

# The Cornerstone

Fall 2018

## Tree of Lights

**Imagine riding a horse like you did as a child, hopping on your bicycle to get to school, or driving your Model A Ford to the neighbor's barn dance.**

Well, no imagination needed for Regina residents with the new virtual reality program that will be purchased with proceeds from this year's Tree of Lights. Residents will simply put the virtual goggles on, and the program puts them back in the saddle! What an incredible feeling to go back in time and experience treasured activities from years ago!

The "smart glasses" also work together, so a group of people can hike up Macchu Picchu together or go on a walking tour of Paris. New experiences can spark old memories and new friendships.

"Virtual reality is decreasing agitation, frustration, anxiety and depression and increasing engagement and happiness," says Dr. Neal Buddensiek, medical director of Regina's Care Center.

The Tree of Lights campaign is a unique and heart-warming 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.

If you donate \$25 or more to Tree of Lights, you will receive a keepsake Christmas ornament as a thank you gift. Everyone is welcome to join us at the Tree of Lights Blessing and Lighting Ceremony on Monday, Dec. 3 at 3 p.m. in Regina's Chapel Lobby. The Tree will remain lit until Jan. 7.

*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  
Tony Bolstorff  
Bernie Estenson  
Joe Harris, Vice Chair  
Judy Hemp, Regina Auxiliary  
Lynda Holzemer  
Brian LaCroix  
Ken LaCroix, Secretary/Treasurer  
Doug Laumeyer  
Shelley Solberg, CEO,  
Regina Senior Living  
Tom Thompson, President,  
Regina Hospital  
Mike Wise  
Mark Zuzek

## Keep in touch

We'd like to provide you with occasional updates throughout the year; please contact us if you'd like to be added or removed from our email or mailing list.

### Contact us at:

Regina Foundation at  
651-404-1104 or email  
maria.reis@allina.com

*"Let us work together to make this a community of justice, peace, and love."*

*– Sister Tabitha*



Brandi Poellinger

This is one of many quotes that adorn the walls throughout our campus. They are quiet reminders that if we want to accomplish great things, we must work together. The Regina Foundation is blessed to have more than sixty employees and community members who come together, in like mission and values, to serve on our various committees, including:

- **Great Rivers Society** (Brian LaCroix, Chair) recognizes the most distinguished benefactors, who pledge \$5,000 or more over a five year period.
- **Annual Support** (Mark Zuzek, Chair) focuses on annual gifts between \$50 - \$999 that introduce donors to the power of philanthropy
- **Community Relations** (Joe Harris, Chair) collaborates with our medical staff and community partners to plan health-related educational sessions and community forums
- **Spirit of Regina** (Lynda Holzemer, Chair) encourages our employees to financially support specific programs and projects that enhance the care of our patients and residents
- **Planned Giving** (Tony Bolstorff, Chair) educates potential donors on a variety of giving options including will bequests, life insurance, life income gift annuities, and charitable remainder trusts.

Thank you for everything you do – attend a seminar, serve on a committee, make a contribution, recommend Regina Hospital/Senior Living to a friend or family member – to ensure that the tradition of health care excellence that the Sisters of Charity of Our Lady, Mother of Mercy began more than sixty years ago remains alive and well throughout our campus. As always, feel free to contact me if you have any questions regarding the Regina Foundation.

Merry Christmas!

*Brandi Poellinger*

Director of Community Engagement & Philanthropy

# Committee

## Highlights



### Community Relations

The Regina Foundation teamed up with Dakota County Attorney General's office to bring the "Top Secret Project" to Hastings. Presenter Ann Lindberg-Borgen, BA, LADC, District #197 Chemical Health Coordinator, spoke about a unique exhibit designed to help parents recognize unfamiliar hazards that are often in plain sight. Using a simulated teenager's bedroom, the interactive exhibit includes hundreds of items that when seen through an educated lens, could be a signal that there's a problem.



Dane Jorento,  
MSW, LICSW  
Allina Mental Health  
Therapist

On November 5, Dane Jorento, Allina Mental Health Therapist, talked about learning challenges for children (and adults). He discussed a holistic approach about how brain functioning impacts learning, as well as how feelings and thoughts impact behavior differently. He covered tips for parent, teacher and student empowerment and how to improve the learning process. He also redefined ADHD to increase understanding and behavior management.

### Annual Support

The Regina Foundation would like to introduce the Annual Giving Committee:

Mark Zuzek, Chair	Sue Hoffman
Wendy Dodge	Jake Morri
John Moes	Troy Weathers
Cindy Hoffmann	Trish Thompson
Mike Slavik	Sheri Fox
Gina Purzitza	Amy Fox
Joannie Becker	Paula Angell
Maureen Kranz	

Thank you for graciously donating your time and energy to help raise awareness of the mission of the Regina Foundation! The Annual Giving Committee will work together to encourage annual donations of \$50 - \$999. 100% of all donations benefit the patients and residents of Regina Hospital and Regina Senior Living.

### Planned Giving Committee

As a community who values having high quality, local health care, we have the power to strengthen and expand the services available in Hastings for generations to come. There are numerous ways to support the Regina Foundation, but if you are looking to leave a legacy, please consider a planned gift. All the material things we've worked for—personal property, assets like retirement funds and insurance policies—are tools of charitable gift planning, tools that allow you to express your beliefs and values. Planned gifts can also provide you with valuable tax benefits, and even an additional source of income for life.

Over the next year, the Planning Giving Committee will host education seminars on a variety of topics including: charitable gift planning, retirement planning, saving for college, estate planning, the importance of a will, and advanced directives.

*If you would like to learn more, please contact the Regina Foundation office.*





# 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.

## IN MEMORY

### Jack Arend

Maureen Arend

### Gerald and Sabina Blatz

Blatz Family

### Irma Bogdan

Mary Aguila

Family of Irma Bogdan

M.K. Boyd

Dennis and Darlene Collins

Nancy Halberg

Mary Holien

Joyce Kocher

Clifford and Madonna Larsen

JoAnn and Thomas Urbanski

### Matt and Harriet Breyer

Vernon and Mary Lou

Conzemius

### Eugene and Evelyn Casserly

Maureen Arend

### John (Jack) Fay

Bertha Fay

Richard Kobs

### Craig N. Felton

Norman and Shirley Gould

### Eugene (Geno) Halberg

Conrad and Denise Adelman

Michael and Karen Buss

James and Faye Collins

Jason Collins

Burl and Dwight Dick

Cristina Emerson

Colleen Fritsch

Thomas and Barbara Greenslit

Nancy Halberg

Mary Holien

Connie Housker

Shirley Keene

Jane Lightbourn

Mary McGree

Karen Moore and Bill Spinelli

John and Eileen Palmer

Shirley Silling

Bernice Bauer Steele

Doris Thelen

Lawrence and Kathleen

Tutewohl

Gary and Helen Wood

Patricia Zuzek

### L. William Kendall

Joan Kendall

### Ken and Jane LaCroix

Emprize Group

Brian and Rebecca LaCroix

### Jamie Losh

Steve and Dory Losh

### Dave McNamara

Steve and Dory Losh

### Adeline Nelson

Rhonda Nelson

### Orville Nelson

Rhonda Nelson

### JoAnne Olson

Kristine and Charles Gilley

Leach Wallace Associates

### Erin J. Okeson

Norman and Shirley Gould

### Dorothy Raway

Dennis and Barbara Frederick

### Lois Stadler

Valerie Booth

### Margaret Ann Thiel

Carol Gegen

Katherine Justen

James and Barbara Rohde

USPS Southern Law Office

### Alma Velin

Gail Velin-Beckman

## CONTRIBUTORS

Renee and Terry Hartman

Leroy and Barbara Pribnow

Georgia Rowan

Christel Schroeder

Jerry Seleski



The Regina Foundation recognized these Great Rivers Sociey members with a customary watercolor print: Mark and Christina Pieper-Bigelow, Cindy Early, Donna and Rick Rother, Armin and Cindy Hoffmann.

# Spirit of Regina

The employee giving group, **Spirit of Regina**, recognized 2018 participants at a June indoor picnic. The theme this year is "Regina Round Up," and we kicked off the event with a menu of pulled pork and turkey, calico beans, with apple strudel dessert! September 24 started Spirit Week with all kinds of "Round Up" activities to raise funds for 2019. Projects are chosen by Regina employees and include:

1. **Maintain the Employee Emergency Fund** so we can continue to help our coworkers in crisis. We have assisted four of our Regina family members so far in 2018.
2. **Virtual Reality Kit** provides training for individuals who work within the aging services area or department. This education tool encompasses many situations that the elderly face; especially those with dementia. This equipment allows the health care team to step into the perspective of the patient and is a great tool for senior living and hospital staff, family members and even community members like police and firefighters.
3. **New recliner chairs** in the Pauline Community will add to the comfort and safety of our residents.
4. **A baby changing station** in the surgical waiting room will help keep family close, so they don't miss important updates about their loved one's progress.
5. **Charging stations** installed in the surgical and emergency waiting rooms, so family and friends can keep their electronic devices up and running.



Spirit of Regina committee member, Melissa Lundberg, serves up some apple strudel at the Regina Round Up recognition picnic last summer.



Don and Mary Ellen Olson, Jr.

## Great Rivers Society

September is the perfect time of year to visit an apple orchard, and we were blessed once again to gather at Whistling Well Farm on September 25. The Great Rivers Society members and guests enjoyed a casual evening, ending with a delicious variety of freshly baked apple pies. We enjoyed recognizing some of our newer members.

Great Rivers Society has been established to recognize and honor the most distinguished benefactors of the Regina Foundation. Membership is extended to individuals who make a commitment to Regina Foundation of \$5,000 or more over a five-year period. All donations stay local and are used to fund projects at Regina Hospital and Regina Senior Living.

### GREAT RIVERS SOCIETY CHARTER MEMBERS

<i>Chuck and Mary Caturia</i>	<i>Jeff and Julie LaCroix</i>
<i>Marc and Lynn Chorney</i>	<i>– In memory of Ken and Jane LaCroix</i>
<i>Bernie Estenson</i>	<i>Ken and Phyllis LaCroix</i>
<i>– In memory of Lee Estenson</i>	<i>Joanne Ruedy</i>
<i>Charlie Johnson</i>	<i>Gary Seibert</i>
<i>– In memory of Carol Johnson</i>	<i>– In memory of Kate Seibert</i>
<i>Brian and Rebecca LaCroix</i>	<i>Jeannie and Tom Williams</i>
<i>James P. LaCroix</i>	

### MEMBERS

<i>Drs. Neal and Jennifer Buddensiek</i>	<i>Donald and Mary Ellen Olson, Jr.</i>
<i>Nick and Cheryl Conzemius</i>	<i>Christina Pieper-Bigelow</i>
<i>Jan and Doug Differt</i>	<i>– In honor of Richard and Mary Pieper</i>
<i>Cindy Early</i>	<i>Brandi and Steve Poellinger</i>
<i>– In memory of Fran and Marc Tobias</i>	<i>Patrick and Mary Regan</i>
<i>John and Diane Fox</i>	<i>Dick and Donna Rother</i>
<i>Cindy and Armin Hoffmann</i>	<i>Bill and Joyce Sieben</i>
<i>Christy and Pat Iverson</i>	<i>Rev. John Siebenaler</i>
<i>David and Andrea LaCroix</i>	<i>– In memory of Mary Kay Hoffman</i>
<i>– In honor of Betsy LaCroix</i>	<i>Rev. Leonard Siebenaler</i>
<i>Doug and Barbara Laumeyer</i>	<i>Father Martin Siebenaler</i>
<i>Patrice and Charlie Molitor</i>	<i>– In memory of Math and Christine Siebenaler</i>
<i>Dale Olson and Alice McGuigan</i>	<i>Tom and Lori Thompson</i>
<i>– In honor of Roderick and JoAnne Olson</i>	



Wow! We had a golfer make a hole-in-one! Lynda Holzemer, also the Regina Classic tournament director, made her second ever hole-in-one and won a set of "Smart Clubs." Valley Pontiac-Buick-GMC of Hastings provides prizes like this for our tournament, including a car on Hole 9. Congratulations, Lynda!

2018

# Regina Classic

**It was a beautiful, sunny day for Regina Classic golfers on September 10. Over 160 golfers and volunteers enjoyed golf, raffles, silent auction, great food and camaraderie all day.**

Thanks to our sponsors, donors and volunteers, more than \$36,000 was raised at the tournament. Proceeds will support an aromatherapy program for our residents in Regina Senior Living. This program is specifically designed for seniors and addresses pain, anxiety and behavior-related symptoms. Funds will also be used to upgrade the Regina Senior Living therapy kitchen. The "mock" kitchen will be upgraded with working appliances so residents have real-life experience with cooking, using the dishwasher, doing laundry, etc. Creating a more functional setting to duplicate what patients encounter at home is a significant advantage for them.

## PRESENTING SPONSOR

Smead Manufacturing  
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Emergency Care Consultants  
Hunt Electric Corporation  
South Valley Anesthesia, PA  
Summit Orthopedics  
United Hospital

## HOLE SPONSORS

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Horizon Mental Health  
Management  
Kraus-Anderson Construction  
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In Loving Memory of Ken  
and Jane LaCroix  
McGough Construction  
Nasseff Mechanical Contractors  
Regina Auxiliary  
Shanks for the Memory  
St. Paul Radiology  
Trane  
Ziegler Power Systems

## FLAG SPONSORS

KGB Financial Group  
Christina Pieper-Bigelow, MD  
Prairie River Home Care  
Zellner Senior Health Consulting



*Thank you to the wonderful  
businesses and people who  
support our mission.*



Chair massage is offered to our players and volunteers.

## Silent Auction/Donations

3M Cottage Grove	Dunn Bros – Hastings	Lucille's Restaurant	Christel Schroeder
Ace Hardware	EcoLab	Debi Ludwigson	Second Childhood Dolls & More
Alexis Bailly Vineyard	Emily's Bakery	M&H	Second Street Depot
American Legion	Flowers for All Occasions	Mac McGoon Portrait Design Studio	Seven Sisters Greenhouse
Apex Print Technologies	Joyce Foss	Mall of America	Sherwin Williams – Hastings
Auto Doctor	Debra Foster	Me & Julio's	William and Joyce Sieben
Avon – Ann Merfeld	GDT Document Destruction	Vicki Metcalf	Simply Still Spa
Jodi Baglien, LLC	Gopher Hills Golf Course	MGM Liquor	Snap Fitness – Hastings
Bellwood Oaks Golf Course	Grand Casino Mille Lacs or Hinckley	Midtown Cleaners	Spartan Promotions – Mary Slusser
Beloved Boutique	Green Mill	MN Twins	Spiral Food Coop
Bierstube	Hastings Concert Association	MN Vikings	Staples
Birchwood Wire and Wool	Hastings Country Inn	Muddy Waters	Subway – Hastings
Bix Produce	Hastings Star Gazette	Nine Eagles	The New Art of Dentistry
Tom and Jo Boettcher	Hidden Greens Golf Course	Diane and Jim Nolan	The Tree House
Beth Brandt	Ken and Betty Hoeschen	Office Depot	This and That Glass
C&S Vending	House of Coates	Onion Grille	Tires Plus of Hastings
Café Latte	House of Wine	Orange Dragon Art Gallery	Dawn Trombley
Cernohous Chevrolet	Judy Hunter	PBFS, David A. Doffing, CPA	Trophies Plus
Chipotle	Hy-Vee – Cottage Grove	Joyce and Chad Pechacek	UNFI
Chuck and Dons Pet Food Outlet	Christy Iverson	Perkins – Hastings	United Hospital Foundation
Clear Choice Pool and Spa	Joe and Maddie Mauer Donations	Picaboo	Shelley Wagner
Clifton Highlands	Judge Electric	Planet Beach	Carol Wallin
Coborn's Superstore	Ruth Kelly	Brandi Poellinger	Walgreen Drug Store
Common Man Brewing	KDWA	Ptacek's IGA	Walmart
Crave Restaurant	King's Place	Regina Activity Department	Meri Weber
Cub Foods	Bob and Jody Kleis	Maria Reis	Whistling Well Farm
Culver's Restaurant	KWIK Trip	Brenda Riley	Xcel Energy
Dairy Queen	Lah Tee Dah	Rio Gran Grooming School & Spa	Yacht Brokers, Inc.
Dakota Pines Golf Club	LINN Companies	Joanne Ruedy	YMCA - Hastings
Bre DeCorsey	Norma Lowell	St. Patrick's Guild	Janice Zaccardi
Mark Dempsey		St. Paul Saints	
Shirley Doffing			
Dominoes – Hastings			

# Regina Foundation

1175 Nininger Rd  
Hastings, MN 55033

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US POSTAGE  
PAID  
ALLINA HEALTH  
SYSTEM

## Tree of Lights Blessing

Monday, Dec. 3 at 3 p.m.  
Regina Chapel Lobby



## Mingle & Mammogram Parties

Getting a mammogram is not exactly the highlight of the year for most women age 40+, but Regina Foundation is helping to make the annual screening a little more pleasant. During the spa-like evening, women can enjoy massage, hand treatments, snacks – and, of course, a mammogram.

For upcoming dates and to sign up for the party, call **651-404-1004**.

## Regina Foundation Projects

Two of the many projects that the Regina Foundation supported this past year include the purchase of four new tubs for the spa areas in Regina Senior Living. These replaced non-operational tubs and enhances efficiency and comfort for our residents. We also upgraded the call light system in the nursing home which improves the safety for our residents, communication between staff, allows special alerts, and provides data reports used for training and improving care.

