

The Cornerstone

Fall 2016

Tree of Lights

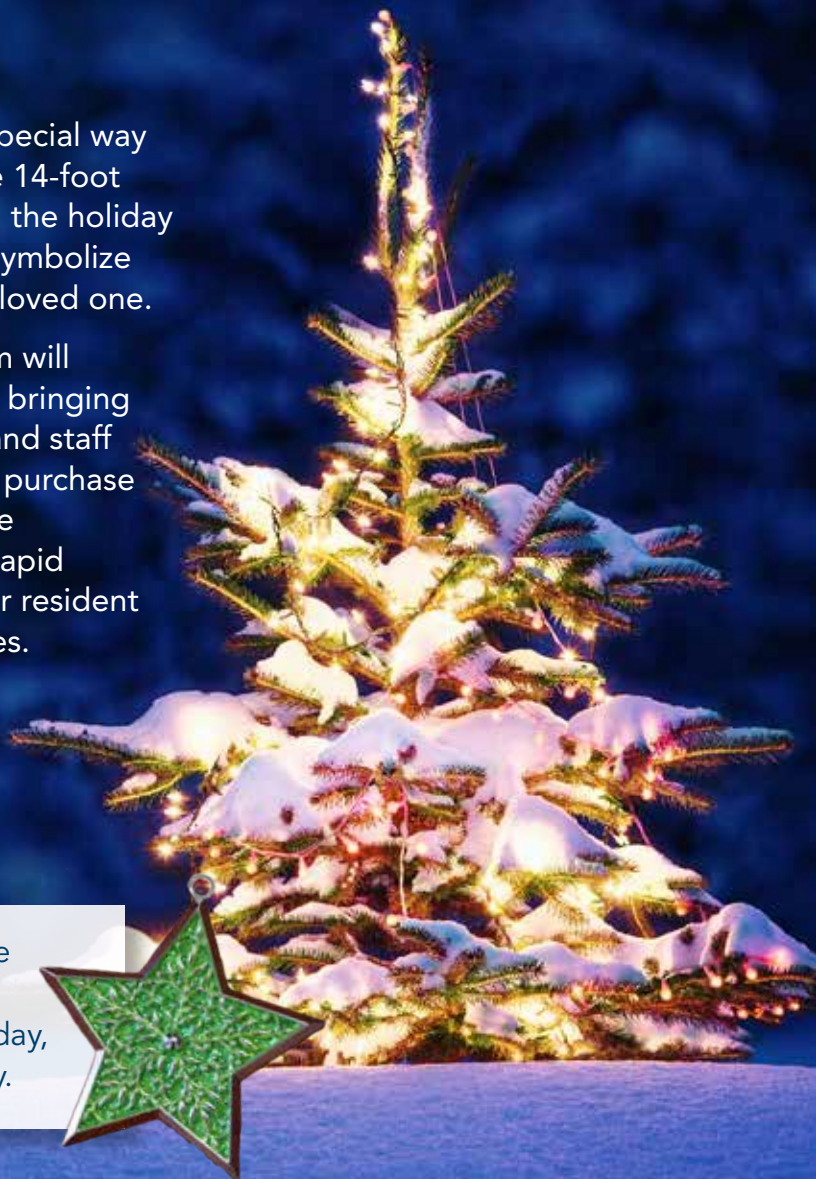
Warm your heart with a holiday light on our remembrance tree

Regina Foundation's Tree of Lights offers a very special way to remember family and friends. The lights on the 14-foot balsam shine for all visitors and passers-by during the holiday season. Its blue, red, green and gold light bulbs symbolize gifts made by donors in memory or in honor of a loved one.

Contributions to this year's Tree of Lights program will support the Senior Living River Room renovation, bringing freshness to this space where residents, families and staff enjoy social activities. Funds will also support the purchase of an automatic external defibrillator (AED) for the conference center area of the hospital, ensuring rapid response for an employee, community member or resident who suffers cardiac arrest until medical staff arrives.

Please use the enclosed envelope to choose your light for the tree. You can also choose to have your donation go to where the need is greatest through the Regina Foundation.

Tree of Lights donations of \$25 or more will receive a keepsake Christmas ornament in appreciation of your gift. Join us for the Blessing Ceremony Thursday, December 1 at 2:30 p.m. in Regina's Chapel Lobby.



The Regina Foundation represents the cornerstone from which we build our vitality for today, tomorrow and the future...caring for life.

 **Regina**
Foundation

Welcome

to the November issue of Cornerstone!

Regina Foundation Board Members

Cindy Hoffmann, Chair
Kari Everson
Bernie Estenson
Joe Harris
Judy Hemp
Lynda Holzemer
Mick Humbert
Brian LaCroix
Ken LaCroix
Doug Laumeyer
John Plunkett, MD
Eric Slapnicher, OD
Tom Thompson
Mike Wise

Keep in touch

We'd like to provide you with updates throughout the year. Please share your email if you'd like to be included. This is a quick, inexpensive way for us to keep in touch.

Contact us at:
651-404-1104 or email
maria.reis@allina.com.



Since this is my first issue, I want to take a few minutes to introduce myself. I have been with Allina Health since 2012 when I was hired to lead a grant funded project called Healthy Communities Partnership at River Falls Area Hospital. In 2015, I came to Regina Hospital to help that same program (called A Healthier Hastings for All) complete its final year of programming. When that grant funded program ended in December, I transitioned into a new role within Community Benefit and Engagement splitting my time between River Falls Area Hospital and Regina Hospital. In August, I accepted my current role. I am excited to lead the Community Engagement and Philanthropy efforts at Regina Hospital. It gives me an opportunity to work with many of you, who work tirelessly to ensure that Regina Hospital and Regina Senior Living continue to provide the best care for our residents, patients and community.

Over the next several months, you will be hearing more about our plans to expand our services and improve our facilities. All of these projects are done with you in mind. We want to provide local, comprehensive care to our patients; comfortable housing for our residents; and the best worksite for our staff and physicians. The proceeds from the Regina Classic golf tournament provided funding for a wellness centered program at Regina Senior Living and new stress testing equipment in Regina Hospital. Contributions from the Tree of Lights will place automatic external defibrillators in remote areas of our facility and help fund the River Room remodeling project. Our employee giving campaign provides financial support to a variety of local and system level initiatives. Allina Health has committed capital funds for a new Emergency Department completed earlier this year as well as a major Imaging Department project and new clinic development to begin this fall.

We couldn't do any of this without the support of our staff, community, residents, Allina Health or the Benedictine Health System. By working together, we ensure that Regina Hospital and Regina Senior Living continues to meet the needs of our community.

If you have any questions about the Foundation, please don't hesitate to contact me.

Sincerely,

Brandi Poellinger

Director of Community Engagement & Philanthropy

Regina Foundation

Committee Highlights

Our employee giving committee

The Spirit of Regina coordinated a picnic at Day Camp Spring Lake for employees and their families in June. Everyone enjoyed grilled burgers or hotdogs, and roasting s'mores over the fire pit. The YMCA of Hastings helped provide a great camp experience as both adults and children tried their hands at archery, slingshot, gaga and arts and crafts.

Community Relations Committee



Seminar leader Henry Lee with Vaughn-Lee and Associates

Regina Foundation's Community Relations Committee teamed up with the Hastings Area Chamber of Commerce to provide an interactive presentation over lunch about "Understanding and Working with Generational Differences" for local businesses. Henry Lee with Vaughn-Lee and Associates identified four generations in the workplace and described their characteristics, attitudes and values. He discussed how your approach may need to change when coaching, managing or interacting with employees of different generations. Participants also learned about techniques to foster respectful communication with different generations.

Coping with Chronic Pain

Monday, Nov. 14, 5:30 p.m., Regina Hospital

Join us for a free public seminar about Chronic Pain. Speakers Dr. Gordon Beardwood, with United Pain Center, and Heidi Woodland, PsyD, LP, Allina Health Clinic-Hastings, will share helpful information for those experiencing chronic pain and their families.



Pictured to right: images from the summer picnic at Day Camp Spring Lake for Regina employees and families.



Regina Classic

Supporting Regina Hospital and Regina Senior Living

Proceeds from this year's event provided funding for a wellness-centered program for Regina Senior Living residents and cardiac stress testing equipment for Regina Hospital patients.

The wellness program will improve mobility, balance, endurance and cardiovascular health of our residents. Additional benefits include long-term, sustained improvement in client health—notably in terms of fewer falls, decreased symptoms of depression, better sleep patterns and improved problem-solving abilities. An aromatherapy program developed specifically for seniors targets pain, anxiety and behavior-related symptoms.

New stress testing equipment will provide more efficient results for graded exercise testing, nuclear stress testing and stress echocardiograms. The equipment features will improve monitoring of vital signs allowing the clinician to focus on the patient response during testing, ultimately improving patient safety and patient experience. The computer software will allow for more efficient transfer of the stress test data and a quicker turnaround of the results to the physicians and patients.



Proceeds will support wellness-centered programs at Regina Senior Living and cardiac stress testing equipment for Regina Hospital patients.

Thank You 2016 Regina Classic Sponsors and Donors

Presenting Sponsor

Smead Manufacturing

Major Sponsors

Allina Health Emergency
Medical Services

Emergency Care
Consultants

Summit Orthopedics

United Hospital

Hole Sponsors

Bierstube

Christina Pieper-Bigelow, MD

Dunham Associates /

Loucks / BWBR

Elliott Contracting

HGA Architects and Engineers

Hoffman and McNamara

Horizon Mental Health

Management

Hunt Electric Corporation

Kraus-Anderson Construction

Company

LaCroix Consulting

In Loving Memory of Jane LaCroix

Mavo Systems

McGough Construction

Nasseff Mechanical Contractors

NEI Electric

NXC Imaging

Prairie River Home Care Blaine

Regina Auxiliary

Regions Hospital

River Pines Dental

St. Paul Radiology

Shared Medical Services

Sodexo, Inc.

South Valley Anesthesia, P.A

Viking Automatic Sprinkler Co.

Gifts and Donations

3M Cottage Grove

Alexis Bailly Vineyard

Apex Print Technologies

Auto Doctor

Avon Products – Ann Merfeld

Berwald Roofing

Mary Nylen Bezdicek

Bierstube, Inc.

Bix Produce Co.

Tom and Jo Boettcher

Breakaway Arts

Café Latte'

Mary and Jim Camber

Cannon River Winery

Cernohous Chevrolet

Chanhassen Dinner Theatres

Chipotle

Kim Christensen

Clifton Highlands

Coborn's Superstore

CVS Pharmacy

Dakota Pines Golf Club

Bre DeCorsey

Mark Dempsey

David and Shirley Doffing

Duff's Meats 2

Dunn Bros

Edward Jones – Office of
Abra Hovgaard

Emily's Bakery

Fitger's Inn Historic

Lakefront Hotel

Flowers for All Occasions

Deb Foster

GDT Document Destruction

Grand Casino Hinckley

Green Mill Restaurant & Bar

Hastings Co-op Creamery-

Dairy Store

Hastings Country Inn

Hastings Star Gazette

Lynda Holzemer

Ken and Betty Hoeschen

House of Wine

Joe and Maddie Mauer

Judge Electric

KDWA

KGB Financial Group, Inc./

Three Rivers, LLC

Bob and Jody Kleis

Las Tortillas Mexican

Restaurant

LHR Hospitality

Management

LINN Companies

M&H

Mac McGoon Portrait

Design Studio

Mall of America

Mavo Systems

Judy McDowell

Me & Julio's

Vicki Metcalf

MGM Liquor

Midtown Cleaners

Molitor Brothers Farm

Muddy Waters

Diane and Jim Nolan

Norma Lowell

Orange Dragon Art Gallery

O'Reilly Auto Parts

PBFS, David A. Doffing, CPA

Peg's Baking Company

Perkins

Planet Beach

Brandi Poellinger

Ptacek's IGA

R&B Contract Manufacturing

Karen Reinardy

Maria Reis

Rio Grooming School

and Salon

Joanne Ruedy

St. Paul Saints

Christel Schroeder

Second Childhood

Second Street Depot

Second Tyme Around

Bill and Joyce Sieben

Serenity Aquarium and

Aviary Services

Sheldon Theater

Simply Still Spa

Smucker's Food Service

Snap Fitness – Hastings

Snap Fitness – Prescott

Spartan Promotional Group

Staples

Sterling Drug

Target

The New Art of Dentistry

The Onion Grille

The Tree House

This and That Glass

Tom Thompson

Thorwood Rentals and

Retreats

Total Wine & More

Treasure Island Resort

& Casino

Dawn Trombley

Trophie's Plus

UNFI

United Hospital Foundation

Vendrite

Vermillion Pump and Market

Vino in the Valley

Jenifer Watters

Xcel Energy

YMCA

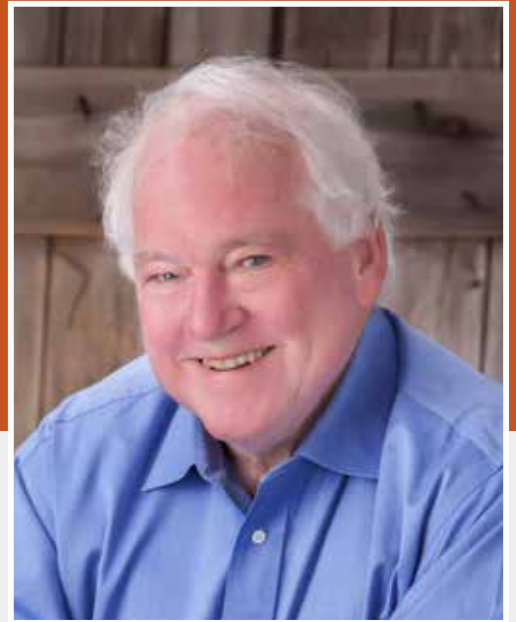
Special Thanks

Valley Pontiac-Buick-GMC
of Hastings

Regina Classic Volunteers

Volunteer Spotlight

Dr. John Plunkett receives Innocence Network Lifetime Achievement Award



Dr. John Plunkett is a general and forensic pathologist. Prior to his retirement from hospital responsibilities in 2004, he was the laboratory director and medical education director at Regina Hospital in Hastings, Minnesota, and the coroner for an office that served seven Minnesota counties. Dr. Plunkett currently serves on the Regina Foundation Board.

He has an interest in the evaluation of injuries in infants and children. His publications include a study of short-distance falls in children and articles regarding the biomechanics of head injury and resuscitation injuries. The Innocence Network is an affiliation of organizations from all over the world dedicated to providing pro bono legal and investigative services to individuals seeking to prove innocence of crimes for which they have been convicted, and working to redress the causes of wrongful convictions.

Dr. Plunkett was presented with the Innocence Network Lifetime Achievement Award earlier this year. He was also a featured speaker on a television documentary called "The Syndrome," released in April 2016.

Congratulations on this achievement, Dr. Plunkett!

Opportunities for giving

The Regina Foundation is a 501(c)(3) nonprofit organization dedicated to the viability of health care in our community.

Our work enhances the health care services and medical technology available in Hastings and the surrounding area. Gifts may be designated for a specific purpose or used by Regina for the areas of most need in senior living and the hospital. All gifts are gratefully received and acknowledged by the Regina Foundation. For more information, call the Foundation office at 651-404-1104.

Caring for Coworkers

Employee Emergency Fund



The Regina Foundation's Spirit of Regina employee giving group rallied behind establishing an employee emergency fund in 2016. It became a priority project to assist employees in crisis. The Spirit of Regina committee researched similar programs in other organizations and worked with key individuals to establish a casual, but fiscally responsible, urgent process to help coworkers.

Grants ranging from \$50 to \$500 for one-time support are available for rent/mortgage, damage deposits, utility costs, childcare, transportation, medical/dental or other critical needs. Regina campus employees are eligible to receive funding, and grants are usually made within 36 hours from the time the application is received. Approved grant payments are made directly to vendors; cash grants are not made to applicants. All applications are handled with strict confidentiality and a subcommittee of Regina's Mission Integration Team oversees fund administration.

Spirit of Regina goals for 2017 include the following project ideas provided by employees:

1. A new baby warmer for the birth center, which includes a built-in scale and resuscitation system
2. TV-DVD for Pauline Community to play music and relaxation videos
3. Automatic door openers to the Tabitha garden
4. IPad for patient mindfulness meditation on the Med/Surg floor
5. Additional funding for the Employee Emergency Fund to maintain this assistance for campus employees in crisis

Gifts and Memorials

May–Sept. 2016

In Honor

Margaret Thiel
Theresa Gegen

In Memory

Evelyn Boyer
Wallace Weber
Sandra and David
Willmarth

Joanne Davis

Davis Family
Michelle Herlund

Greg Doffing

Pat Doffing

Sophy Hauschild

Sydney Hausmann

Frances Karnick

Ed Karnick

Avis Sherry

Terry Morey
Vicky Mussehl

Lee Snobeck

Jennifer Green

Dr. Rudy Tan

Olga Tan

Mary Tobias

Gerald Tobias

Alma Velin

Gail Velin-Beckman

Mollie Wolf

L.J. Walker

Contributors

Don and Mary Ellen
Olson, Jr.

Upcoming Class

AAUW and Regina
Foundation present:

Overcoming Sleeplessness

Monday, Feb. 27, 2017
7:30 p.m.

St. Phillips Church
15th and Pleasant in Hastings

Regina Foundation

1175 Nininger Rd
Hastings, MN 55033

Tree of Lights Blessing

Thursday, Dec. 1
2:30 p.m.

Regina Chapel
Lobby



Great Rivers Society

Great Rivers Society was established to recognize and honor the most distinguished benefactors of the Regina Foundation. The committee is establishing goals and strategies to grow the foundation through major gifts.

Great Rivers Society membership is extended to individuals who make a commitment to Regina Foundation of \$5,000 or more. All donations stay local and are used to fund projects at Regina. Giving levels are named after some of our most influential Regina icons:

Sister Tabitha – \$25,000 and above

Father Dunne – \$10,000 - \$24,999

Dr. Fasbender – \$5,000 - \$9,999

Great Rivers Society Charter Members

Chuck and Mary Caturia

Marc and Lynn Chorney

Bernie Estenson

In memory of Lee Estenson

Charlie Johnson

In memory of Carol Johnson

Brian and Rebecca LaCroix

James P. LaCroix

Jeff and Julie LaCroix

In honor of Ken and Jane LaCroix

Ken and Phyllis LaCroix

Joanne Ruedy

Gary Seibert

In memory of Kate Seibert

Jeannie and Tom Williams

Al and Kay Zavala

Members

Drs. Neal and Jennifer Buddensiek

Jan and Doug Differt

David and Andrea LaCroix

In honor of Betsy LaCroix

Dick and Donna Rother