under 8 or 10 percent might also be incurred on that sale.

I know that in the past, I have endorsed the idea of planned giving, and have written a number of articles in this publication on the benefits of donor-advised funds. I am merely noting that in 2013, it might make more sense for higher income taxpayers to set up a donor-advised fund with the contribution of highly appreciated qualified assets.

This type of planning may be more critical for the current year, especially if the proposed budget change of a limitation on the charitable contribution deduction is passed.

In closing, it is important to discuss this concept with your own professional advisors to see if it will work best in your situation.

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.

JULIE COHEN UNITED HOSPITAL VOLUNTEER AND NURSING EDUCATION FUND

This fund will award scholarships to volunteers pursuing nursing degrees.

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 in January 2014.

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.

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
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Dr. Karon Pulmonary Disease Fund
Employee Fund (EFAC)
Equipment Fund
Faye Ann Johnson Memorial Education Fund
Free Care Endowment Fund
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General Fund
Heart/Lung Endowment Fund
John & Delores Holl Endowment Fund
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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
Rinkey Cardiovascular Endowment Fund
St. Paul Cardiothoracic Surgical Services
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.

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 Feb. 19 to May 30, 2013.

IN MEMORY OF

Sybil Bartyzal

Lou and Ida Lee Hurvitz

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Audrey and Reichen Sosinski

Kiera and Andrew Sosinski

Happy Birthday

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United Hospital – Amazing Care

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United Hospital – Compassionate Care

On behalf of Helen C. Clime

Ray and Geraldine Julkowski

Steven E. Swanson, MD

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United Hospital - Years of Emergency Department Service

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William Beeman, MD

Sandy Buckman, MD

Chanah DeLisle, MD

Nicole Dockter, MD

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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. Thank you.

The Heritage Society

The Heritage Society is our way of acknowledging donors who make the United Hospital 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	Mina Fergestad	Mary L. Huberty	Joan Muhlenkord	William C. Schram, Jr.
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The United Hospital Foundation
exists to enhance the health of
United Hospital patients and
the wellness of the community
we serve.



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

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