

The Cornerstone

Fall 2017

Tree of Lights

Warm your heart with a holiday light on our remembrance tree

The Tree of Lights campaign is a unique and heart-felt 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 Live 2B Healthy wellness program part of Regina Senior Living. This program improves mobility, balance, endurance and cardiovascular health of our residents. Regina's memory care residents, as a group, improved their balance by 74% during the first half of 2017. Additional benefits include long-term improvement in overall health – fewer falls, decreased symptoms of depression, better sleep patterns and improved problem-solving abilities. Also, an aromatherapy program was designed specifically for seniors which addresses pain, anxiety and behavior-related symptoms.

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

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. 4 at 5 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
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Eric Slapnicher, OD
Tom Thompson,
President, Regina Hospital
Mike Wise

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



During the last year, I have met many of you through various educational seminars, committee meetings, and other Regina Foundation, Hospital or Senior Living events. I have enjoyed getting to know you, hearing your stories and answering questions about the Regina Foundation.

I was recently asked what my ideal donor looks like. I'm guessing they were expecting me to say that the Foundation's ideal donor is someone who walks into our office with a check for \$1,000,000 in their hand. Actually, I said, "My ideal donor is anyone who believes in the work that we are doing at Regina Hospital and Regina Senior Living. It's anyone who has been touched by the kindness of our staff or who has interacted with our patients or residents and feels a desire to give at any level."

Every donor gives for a different reason and in a different way. Some volunteer their time. Others purchase a bulb on the Tree of Lights in memory or in honor of a loved one. A local business sponsors the Regina Classic. A resident's family is compelled to support our caregiving. Employees join the Spirit of Regina team. Individuals pledge a gift to the Great Rivers Society while others include the Regina Foundation in their estate planning. Each contribution makes an impact. Every story behind the contribution has the ability to influence future philanthropic gifts and help us continue our mission of caring for the whole person.

While the person was expecting a different answer, my answer was honest. Our ideal donor is one who believes in the mission of our work. Someone who believes that we are special in the way we deliver care to our patients, residents and community. Someone who believes that through their contribution, Regina Hospital and Regina Senior Living will continue the legacy started by the Sisters of Charity of Our Lady, Mother of Mercy more than 60 years ago.

Sincerely,
Brandi Poellinger
Director of Community Engagement & Philanthropy

Fall

Orchard Experience - Great

Rivers Society



On September 12, the Great Rivers Society members and guests enjoyed a lovely autumn afternoon at Whistling Well Farm. Owner Charlie Johnson gave an interesting presentation on apple processing. While dining on grilled burgers and Ptacek's IGA famous brats, guests listened to music from the "Back Porch Band." The evening ended with a delicious variety of fresh baked apple pies.

The 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

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

Members

Drs. Neal and Jennifer Buddensiek

Nick and Cheryl Conzemius

Jan and Doug Differt

Cindy Early

In memory of Fran and Marc Tobias

David and Andrea LaCroix

In honor of Betsy LaCroix

Doug and Barbara Laumeier

Christina Pieper-Bigelow

In honor of Richard and Mary Pieper

Brandi and Steve Poellinger

Pat and Mary Regan

Dick and Donna Rother

Tom and Lori Thompson

Spirit of Regina

The employee giving group, Spirit of Regina, held a summer family picnic in June at Day Camp Spring Lake. The picnic included grilled burgers, hotdogs and s'mores. The YMCA of Hastings organized camp-themed activities for campers of all ages including archery, slingshot, gaga, tie-dyeing and sandcastle building.

Our annual Spirit Week activities took place in September. This year's theme was "Viva Las Spirit." The campaign raised funds for the following 2018 projects:

1. Maintaining the Employee Emergency Fund so we can continue to help our coworkers in crisis
2. Sleep sacks for newborns to promote safe sleep for babies
3. New chairs in the Pauline Unit for the comfort and safety of our residents and staff
4. Bariatric furniture in the Emergency and Surgery Center waiting rooms to provide comfort and safety for our patients and families
5. New chairs for the Tabitha Community that are easy to clean and reflect the dignity of our residents



I'm happy to be part of the Spirit of Regina Team because ...

I've always been a strong believer that working together as a team, anything can be accomplished. I'm a new member of the Spirit of Regina Team, and I've seen some of the past projects and witnessed the joy when a need is filled. I'm happy that I can say that now I'm a part of that and look forward to seeing what the Spirit of Regina team can do.

Cathy J Williamson
Business Office Manager
Regina Senior Living Community



I feel very grateful and blessed for what I have; it makes me feel good to be able to share. Some of my very dearest life-long friends have lost their parents over the years, I appreciate the ability to donate in honor of my beautiful memories of them.

Lisa Rogers
Patient Registration/Scheduler
Allina Hastings Clinic



I give to the Spirit of Regina for several reasons. But the number one reason is that it benefits the patients and the residents in ways that it wouldn't without the Spirit of Regina committee and its members. It is also a great way to get involved with people in the community.

Melissa Lundberg
Janitor/Housekeeping
Regina Hospital

Community

Relations Committee



The Regina Foundation teamed up with Dakota County Public Health to offer “Become a Dementia Friend” at Regina Senior Living in August. Over 80 community members learned how to make a difference for people touched by dementia, help everyone understand what dementia is and how it affects people. Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia.

In September, Pediatrician Nick VenOsdel and Hastings High School Athletic Trainer Chelsea Zajac from Courage Kenny Rehabilitation Institute presented “Concussion: Sideline from more than sports.” Attendees learned about prevention, diagnosis, treatment and after-care of concussions.

The October seminar topic was Anxiety and Depression. With the holidays approaching, this timely presentation focused on signs and symptoms, tips for coping and provided valuable resources.

Jess Luce, with Dakota County’s Communities for a Lifetime (aging) Initiative and Colleen Fritsch, a Hastings resident and Metropolitan Area Agency on Aging staff member shared how to become a “Dementia Friend.”

Giving Opportunities

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.

Gifts and Memorials May 2017 – September 2017

IN HONOR

Sister Geralyn Misura
Cindy Early

Helen Radtke
Mary Holien

IN MEMORY

Glen Andersen
Arlene, Michelle and the
Glen Andersen Family
Gerald and Kathryn Koryba

Greg Doffing
Patricia Doffing

John and Anne Greten
Martha L. Greten

Paul J. Greten
Martha L. Greten
Rod and Joanne Olson

Ann Knoll
Wallace Weber

Fred Leatherby
Donine Leatherby

Joan Luca
Gail Griffith

James Kinsey
Donna and Paul Wilsberg
Sister Mary Philip
Robert and Lucille Dassow

Math and Christine Siebenaler
Fr. Martin Siebenaler

Frank Slocum
Jacky Slocum and Family

Harold Stenson
John and Barbara Engel

Alma Velin
Gail Velin-Beckman

CONTRIBUTORS

Maureen Arend
Jeffrey and Debra Bauer
Kathryn Biegel
Cernohous Chevrolet
James and Faye Collins
Patricia Doffing
Martin and Marie Emeott
Robert Geronime
Judith Harrigan

Terrance and
Renee Hartman
Gwenellen Henrich
Hillary Lyons Associates
Mr. and Mrs. Donald
Holzmer
Kathleen Horsch
Elizabeth Hudella
Clifford and
Madonna Larsen
Elenore M. Lohmann
Michelle Marquardt
Marguerita Marschall
Pat McNamara
Jack and Irene Meier
Richard and
Rosemary Mohnk
Donald and Mary
Ellen Olson
Christina Ritzer
Ronald and Karen Rubin
Christel Schroeder
Wise Family Funeral &
Cremation Services



Regina

Classic

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In Honor of Ken LaCroix
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SPECIAL RECOGNITION AND THANKS TO

Kristi Cariveau, Spa Where You Ahh
Regina Classic Volunteers
Valley Pontiac-Buick-GMC of Hastings

SILENT AUCTION/DONATIONS

3M Cottage Grove
Ace Hardware/ Jake and Jennifer Morri
Alexis Bailly Vineyard
Apex Print Technologies
Applebee's
Auto Doctor, Inc.
Avon, Ann Merfeld
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Mary Nylen Bezdicek
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Culver's
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Hastings Concert Assoc.
Hastings Country Inn
Hidden Greens Golf Course
Ken and Betty Hoeschen
Lynda and Mike Holzemer
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House of Wine
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Onion Grill
Orange Dragon Art Gallery
O'Reilly Auto Parts
Lynn Otto
Gwen and Russ Pangerl
Jeanne Pauletti
PBFS, David A. Doffing, CPA
Perkins
Planet Beach
Brandi Poellinger
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Ptacek's IGA
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 Rio Grooming
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 Von Hansen's Meats
 Shelley Wagner
 Walgreen Drug Store
 Whistling Well Farm
 Cathy Williamson
 LuAnn Wise
 Xcel Energy
 YMCA

Regina Classic

While we didn't plan it, the solar eclipse was a great addition to the annual Regina Golf Classic. More than 130 golfers were able to view the different phases of the eclipse between swings at Dakota Pines Golf Club. Even though the event was rained out after nine holes, the Classic raised more than \$37,000 for the Regina Foundation and provided a memorable experience for participants and volunteers. The net proceeds from the event will fund Regina Hospital and Regina Senior Living programming and services. Thank you to our sponsors, donors, and volunteers who helped make this event a success.



The highlight of the day had nothing to do with golf! The Regina Foundation provided glasses to participants and volunteers so they could watch eclipse history in the making.

Live 2B Healthy



"I really enjoy the Live 2B Healthy classes. In my opinion, everyone should give it a try. I've been going since they started and have only had to miss a few sessions. I really hate to miss. I feel like it has helped me recover from my surgery and fall. You can do most of the exercises while sitting. It's a lot of stretching, each week we focus on a different area; we only push ourselves to our own comfort level. Elliot is encouraging, he emphasizes the importance of movement, proper body mechanics and also gets our minds working."

~ Margaret Akins

"I think the program is well run. The people are very kind and helpful. I like it because we can take our time doing it; we are never rushed. I enjoy the warm ups and working all parts of our bodies. If you're not able to do something you can just sit and watch. I'm 95 years old, and I'm feeling better and more in shape since this program. I go three times a week. It has helped me so much with my lower back and shoulder. Now I'm taking less pain pills. It helps me keep the weight off. While we are stretching, he gives us tips on healthy eating. He demonstrates each exercise and stands close by if we have any questions. The staff that runs this is always on time, they are very patient and encouraging."

~ Emma Siebenaler



Tree of Lights Blessing

Monday, Dec. 4 | 5 p.m.
Regina Chapel Lobby

 **Regina**
Foundation

1175 Nininger Rd., Hastings, MN 55033