

UNITED HOSPITAL A RENEWED COMMITMENT TO SERVICE

2009 Fall

Foundation News

celebrating
years

25

United Hospital
Foundation



Architectural rendering of the Peter J. King Emergency Care Center at United Hospital.

2009 Service to Humanity Gala

See page 12

Photos L-R: Todd Hess, MD,
Merry DeCourcy, Helene Houle and
John Nasseff, Peter J. King and
Elaine Larson



Celebrating our accomplishments

Nearly two months ago I walked into my first United Hospital Service to Humanity Gala and was amazed by what I saw.

Hundreds of people were celebrating one cause, the advancement of care at United Hospital. It was truly a proud moment for me. I've been to many formal affairs in my career, and this event by far is the best I've ever seen.

I'm proud to say the gala was a huge success with nearly 1,600 people in attendance and \$1.56 million raised to benefit the Peter J. King Emergency Care Center at United Hospital. I want to take this opportunity to thank the United Hospital Foundation, donors and everyone who worked to make this event so successful.

The gala is just one recent accomplishment worth celebrating.

If you've had the opportunity to meet Dr. Shannon Mackey-Bojack, you can see she is a humble physician. But, in the world of medical research, she's considered a "Champion of Health Care." She's being honored for her work with the Jesse E. Edwards Registry of Cardiovascular Disease.

Through her expertise in cardiac disease and pathology, Mackey-Bojack is helping Twin Cities health professionals evaluate donated hearts or determining causes of death. She's also contributed to the broader world of medicine.

Through her research, she recently identified a disease that hinders the heart's ability to pump blood throughout the body. She spotted the previously unidentified mutation after observing a trend in hearts from multiple, unrelated patients.

For the past 50 years, physicians, researchers, medical students and medical-device company scientists have visited the Registry at United

Hospital to study diseased hearts. This program now stores about 23,000 hearts. It's truly an incredible program that continues to give back to the community.

Congratulations to Dr. Mackey-Bojack for her commitment to advancing the treatment in cardiac care.

Even with the best technology and talent at United, we must continually look at ways to ensure this hospital is providing the right care at the right time in the right location. We have many teams across this organization fulfilling our mission by redesigning our care model so our patients and communities are healthier, and United Hospital is more stable. A few areas of work include: improving patient experiences, physician/patient care models, and Clinical Service Lines to deliver vastly improved quality, efficiency, and service.

Through this important redesign, I'm confident we will become the kind of health care organization you deserve.

I'm proud to say, despite tough economic times, the United Hospital Foundation continues to flourish. For the past 25 years, this community has rallied with our foundation providing not only financial support, but an unwavering commitment to providing the best health care resources, for the east metro area.

On behalf of the United Hospital Foundation staff and board members, we would like to thank all of you for your continued support.

You make a difference.

At your service,



Tomi Ryba
President of United Hospital and
Executive Vice President of Allina Hospitals
& Clinics



Tomi Ryba, president,
United Hospital

Peter J. King Emergency Care Center construction enters its halfway point

A metal framework of what will be the new Peter J. King Emergency Care Center at United Hospital now fills the corner of Smith and Grand Avenues as construction entered its halfway point during the fall 2009 season.

Until late August and early September, construction focused mostly on interior moves and remodeling. Also, a few outside changes were made in order to set the stage for the exterior work. In total, changes that occurred during the first half of construction included the following:

- relocation of imaging and ultrasound areas
- establishment of new emergency department waiting area
- portion of emergency department moved to a new space resulting in an additional number of beds

- relocation of ambulance bay, public emergency department entrance and helipad
- various site work including demolition and building retaining wall structures

“We recognize these changes have really affected how patients and visitors, as well as our staff, move around both inside and outside the hospital. We definitely appreciate everyone’s patience and understanding. Also, we have lessened the impact of the changes by bringing in our Guest Services team to welcome, round and escort emergency department patients and guests,” said Bob Plaszcz, vice president, Operations, United Hospital.

Continued on page 4



January 2009



March 2009



June/July 2009



October 2009

Peter J. King Emergency Care Center construction enters its halfway point continued

Check out the
Construction Web cam!

Watch live the
construction of the
Peter J. King Emergency
Care Center at
www.unitedhospital.com.

On the Web site's
main page, click on
"Construction Cam"
under Helpful Links.



The Peter J. King Emergency Care Center at United Hospital is slated to open April 2011.

TESTING THE NEW ED ROOM

Along with the outside changes, a "mock-up" room that depicts the new emergency rooms was constructed. For the last several months the mock-up room has been reviewed and used as an examining room by the emergency department.

"To be able to use and evaluate the mock-up room has provided us a great opportunity to test the room's functionality and identify any design changes needing to be made before the actual construction. Identifying these changes now helps ensure the rooms are designed to allow for the most efficient care at the very beginning instead of using more time and resources to make any changes after construction is completed," said Deb Raptis, RN, CEN, director, Emergency Department.

Throughout the winter months, construction will focus on the exterior framework,



including work on wall systems, paneling, floor pourings, and interior mechanical work. In spring 2010, site work will begin again along with continued work in the new expansion area.

THANK YOU

Thank you to each and every one of our donors, whose generosity is making it possible for United Hospital to provide the finest emergency medical care available.

Celebrating a 25-year partnership with the community

Throughout 2009 United Hospital Foundation has celebrated 25 years of partnering with the community to support the programs and services of United Hospital.

This partnership has resulted in some truly remarkable accomplishments including helping to fund and create centers of care, advanced technology, patient support services and disease prevention initiatives.

Without this philanthropic support from the community, United Hospital would be just another hospital that meets the “community standard” for health care. It is because of thousands of people who have generously given throughout the past 25 years that United Hospital is able to go beyond the community standard and provide nationally recognized care to this community.

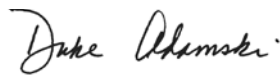
Even with the accomplishments of the past 25 years, needs are still great. National trends of broad sweeping cut backs in health care are just over the horizon and to remain in the forefront of health care providers, United Hospital will need to rely more and more on private philanthropy in the next 25 years.

I know this is a challenging environment, but I also know the dedication and compassion of this community and I have no doubt that together, we can meet these challenges.

Most importantly, I want to thank everyone for their support regardless of the size of your gift. Your support is greatly appreciated and needed.

And please know that an ever-vigilant and fiduciary responsible group of volunteer community board members guide the day-to-day activities of the United Hospital Foundation to guarantee that we are constantly investing your donated dollars in the priority areas of United Hospital.

Thank you.



Duke Adamski

President, United Hospital Foundation



Duke Adamski,
president,
United Hospital
Foundation

The 25-year partnership between the community and United Hospital Foundation have helped to make possible these and other programs:

Jesse E. Edwards Registry of
Cardiovascular Disease

Nasseff Heart Center

Nasseff Neuroscience Center

Peter J. King Family
Health Center

Peter J. King Emergency
Care Center at United Hospital

United Breast Center

Milton M. Hurwitz
ExerCare Center

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Da Vinci Robotic
Surgical System

Elaine Larson Stroke
Endowment program

Bentson Neuroscience
Endowment

In Memoriam: Milton M. Hurwitz, MD, United Hospital Foundation Board Member and Philanthropist



Milton M. Hurwitz, MD,
1918-2009



Milton M. Hurwitz, MD, receiving United Hospital Foundation's 2003 Trustee of the Year award from John Nasseff at the 2003 Service to Humanity Gala.

Milton M. Hurwitz, MD, United Hospital Foundation Board member and philanthropist died on October 21, 2009. He was 91.

Lifelong Saint Paul resident, Dr. Milton M. Hurwitz dedicated his time and expertise to healing and helping others.

From 1945 to 1990, Dr. Hurwitz served as an internist in private practice in Saint Paul and as senior attending physician at United Hospital. He was at the forefront of specialized medicine through his pursuit of innovation in the treatment of cardiac disease.

A true leader in health care, Dr. Hurwitz held many positions, including: President, American Heart Association – Minnesota

Division; Governor for Minnesota, American College of Cardiology; Chairman of the Heart Committee at Minnesota State Medical Association; Clinical Associate Professor of Medicine, University of Minnesota Medical School; and Community Advisory Council member, Biomedical Ethics, University of Minnesota Medical School. He was a member of the Miller Hospital Board, the United Hospital Education Board and eventually served as emeritus on United Hospital Foundation Board of Directors.

In recognition for his many contributions, Dr. Hurwitz received many honors including the United Hospital Foundation 1987 Service to Humanity Award, the 2003 United Hospital Foundation Trustee of the year, the 1976

In Memoriam: Milton M. Hurwitz, MD, United Hospital Foundation Board Member and Philanthropist *continued*

Harold S. Diehl Award from the University of Minnesota, The Torch of Learning Award from Hebrew University in Jerusalem in 1977, and The Maimonides Award in 2006.

As remarked by his dear friend John Nasseff, "If the Greek philosopher Diogenes, carrying his lantern in the daylight, had met Dr. Hurwitz, he would have found his 'truly honest man'."

From 1999-2001 Dr. Hurwitz spent significant time raising funds for the Nasseff Heart Center and the Jesse E. Edwards Registry of Cardiovascular Disease. The Milton M. Hurwitz ExerCare Fitness Center was built as a tribute to Dr. Hurwitz's distinguished career and untiring commitment to his patients and friends.

We are deeply saddened to have lost such a dear friend and honorable man.

Dr. Hurwitz is survived by his wife Eunice, two children and their spouses Carol Hurwitz and Thomas Hardy and Helaine and Robert Golden, two granddaughters and two great granddaughters.



United Hospital Foundation celebrating Dr. Hurwitz's 90th birthday in 2008.



The Milton M. Hurwitz ExerCare Fitness Center on the United Hospital campus. The center was named after Dr. Hurwitz for his years of dedication and service to the health and welfare of the United Hospital community.

United Pain Center: providing the latest treatments for chronic pain



Todd Hess, MD, medical director, United Pain Center

More than 50 million Americans experience chronic pain and more than half of dying patients experience moderate to severe pain during the last days of their life according to a National Institute of Health (NIH) 2005 update on pain research. Also, chronic pain is widely believed to represent a disease itself, causing long-term and detrimental changes in the nervous system.

WHAT IS CHRONIC PAIN?

United Pain Center, a United Hospital-based outpatient clinic, provides comprehensive services to diagnose and treat all types of pain. The center also provides an inpatient consultation service. Chronic pain conditions may include headaches, neck and back pain, repetitive injuries or pain due to cancer or trauma. Some types of acute pain, such as post-herpetic neuralgia (shingles) are also treated.

Working with patients who have intractable

pain provides unique challenges. Many of these patients have multiple issues that affect their pain response. Treatment often requires the concerted effort of a multidisciplinary team to address psychosocial needs, which can complicate the patient's recovery.

"The world of pain management is rapidly expanding in its knowledge base which creates numerous new options for the treatment of pain," said Todd Hess, MD, Medical Director, United Pain Center.

WHAT TREATMENTS ARE AVAILABLE?

United Pain Center has several different resources available to help manage a person's pain. Which resources an individual's plan would include depends on the specific particular diagnosis and symptoms. Some of the services that may be recommended as part of a treatment plan:

Injections: United Pain Center anesthesiologists use injections such as nerve blocks to diagnose the source of pain. By isolating or blocking specific nerves, muscles or ligaments, the pain can be pinpointed and appropriate treatment recommended. Short-term treatment with anesthesia, such as epidural steroid injections, can be an effective part of a complete pain management program.

Spinal Stimulation Therapy: Spinal Stimulation is an advanced therapy designed to relieve certain types of chronic pain. For Spinal Stimulation to manage chronic pain, leads are implanted in the epidural space of the spine and connected to an implanted



During a biofeedback session, sensors are taped to the skin to monitor changes in muscle activity, skin temperature, sweat activity, heart rate and breathing patterns. Information from the sensors is processed in a state-of-the-art computer system that "feeds back" the information to the patient using a variety of visual displays and sounds. Patients can watch and hear how their body is responding to stress, anxiety, pain and tension.

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United Pain Center: providing the latest treatments for chronic pain continued

power source. Spinal Stimulation is not a cure for the pain's cause, however, it may reduce pain to a manageable level, so patients may return to a more functional lifestyle with less need for medications.

Medication management: There are many types of pain medications that can be part of the multimodal approach to pain management.

Biofeedback: United Pain Center's biofeedback therapist uses biofeedback equipment to teach patients to recognize and become aware of physiological responses to pain and stress. Deep relaxation is taught to help patients learn to better manage their pain.

Psychological assessment and support: The pain psychologist works with patients on strategies to address body-mind forces in pain management and to relieve the anger, anxiety and depression that flow from chronic pain.

PATIENT-FOCUSED CARE

As with United Hospital, United Pain Center is dedicated to patient-focused care. United Pain Center patients participate in a treatment program that has been specifically developed to meet their individual needs. Also, they can take control of and manage their pain in order to lead a more fulfilling and productive life.



United Pain Center lobby



Injections may be part of a patient's treatment plan at United Pain Center.



United Pain Center is accredited by the American Academy of Pain Management Accreditation signifies that United Pain Center has been surveyed and found to meet published quality standards.

These standards, which were developed by recognized leaders in the field of pain management, require meaningful commitment to high levels of quality concern for the patient as an individual coping with pain. United Pain Center is the only program in the state of Minnesota to receive this recognition.

Donor profile: Don Davidson

In the late 1970s, Don Davidson decided to switch careers from being an accountant to operating a specialty and luxury car dealership, so he moved to Minnesota to join his father-in-law's Twin Cities dealership, Sears Imported Autos.

Davidson's return to the upper Midwest has led to a 30+ year career in luxury car sales, but also to a dedicated commitment to volunteerism and local non-profit organizations.

For 17 years the dealership has sponsored a hole-in-one contest for the United Hospital Golf Classic. Also since 2006, Sears Imported Autos has sponsored a car raffle for the Service to Humanity Gala. In total, the raffle and hole-in-one sponsorships have netted approximately \$360,000 for United Hospital programs.

"After surviving a heart attack a few years ago, I personally know just how important quality medical care is to a community and United Hospital provides that type of care. Not only is it enjoyable to participate in wonderful events like the Golf Tournament and Service to Humanity Gala, it is also extremely rewarding to support services and programs that fulfill such a critical need," said Don Davidson.

By participating in the United Hospital Golf Classic and Service to Humanity Gala, Sears Imported Autos has helped raised funds for the Peter J. King Emergency Care Center, Nasseff Neuroscience Center and Peter J. King Family Health Center.

"Don Davidson and Sears Imported Autos are wonderful contributors to the United Hospital Foundation. Year after year, they have helped us raise hundreds of thousands of dollars," said Phil Sutherland, United



Don Davidson



Hospital Foundation.

In addition to his work with the United Hospital Foundation, Davidson serves on the boards for PACER Center and Matt Birke's HIKE Foundation and Sears Imported Autos participates in events for the American Cancer Society and other local non-profit organizations.

United Hospital Golf Classic

The 19th annual United Hospital Golf Classic was held on July 27 at the White Bear Yacht Club. The weather did not stop participants from enjoying 18 holes of golf on this picturesque course, while participating in contests and raffles. The afternoon concluded with an award reception.

Our tournament raised \$121,450, which will benefit the Peter J. King Emergency Care Center at United Hospital – the community's front door to life-saving support.

A special show of appreciation to McGough Companies – tournament title sponsor; HDR – tournament



reception sponsor; and Sears Imported Autos – hole-in-one sponsor.

Congratulations to this year's tournament winners, Dan Kelly, Jim Fischer, Mark Thompson and Rick Moulton!

Mark your calendar for the 2010 tournament – July 26 at the White Bear Yacht Club.

2009 Golf Classic

Sponsors:

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3M Senior PGA Championship



Bernhard Langer, 2009 3M Senior PGA Championship Winner

The 2009 3M Senior PGA Championship was held at the Tournament Players Club (TPC) in Blaine July 6 – 12. Bernhard Langer chipped in for an eagle on the 18th hole to win the 3M Championship – his second straight win on the Champions Tour.

Since 1993, the tournament has donated more than \$14 million to charity. The 2009 event netted more than \$1.3 million to benefit United, Mercy & Unity and Abbott Northwestern Hospitals.

Thank you to 3M, title sponsor, and all the sponsors, volunteers and spectators who made this event a success.

2010 Calendar of Events:

| | |
|---------------|--|
| July 26: | United Hospital Golf Classic White Bear Yacht Club, White Bear Lake |
| August 2 – 8: | 3M Senior PGA Championship Tournament Players Club, Blaine |
| September 25: | Service to Humanity Gala St. Paul RiverCentre, St. Paul |

For additional information about United Hospital events, please call the Foundation office at 651-241-8022.

UNITED HOSPITAL FOUNDATION

2009

Service to Humanity Gala

The St. Paul RiverCentre was the place to be September 26 for the 2009 Service to Humanity Gala.

It was the second most successful and largest fund-raising event in the 25-year history of the United Hospital Foundation. Nearly 1,600 people attended the event and raised \$1.56 million to benefit the Peter J. King Emergency Care Center at United Hospital.

This year's recipients of the Service to Humanity Award were Todd Hess, MD, and Merry DeCourcy. The award, presented by the United Hospital Foundation, recognized Hess and DeCourcy for their selfless dedication in improving the health and welfare of Saint Paul and the surrounding communities.

This year's Gala was chaired and emceed by Song Lo Fawcett and Kris Taylor. Both are board members of the United Hospital Foundation and have been associated with United Hospital for several years.

We would be remiss if we didn't single out the efforts of Peter J. King, King Capital Corporation and King Family Foundation, John Nasseff, noted St. Paul philanthropist, Helene Houle, member of the United Hospital Foundation board, Elaine Larson, long time supporter, gala auction chair Julie Larson and community volunteers Linda Schroeffer, Tim Vesperman and Tom and Dawn Walrath.

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Service to Humanity Honorees



Todd M. Hess, MD, medical director, United Pain Center



Merry DeCourcy, professional artist and United Hospital Foundation board member



L-R: 2009 Service to Humanity Gala co-chairs and emcees Song Lo Fawcett and Kris Taylor. Both Fawcett and Taylor are United Hospital Foundation board members.





Jack Ritt, United Hospital Foundation board vice chair, with his wife Mary Ritt. Jack is also co-chair of the Emergency Department Community Campaign Committee and Mary served on the 2009 Gala Auction Committee.

The event would not have been as successful if not for these dedicated individuals whom worked tirelessly, and the Foundation is grateful for their continued support.

The evening began with a fabulous reception, butler-passed hors d'oeuvres and a silent auction of over 600 items coordinated by a 20-member committee of community volunteers. The auction items were graciously donated by hundreds of donors and companies.

Guests mingled, placed bids and enjoyed viewing a Mercedes-Benz GLK 350 SUV, from Sears Imported Autos, which was raffled off at the end of the evening.

Guests were treated to a delicious seared Diver Scallop on roasted corn salsa with a jalapeno-avocado emulsion dressing appetizer newly created by the chef of Wildside Caterers, followed by a deconstructed "BLT" applewood smoked bacon, blue cheese, tomato, frisee lettuce and roasted garlic ranch dressing salad and filet mignon that was outstanding.

Putting everyone "over the top" was the sinful chocolate trio dessert of peppermint flourless chocolate cake, espresso chocolate mousse petit four and chocolate dipped

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L-R: Marc Rosenberg, Nancy Rosenberg, Sid Applebaum and Lorraine, Applebaum. Nancy Rosenberg is a United Hospital Foundation board member and her father, Sid Applebaum, received the Service to Humanity Award in 1994. Sid is also a long-time member of the foundation board and Sid's Big Top Liquor is a generous supporter of the gala.



Helene Houle, United Hospital Foundation board member and 2005 Service to Humanity Award honoree and John Nasseff, Saint Paul philanthropist and 1999 Service to Humanity Award honoree.



Peter J. King, Saint Paul philanthropist and 2007 Service to Humanity Award honoree



Elaine S. Larson, 2008 Service to Humanity Award honoree and long-time friend of the United Hospital Foundation



Robert Ratte and Priscilla Runquist



Todd Hess, MD, medical director, United Pain Center receives the 2009 Service to Humanity Award from Dan Foley, MD, vice president, Medical Affairs, United Hospital.



Merry DeCourcy received the 2009 Service to Humanity Award from Helene Houle, United Hospital Foundation board member.

strawberry brushed with gold leaf. A 25-year celebration explosion of festive lights, confetti, music and light show dazzled the guests as well.

The live auction this year was a smashing success! Guests were invited to bid on an Alaskan and Caribbean luxury cruise, two St. Croix River cruises on luxury yachts including the 92' Water Gremlin, Skating to Center Ice, Vespa motor scooter, Minnesota Viking season tickets, Minnesota Wild Suite, Ireland Golf package and beer for a year from Summit Brewing! The evening wrapped up with the raffle

of a 2010 Mercedes-Benz GLK 350 4MATIC, wall of wine and liquor barrel.

Again, thank you to all of our sponsors, volunteers and to the Saint Paul community for supporting United Hospital Foundation.

2009 Service to Humanity Gala photos by: Jonette Novak and Anjanette Conway.

The Mercedes-Benz GLK 350 4MATIC car raffle. The raffle is sponsored in part by Sears Imported Autos.

Sears
Imported Autos





L-R: Cathy McGough, Leo McGough and Mary Ellen Sweeney McGough



Ann Fankhanel, 2009 Gala Auction Committee member, Tom Walrath, 2009 Gala Auction Committee member, and Peter J. King, 2007 Service to Humanity Award honoree



L-R: Gala Co-chair Kris Taylor, Gala Co-chair Song Lo Fawcett and Auction Chair Julie Larson





Todd Hess, MD, 2009 Service to Humanity honoree, with his family.



Merry DeCourcy with her son, Michael DeCourcy.



L-R: Helene Houle, John Nasseff and Peter J. King



Merry DeCourcy, 2009 Service to Humanity honoree, with her family.



Tomi Ryba, president, United Hospital



2009 Service to Humanity Awards



This year's silent auction featured more than 600 items including jewelry, artwork, travel and dining. The evening's festivities were concluded with dancing to music by the legendary group, The Sevilles, in the Grand Ballroom.

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Presenting the 2009 Service to Humanity Mercedes-Benz GLK 350 4MATIC raffle winner

The winner of the \$50,000 Mercedes-Benz GLK 350 4MATIC raffle was announced by Don Davidson of Sears Imported Autos at the conclusion of the gala program.

The winner was Sue Nestegard of St. Paul, Minnesota. Nestegard's winning ticket was part of the three tickets for \$250 package purchased from United Hospital Foundation board member Kris Taylor, who also co-chaired this year's gala.

We want to thank Sears Imported Autos and Don Davidson for their

continued support of our gala raffles. Sears has helped raised a total of approximately \$360,000 the last three years for the Peter J. King Emergency Care Center at United Hospital and Peter J. King Family Health Center. We are extremely fortunate to have their support, which lends a real touch of class and prestige to our event.

Another raffle is being planned for the 2010 gala. Thank you to everyone who took a chance in the raffle and helped to support the much needed expansion of the emergency department.



Don Davidson, Sears Imported Autos and winner Sue Nestegard.



L-R: Moe, Eddy, and Nazy Sharifkhani



Charles Crutchfield, MD, 2002 Service to Humanity Award honoree and Dan Foley, MD, vice president, Medical Affairs, United Hospital and 1998 Service to Humanity Award honoree.



United Hospital Emergency Department staff members gather at the gala. L-R: Stacy Holman, Health Unit Coordinator; Connie Starcher, Personal Care Assistant; Deb Raptis, RN, CEN, director, Emergency Department; Stacey Vanhorn, RN; Dianalyn Museums, RN and CaPrice Crowe, Personal Care Assistant.

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Meet the Board: Wendy Rubin and Paul Verret

Wendy Rubin is an event planner and CEO of her own event planning business that works with professional firms and large non-profit organizations throughout the Twin Cities. Rubin, a St. Paul native and lifelong resident, joined the United Hospital Foundation board in 2005. Previously she was on the United Hospital Board from 1997 to 2005.

“One of the reasons St. Paul is a great place to live and raise a family is because the community members take an active role in making it that way. Something that is very important to me is that everyone has the best medical care in the community and being on the United Hospital Foundation board is a way that I can help ensure that is the case,” said Wendy Rubin.

Rubin represents the third generation of her family to be on the United Hospital Foundation board. Her grandmother, Ruth Lipschultz, began volunteering at Miller Hospital in the 1960s and continued her involvement at Miller and then United Hospital until she was in her late nineties.

During her time on the board, Rubin has been involved in the board's efforts affiliated with technology acquisitions and capital campaigns. Rubin has also co-chaired the 2004 Service to Humanity Gala.

Of particular interest to Rubin is construction of the new Peter J. King Emergency Care Center at United Hospital and furthering breast cancer resources.

“The emergency department is a critical resource to meeting the medical needs of any community. The expansion will provide a larger and state-of-the-art facility that our community needs and deserves. Along with the emergency department expansion, it is



Wendy Rubin

important to me that breast cancer resources are supported. Comprehensive breast cancer care, starting at the very beginning of detection all the way through treatment and afterward, is critical to have,” said Rubin.

In addition to her work with United Hospital Foundation, she is on the Boards of Como Friends, The Saint Paul Foundation/ Minnesota Community Foundation and The Friends of the Saint Paul Public Library. Her long time interest in health care includes serving on the boards of Children's Hospital - St. Paul, Children's Hospitals and Clinics Foundation and United Hospital.

Meet the Board: Wendy Rubin and Paul Verret continued

Paul Verret is president emeritus of The Saint Paul Foundation. As president emeritus, Verret works with the Mardag Foundation and the F.R. Bigelow Foundation and also serves as an advisor to the Katherine B. Anderson Fund. Verret joined the United Hospital Foundation Board in 2004.

“Hospitals are an essential element in my vision of the world because they provide a basic community need and I’ve always been intrigued by how hospitals are supported by their communities. It’s important to me, as a patient and community member, to understand not only how hospitals work, but also to do what I can to help them,” said Paul Verret.

During his time on the board, Verret has been involved in planning and securing funding for the Peter J. King Emergency Care Center and support of the Service to Humanity Gala. Along with being a member of the United Hospital Foundation board, Verret’s contributions to the East Metro community have been far reaching as he served as president of The Saint Paul Foundation for 28 years.

The Saint Paul Foundation is the community foundation for Saint Paul and surrounding areas and the largest community foundation in Minnesota. It works to connect and support donors, nonprofits and partners to enrich lives and communities through philanthropy.

During his tenure, Verret worked in partnership with a broad spectrum of organizations to revitalize the community starting with the Mississippi riverfront, developed nationally recognized programs in adult and children’s literacy, and created strong neighborhoods throughout Saint Paul



Paul Verret

including the Phalen Corridor Initiative.

The Foundation also shaped some of the East Metro area’s most important community grant initiatives, including the Community Sharing Fund, the Diversity Endowment Funds, and the Words Work! children’s literacy program.

Along with United Hospital Foundation, Verret also serves on the boards of the Minnesota and Ramsey County Historical Societies, Children’s Home Society & Family Services and the Saint Paul Riverfront Corporation.

New 3T MRI increases imaging capabilities and patient capacity



Siemens Verio 3 Tesla MRI

In September, United Hospital installed a new Siemens Verio 3 Tesla MRI, which offers enhanced imaging capabilities over the standard 1.5 Tesla MRI units.

The increased field strength and improved capabilities results in MRI images with greater detail. In addition, this system provides faster scans in some situations.

The Verio also provides a larger inside scanning diameter of 70 cm versus 60 cm on a conventional MRI. The larger scanning diameter not only ensures greater comfort for patients, it gives the capability to scan patients of all sizes.

With its enhanced capabilities and increased scanning diameter, this system complements the Nasseff Neuroscience program.

Alumni Club and Summit Society

ALUMNI CLUB

The Alumni Club was very supportive of the 2009 Service to Humanity Gala and helped make it a wonderful success.

Group members including Cathy Turner, Eleanor Waldrup, Deanna Forliti, Beda Lewis and Midge Flanagan volunteered to help for the evening.

Members also contributed substantially to the creation of the Liquor Basket Raffle at the gala. It included 57 bottles of spirits in a wheelbarrow and raised nearly \$2,000.

Finally, the United Hospital Foundation and Alumni Club would like to acknowledge and thank Eleanor Waldrup for her 25 years of service as a gala volunteer. Eleanor has volunteered for all galas since the first event which was held in 1984. We salute your record of service and dedication throughout the past 25 years.

SUMMIT SOCIETY

Summit Society members had the chance to learn about strokes on August 10, 2009 with a presentation made by Paul Schanfield, MD.

Dr. Schanfield is the Medical Director of Stroke and a physician at Neurological

Associates of Saint Paul, PA. The presentation was called "Different Strokes for Different Folks" or "Stroke is Brain Attack!"

He reviewed the three Rs of stroke:

- reduce risk
- recognize symptoms
- respond to stroke signs by calling 911 immediately

Stroke is commonplace and the third leading cause of death in the U.S. In fact, 750,000 people suffer a stroke every year. Finally, it is the leading cause of nursing home admissions and the top contributor to adult disability.

Dr. Schanfield listed stroke symptoms:

- sudden and severe headache
- trouble seeing in either/both eyes
- trouble walking or speaking
- sudden weakness of face, arm or leg

He emphasized the importance of immediately calling 911, even if you are in doubt, as quick treatment of strokes is the best defense against its damages.

Basic goals in estate planning

You plan for your business, don't you? Then why not plan for death and taxes? My client answered, I know there will always be death and taxes, but at least death does not get worse every time Congress meets.

Estate planning is about death and taxes. It is distributing everything you own to the people and charities you love the most. What could be more important? There is no one size fits all. Estate plans are as different as families are different. We have nuclear families, blended families, singles, people in partnership, young, old and everything in between.

To assure your estate plan is customized, we start with client goals and values. A good estate plan should reflect your values. Defining your goals tells us what you want to achieve. As in all planning, you begin with the end in mind. Once your goals are determined, we can select legal tools to achieve those goals. Here are some common estate planning goals.

I want to disinherit the IRS!

This client wants to minimize and defer tax. The estate tax is called the avoidable tax. If you pay it, you must be so patriotic you want to pay it, or so careless you deserve to pay it. Using trusts and other tools, the estate tax can be reduced and often eliminated. Reducing and deferring income tax also requires careful planning.

I want to give back for the wonderful life I have lived.

This client has charitable goals. Retirement assets are the ideal gift to charity. If left to children, an income tax will have to be paid when children withdraw from the retirement account. If left to charity, no income tax is paid because the charity does not pay tax. The government then supplements your gift to charity by the amount of tax that would

be paid if you left the account to children. Giving is the ultimate luxury. I just assisted a client with a major charitable gift. She said this was better than a fur coat!

Planning for a young family involves creating an intelligent arrangement if both parents are deceased.

A guardian is named to have physical custody of children. A trust is established to invest and distribute assets. By using a trust, assets are available to raise and educate the children but defer estate distribution until they are older and wiser.

Avoiding probate is a popular goal.

Using a will to transfer assets will require probate. Probate is a special court that supervises the administration of a will. It costs money and takes time and effort. Probate can usually be avoided with proper planning.

Health care issues should be addressed.

A living will directs no heroic measures in the face of impending and imminent death, with no hope for recovery. A health care power of attorney designates someone with legal authority to make health care decisions when you cannot. HIPPA consent gives family access to your medical records, which they would otherwise not have.

Planning for incapacity is a goal.

What happens if you get sick or have an accident? Who will pay bills, manage assets and handle other legal and financial matters? A power of attorney or a trust are commonly used tools to deal with incapacity.

Above are typical estate planning goals. Each family is different. Your estate plan must achieve your goals and reflect your values. Estate planning cannot eliminate death or taxes, but it can eliminate unnecessary cost and complication for those you love the most.



Robert H. Chandler is a St. Paul attorney, Chandler and Brown, LTD, practicing in the area of Wills and Trusts. Chandler has also been a United Hospital Foundation board member since 2001.

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 June 1, 2009-September 30, 2009

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To make a gift, fill out the enclosed
honoring envelope and return 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 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 United Hospital Foundation by phone 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:

The United Hospital Foundation has been addressing the charitable needs of the Saint Paul community for many years. We have become a trusted partner for generations of families, and the Heritage Society honors many generous donors.

If your name is not listed here and you have included the United Hospital Foundation in your estate plans, please notify the Foundation, allowing us to recognize the generosity of your personal commitment.

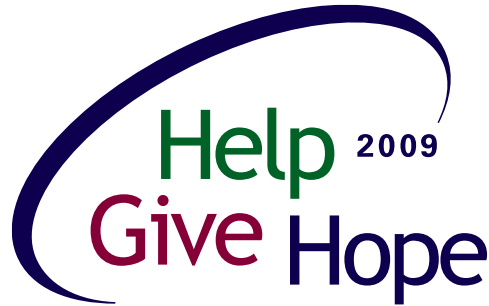
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2009 Employee & Community Giving Campaign

United Hospital is committed to improving the health of the communities we serve. The Employee & Community Giving Campaign helps strengthen our services and meet the many needs of our patients, their families and the community. As individuals we make a difference; together – we create change!

The campaign ran from September 9 – October 30. Employees were invited to participate in several fundraising events which brought both awareness and enthusiasm to the campaign. Highlights of the weeks were the theme basket auction, sidewalk artists and United cares white elephant sale.

United Hospital employees are champions of caring when it comes to helping each other which is reflected in the success of our campaign – raising \$125,000.



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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.

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