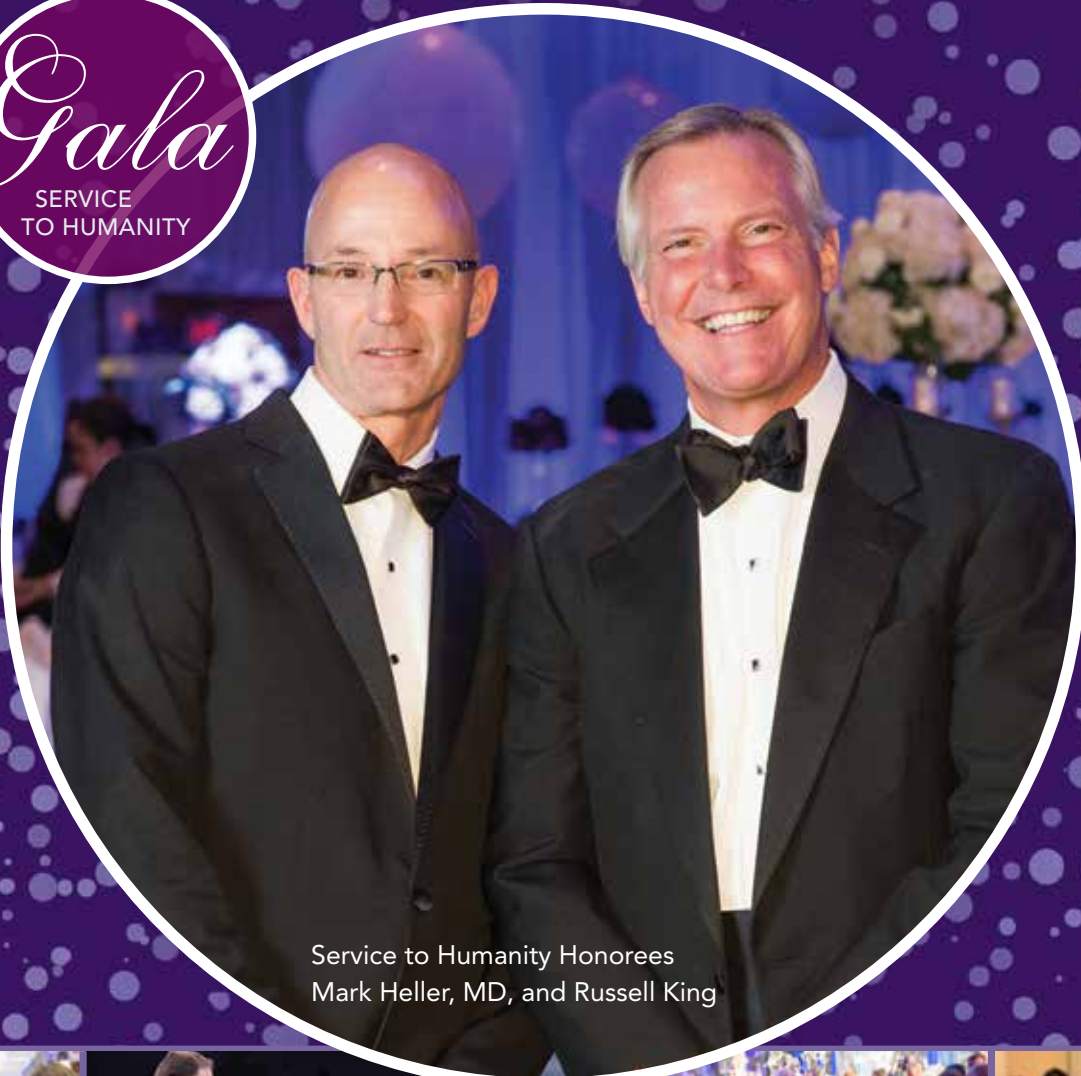


2017 Fall Newsletter



Service to Humanity Honorees
Mark Heller, MD, and Russell King



Thank you



David Byrd



Kris Taylor

You are the reason why United Hospital is able to provide the world-class service for which it is known. Thanks to you, United Hospital earned *U.S. World News & World Report's* Best Regional Hospital distinction due to its high-performing ratings, specialties, procedures and conditions including diabetes and endocrinology, heart failure, heart bypass surgery, lung cancer surgery and colon cancer surgery.



Through your kindness and compassion, this year's fundraising efforts have been strong. You have given more than \$2,000,000 at our three signature events. Our premier event, the Service to Humanity Gala, lived up to its reputation of the must-attend event of the year. More than 1,400 people gathered in Saint Paul to dine, dance and donate. It was a spectacular event. Although the RiverCentre was dressed to the nines for the occasion, it was easily out shown by the generosity of each and every one of our guests. Standing ovations greeted Dr. Mark Heller and Russell King when presented with their much-deserved Service to Humanity Awards.

None of this is possible without the strong guidance and support provided by the United Hospital Foundation Board. Two new members joined the board in June, Craig Ordal and Chief John Harrington, and are already hard at work.

Also in June, Stephanie Laitala-Rupp was named as Trustee of the Year. A hard-working and generous member, she was recognized for her extraordinary support of United Hospital.

The United Hospital Campus continues to change and evolve as needed to stay current. This past summer, the Peter J. King Emergency Care Center underwent a \$1.4 million dollar upgrade and expansion. The newly upgraded space allows staff to be more efficient with their time, procedures and more, with less wait time for patients.

As we close out 2017, we excitedly look forward to 2018 and new opportunities. We know that this work would not be possible without your support. Each day, we are grateful for everything you have given in time, talent and treasure to help bring the best care possible to the east metro area. If you would like to consider making a year-end donation, please call 651-241-8022.

Warmly,

David Byrd

*President, United Hospital Foundation
Vice President, Allina Health*

Kris Taylor

Chair, United Hospital Foundation Board of Directors

PATIENT STORY:

Changing Lives one heart valve at a time

Ever since Jack was a young boy, he enjoyed playing softball. After Jack's aortic heart valve narrowed (severely), his doctor advised him to limit or quit playing softball. Jack wasn't ready to give up his softball career. But, he wasn't a good candidate for open heart surgery. His age, 86, and previous open heart surgery increased his risk for surgical complications and a prolonged recovery.

"My TAVR* procedure kept me playing ball"

John "Jack" Arland, age 86

Fortunately, the TAVR procedure was a great option for Jack. His medical team repaired his heart valve using a minimally invasive device placed into his groin. The procedure significantly decreased Jack's recovery time compared to open heart surgery. And, like many TAVR patients, Jack returned home two days after his procedure. Within a month, Jack felt great and was back on the softball field.

Almost a year later, Jack continues to play competitive softball 2-3 times a week. Being the team's catcher keeps him active and enjoying the sport he loves. Plus, Jack's team is currently in first place in the 85+ Senior Softball League.

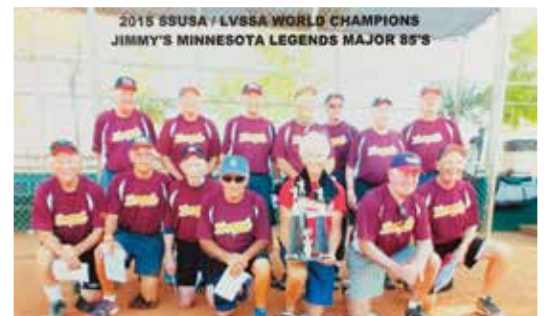
*TAVR (Transcatheter Aortic Valve Replacement) = a procedure that allows physicians to fix a severely narrowed aortic valve (aortic stenosis) without opening up the patient's chest/open heart surgery.



Jack Arland, 86, holding the x-ray of his new heart valve



Jack's softball memorabilia



2015 Championship Softball Team



CAPITAL CAMPAIGN UPDATE

The Fund-a-Need at the 2017 Gala raised more than \$230,000 for Phase II of the Cardiovascular Hybrid Surgical Suite and Electrophysiology/Catherization Laboratory.

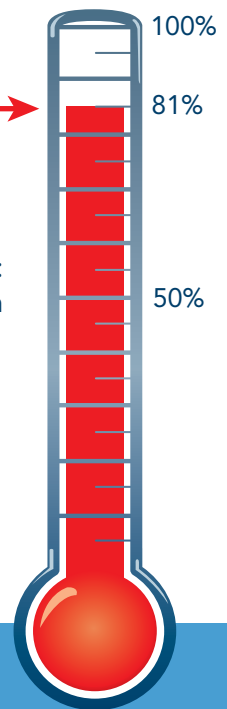
Rather than choosing exclusively between traditional surgery and endovascular treatment, United Heart & Vascular Clinic physicians are able to combine these approaches to provide optimal treatment for the patients in our community.

Your support of this project is still needed! Your philanthropic investment in United Hospital means that you, and the people you care about, will have the best care available where you live and when you need it.

Phase II Goal: \$1.324 million

Only \$295,061 left to goal

Contributions to date:
\$1.029 million



To support this project call the Foundation at 651-241-8022 or visit allinahealth.org/unitedfoundation.

TRUSTEE OF THE YEAR: Stephanie Laitala-Rupp

"We can't provide the care, but we can help make the space conducive to receiving care. We can help provide the newest equipment, a better-designed floor layout and technology that enables patients to be treated faster. But, we can't actually do anything with it. You can have the latest and greatest MRI machine, but it's just a machine until someone with skill and talent uses it."



Stephanie Laitala-Rupp
Secretary, Foundation Board;
Commonwealth Properties

In June, the United Hospital Foundation presented its 2017 Trustee of the Year award to Stephanie Laitala-Rupp.

Recognized as a woman to watch by Minneapolis/St. Paul Business Journal, Stephanie is a highly successful businesswoman and Commonwealth Properties president. She joined the Board in 2014, and is currently the Secretary and chairs the Major Gifts Committee.

"I believe very strongly in my hospital," she said, and shows her support in many ways. She has opened her beautiful home on St. Paul's historic Summit Avenue to host a "Women, Philanthropy and Health Care" gathering. During the evening, her guests met and talked with doctors on a human level. "Something you just can't do in an office visit," she said.

"People like places that are beautiful and comforting," she said. That's where supporting United Hospital and the Foundation is key. The Foundation helps create the infrastructure and space for great care. That, in turn, helps attract and retain staff.

Stephanie also serves on three other boards: Minnesota Chamber, Hope Chest for Breast Cancer and Saint Paul Chamber PAC. In her free time, Stephanie plays piano, cooks and reads anything she can get her hands on. She is married to John Rupp, a St. Paul developer responsible for WA Frost, the St. Paul Athletic Club, Hotel 340 and Stout's Island Lodge among others. They have two grandchildren and two cats. They love to travel and spend summer weekends on Stout's Island in Wisconsin.

NEW BOARD MEMBERS



"Health care plays such a critical part of society. Anything I can do to help work within the system is a big plus for me. United Hospital has such a strong reputation. And especially after meeting the team, I was very impressed with the passion they have for what they do. I was interested and wanted to be part of that vision and mission."



Craig Ordal
President, Bremer Trust

Craig Ordal President, Bremer Trust

Craig Ordal leads the Trust and Investment Services arm of this privately held, regional financial services company jointly owned by the Otto Bremer Trust and Bremer employees.

Joining the Foundation Board was an easy decision for Craig to make. When a current board member suggested he join the board, he thought it would be the ideal merging of his expertise and interest to learn more about health care from this unique perspective.

Craig has more than 20 years of financial services and wealth management experience. He has a bachelor's degree in economics from the University of Minnesota. Working with people and building collaborative efforts are two areas he is passionate about. In working with his Bremer teams he says, "We have had success in making changes over the past year, and it's been great fun." He looks forward to expanding these areas to his work with the United Hospital Foundation Board.

Between professional and personal board and volunteer activities Craig, and wife Betsy, VP Financial Advice Center at Thrivent Financial, find time to spend at their cabin, snow ski and travel. Currently, their plans include exploring a part of Europe every year as long as they are physically and financially able to do so. Married 36 years, they have two daughters, Kristen and Sara.

Chief John Harrington

Chief John Harrington rejoined the United Hospital Foundation Board in June. He last sat on the board from 2004-2006. "Coming back to the Foundation Board was sort of like coming home," he said. "There's a wonderful combination of friends and family here who have a passion for the hospital itself."

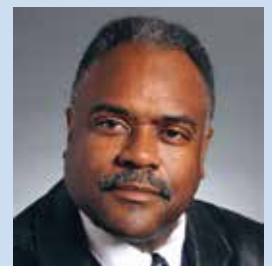
Chief Harrington is the seventh Chief of Metro Transit Police, a role he has held since 2012. He began his career with the St. Paul Police Department in 1977. In 2004, he became the 39th Chief of Police for the City of St. Paul, where he served until 2010. In November 2010, he was elected to represent District 67 in the Minnesota State Senate, a seat held until he resigned in 2012 to become the Chief of Metro Transit Police.

Chief Harrington is on the faculty at St. Mary's University where he is pursuing a doctorate in Leadership. He serves on several community boards including, St. Paul Intervention Program which supports women who have been battered. He has been actively working in Africa teaching community policing and providing supplies including an Allina Health Ambulance, to the Somali Police Force.

John helped to launch and chairs the board at Ujamaa Place, a non-profit agency that works with African-American men to transition them out of prison and gangs into productive community members. He is founding member of the Northstar chapter of NOBLE, the Asian American and Black Police officer Associations.

In returning to the board, Chief Harrington said, "My friends and family speak so highly of its mission; I thought the time was right to come back. My years of public service across the metro gave me a good understanding of the community needs."

Chief Harrington loves St. Paul and frequently enjoys lunch at the Downtowner Woodfire Grill. He lives in St. Paul's East Side and is active with the YMCA. He's also a sponsor of Minnesota RollerGirls, studies karate and martial arts. He has seven kids and with 15 grandchildren, he spends a lot of time watching hockey games and track meets.



Chief John Harrington

DONOR PROFILE:

Associated Anesthesiologists, PA



Above: Part of the Associated Anesthesiologists, PA team at United Hospital. Left: Team members in Peru doing mission work.



The beginning of a wonderful partnership

Founded in the early 1950s, Associated Anesthesiologists, PA quickly established a solid reputation for care and service. By the time United Hospital was “born” in 1980, AAPA had been providing anesthesia care to the patients in the east metro area for 30 years, exclusively through Miller Hospital – United’s predecessor.

Today, with more than 70 board-certified anesthesiologists (board certified physicians who have devoted years to specializing in the field of anesthesiology) and 125 nurse anesthetists, AAPA is one of the largest private anesthesia practices in the Midwest Region. They provide anesthesia for every age group, from premature infants to people over 100 years old. Anesthesia care is provided for a wide range of surgical procedures, from simple outpatient procedures to complex trauma, brain or heart surgeries. Well-respected within the medical community, they are consistently listed among the ‘Top Doctors’ of the Twin Cities area.

“As hospital based providers, we are really invested in ensuring United offers the best it can to patients and community,” agreed Drs. Neil Derechin and Mark Destache. “Through the United Hospital Foundation, the steps taken to improve patient care has made us able to deliver better care.”

For example, the previous operating room area offered a quiet room which actually was the noisiest room in the hospital. “It was for pre-surgery patients and was essentially a long hallway with curtains dividing the beds. There was no privacy for patients and families. The Foundation’s Elaine S. Larson Surgical Center project not only remodeled the pre-op areas to offer comfort and privacy for patients and families, but the actual operating rooms were expanded, remodeled and upgraded with the newest equipment available. The transition was remarkable.”

Financial contributions to the United Hospital Foundation aren’t the only way this unique private practice provides help. Many have given their time and talent through various medical community leadership roles, and by supporting humanitarian efforts around the world. For example, Michael Ebbert, MD, also serves as United Hospital Chief of Staff.

And for decades this group has provided humanitarian support including mission work around the world in Peru, Jamaica, Ukraine, Zimbabwe, China, and Guatemala. AAPA doctors and nurse anesthetists have made multiple trips to

these and other countries in order to provide anesthesia care and expertise that makes life-changing surgical procedures possible.

The AAPA foundation provides monetary support to east metro initiatives such as The Sanneh Foundation, Children’s Carondelet Clinics affiliated with St Joseph’s, and many other organizations through their work abroad. The foundation also offers a matching contribution program. The matching contribution program allows staff to make a gift to the organization of their choice. Said Dr. Destache, “We can be out at an event and our name will be listed in the program or show up on a presentation and that will be the first time we’ll know that one of our staff supports that group. It’s exciting to see.”

The Power of Two Foundations

“Dr. Destache and I, along with the rest of AAPA, are committed to United,” said Dr. Derechin. “It’s not just a place to work. United is part of our families. My dad was a doctor and my mom a social worker here. Our families come here for care, our kids were born here, we have our surgeries here, too. We are confident of the care provided at United.”

It made sense for the AAPA foundation to support United. AAPA contributed to the pre-op area of the surgery center. For more than 30 years, this group has supported United Hospital. David Byrd, President, United Hospital Foundation, recognizes that the physicians are long-time advocates for patients here at United Hospital. “The loyalty this group has had with United Hospital and predecessors to United, has strengthened us and helped changed the way we deliver care.”

“You never know when you are going to need help, but when you do, it’s good to know United provides great service.”

Said Dr. Derechin, “St. Paul is still a small town and people know each other. Our kids go to school together, our families are part of the same community. And sometimes people request us by name to be on their surgical team. We consider that an honor and are happy to oblige.

“We’d like to encourage others who are able and willing to support United Hospital. You never know when you are going to need help, but when you do, it’s good to know United provides great service.”

PHYSICIAN HONOREE: Mark Heller, MD



Mark Heller, MD
Sports & Orthopaedic Specialists

2017 Physician Honoree Mark Heller, MD, is described as an eternal optimist. His upbeat personality and drive to excel has had a ripple effect throughout United Hospital, inspiring those around him to match his passion for excellence through change and growth. Dr. Heller, along with his wife Ann, lend that same enthusiasm and support to the United Hospital Foundation.

Invention borne of need to improve patient outcomes

Early in his career, Dr. Heller often did revision surgeries—surgeries performed to replace or compensate for a failed joint replacement. He noticed that many of the hip replacements he was repairing were a result of a then-new procedure, called a minimally-invasive two-incision hip replacement. Not content with simply repairing the failed joint replacement, Dr. Heller was determined to find the cause of the failures. He underwent training in the procedure to better understand what was behind the poor outcomes. His investigations led him to believe the problems could be addressed by modifying the instruments used during surgery.

Dr. Heller invented several new surgical instruments specifically designed for the two-incision hip replacement procedure. He began performing the procedure using his new instruments and saw dramatically improved outcomes—patients recovered quickly and with fewer complications. Word of his success spread rapidly, and Dr. Heller is now one of the busiest surgeons at United Hospital.

Currently, just a handful of surgeons in the U.S. perform the complex two-incision procedure, and they use Dr. Heller's instruments. For Dr. Heller, the best part of inventing the instruments wasn't the boost to his career, but knowing that he is able to improve patients' lives.

Still striving for growth and change

Today, Dr. Heller is focused on building up the joint replacement program at United. The groundwork for the joint replacement program has been laid; now, his vision is for United to have a first-of-its-kind total joint replacement center. His goal is a center that provides a high-quality patient experience with evidence-based care, modeled on best outcomes. The program would include a strong research component, which would lead to treatment breakthroughs and even better patient care.

One of the hallmarks of talking with Dr. Heller is hearing him ask, what can we do to be better? What will make a positive difference in the patient's experience? He emphasizes that success isn't measured just by the number of surgeries performed, but whether patient care and outcomes are improving. It's a view that many at United Hospital also embrace. Dr. Heller says, "United Hospital has always had a strong sense of pride and community, but it's becoming more than that. The entire staff shares a common goal to grow and compete as an institute."

COMMUNITY HONOREE: Russell King

2017 Community Honoree Russell King, president of King Capital Corporation, is a longtime leader at United Hospital Foundation. As the immediate past chair, and with all his roles with the Foundation board, he helped grow and transform the Foundation. He has developed the Board's processes and engagement. Thousands, including community members, patients and staff, have benefited from his insights and contributions.

Throughout his eight years with the Board, Russell was a member of the Executive, Funding Priorities, Gala, Governance, Major Gifts and Nominating committees. In 2012, he was awarded the United Hospital Foundation Trustee of the Year. In 2014, he was Foundation Chair, overseeing The Mother Baby Center at United and Children's-St. Paul campaign.

A lifetime of support for the East Metro community

A significant philanthropist, Russell also leads the Peter J. King Family Foundation, founded by his late father, Peter, who was also a Service to Humanity Honoree. "Having grown up in the east metro, we consider ourselves an east metro family. As a result, we are very familiar with the West Seventh community, especially through the ongoing activities of the Peter J. King Family Foundation."

It was through discussions of building the Peter J. King Family Health Center on West Seventh Street that Russell first became familiar with United Hospital. Now, home to United Family Medicine Clinic and United Family Practice Residency Program, the facility opened in 2009, and meets the health care demands of a growing community and contributes to the vitality of a core neighborhood of St. Paul. The Peter J. King Family Health Center offers comprehensive primary care, mental/behavioral health and dental services to all in the community, regardless of the ability to pay.

"Our family Foundation's mission is a strong commitment to supporting bricks and mortar projects that will help children and families improve their education and health," said Russell. This aligns perfectly with United Hospital's mission to "serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care."

In addition to his work with United Hospital Foundation, Russell has served on the Twin Cities advisory board of the Salvation Army Northern Division since 1999, including four years as chair. He is active in his family's church, school and other activities. Russell and his wife, Andrea, co-chaired the Service to Humanity Gala in 2012 and 2013. Russell and Andrea have been married for five years and currently live in St. Paul.



Russell King, president of King Capital Corporation

Sala

SERVICE TO HUMANITY



The 2017 Service to Humanity Gala

was again overwhelmingly successful due to many individuals in this community. A special thank you to the Gala Committee for their dedication and hard work to make this event extraordinary. We are extremely grateful to our sponsors and individual donors who made this Gala a success, one of the largest fundraising events in the Twin Cities, ensuring that our ongoing endeavor to expand programs and services of United Hospital is successful.

Also, a very special thank you to our honorees this year, Mark Heller, MD, and Russell King for their generosity, involvement and support to make this the premier event in St. Paul.

Over the years since we held our very first fundraising event, An Evening of Elegance in 1985, millions of dollars have been raised to fund technology, facilities, programs and services for our patients and community.



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Happy Anniversary Milton M. Hurwitz ExerCare Fitness Center!



Steph Helgeson,
Lori Fleishchaker,
Tom O'Connor,
Kris Coleman

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

For the past 30 years, this important program at United Hospital has been the only medical fitness center in the St. Paul area to provide a place for past patients, their families and other members of the community to exercise within a medically supervised environment.

“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. 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.

Membership is open to everyone, and no connection with United is needed.

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

UNITED BREAST CENTER:

Complete, customized care on campus

United Breast Center offers seamless, customized care – from routine mammography to a cancer diagnosis. The center includes visits with surgeons, top medical oncologists and plastic surgeons. Social workers, palliative care and rehabilitation physicians, nurses and cancer navigators also join the Breast Center team to provide a wealth of services and support.

“We truly have a fully-coordinated care team,” said Hanadi Bu-Ali, MD, FACS, medical director for the United Breast Center. “It takes the guess work out of patient care. The patient doesn’t have to scramble to determine what is next after diagnosis. We determine a care treatment plan as a group.”

The center was among the first in the nation to be accredited by the National Accreditation Program for Breast Centers. Connected with Allina Health’s Virginia Piper Cancer Center, patients are quickly scheduled to see a surgeon—often within a week of diagnosis. “Patients feel they are not just a number. Our role is to make sure that you get the care you need and it’s a decision that you make but it is an informed decision. Our role is to inform you of all of the treatment options.”

In addition to an impressive care team and credentials, the center also features a state-of-the-art radiology suite, designated a Breast Imaging Center of Excellence by the American College of Radiology. The latest addition to the imaging center is a Faxitron®, a machine that transmits medical images instantly. Made possible by a grant from the Foundation, the machine is also capable of 3D mammography and 3D guided biopsies. The upright machine provides more patient comfort and makes difficult biopsies more feasible, cutting down on the need for surgical biopsies. Surgeons, radiologists and pathologists collaborate while the patient is in the operating room to ensure the best possible outcome.

To support the Breast Center, contact United Hospital Foundation at 651-241-8022 or allinahealth.org/unitedfoundation.

Help.Give.Hope.

COMMUNITY GIVING CAMPAIGN



Allina Health has a tradition of supporting the communities where its employees and patients live and work – and United Hospital Employees are proud to support the Community Giving Campaign. It’s an easy, convenient way to help support patient and community services that are important to them.

In 2017, more than \$1.5 million was given by employees.



Allina Health Emergency Medical Services receives national Award of Excellence

The National Association of Emergency Medical Technicians (NAEMT) and EMS World honored Allina Health Emergency Medical Service with one of its 2017 National EMS Awards of Excellence, the 2017 EMS Career Service of the Year award.

In announcing the selection, the NAEMT and EMS World noted these accomplishments of Allina Health EMS:

“Allina Health EMS serves more than 100 Minnesota communities and employs nearly 570 paramedics, EMTs, dispatchers, special transportation drivers, maintenance and administration and support personnel. Services include priority medical dispatch, 9-1-1 pre-arrival instructions,

emergency and non-emergency ambulance response, the Greater Minnesota Ride program and wheelchair transport. In 2017, to support the development of evidence-based practice, Allina Health EMS added an in-house epidemiologist and a manager of EMS analytics to expand research, analysis and interpretation of information. In 2015, Allina Health’s communications center became one of only 144 dispatch centers in the world to achieve accreditation by the International Academy of Emergency Dispatch. Allina launched a mobile integrated health (MIH) project to reduce the number of readmission and ED visits for patients with mental health issues or frequent hospital readmissions for CHF, COPD or cardiac conditions. In 2015, the agency conducted the first Allina Health EMS Freedom House EMT class to recruit and train inner-city St. Paul residents as EMTs.”

“We are proud of the accomplishments of Allina Health EMS in service of the more than one million individuals in our service area,” said Allina Health EMS president and EMS chief Brian LaCroix. “Our commitment to high-quality patient care is clear. In everything we do, from hiring the best candidates, to the processes established to achieve our care goals, to our commitment to continuing education for our employees: We are focused on the patient.”

The Peter J. King Emergency Care Center

In mid-September, the final touches were put on the Emergency Department (ED) expansion and it officially opened to the community.

Changes include:

- Six additional care spaces.
- Shared Welcome Desk for United and Children’s Hospitals.
- Added tools and equipment to help triage.
- Improved ability to continue care in the triage area, especially for those who are a bit less sick, but still need care.
- Instead of waiting for a room to open, certain care can start in triage, possibly reducing the time patients are in the ED, in pain or worried about their condition.



Russell King cuts the ribbon at the open house celebration

2017 GOLF EVENTS

United Golf Classic

Thank you to all the golfers and sponsors who came out on a dazzling July day to support United Hospital. Held at the beautiful, Donald Ross-design golf course, White Bear Yacht Club, 134 golfers hit the links for a friendly round of golf. Thanks to our golfers and sponsors, more than \$160,000 was raised to support the Hybrid Surgical Suite. This premier charity golf outing has raised over \$900,000 in just the last six years. One hundred percent of these proceeds have directly impacted United Hospital programs, services and infrastructure.

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Congratulations to the
2017 Winning Foursome!



John Kuhrmeyer, Paul Borchert,
Jeff McDonald, Ed Padilla

3M Championship, a PGA Champions Tour Official Event

The 3M Championship, held at TPC Twin Cities and presented by Post-It® Products, is a favorite stop for Champions Tour professionals. Managed by Pro Links Sports, the tournament benefits healthcare programs at Abbott Northwestern Hospital, United Hospital and Mercy and Unity Hospitals. This year United Hospital Foundation received \$566,667 from the tournament to benefit the Hybrid Surgical Suite. Paul Goydos won the 2017 3M Championship with a one-hole playoff over Gene Sauers who broke the 3M Championship single round record when he shot 60 in the second round. He had a total of 20 putts in that round.

THE HERITAGE SOCIETY



The Heritage Society honors donors who include United Hospital Foundation in estates plans or through the creation of an endowment fund. To become a member of the Heritage Society, simply inform us of the provision you have made for the Foundation in your will or trust. This amount can vary and does not have to be disclosed. You may choose to remain anonymous. [We recognize and thank the following members of the Heritage Society:](#)

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