

December 2015  
Munson Healthcare Foundations

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# FOCUS



VOLUNTEERS  
ARE VALUED



Munson Medical Center Volunteers will mark their 70th anniversary of service to the hospital in 2016. The hospital's 322 volunteers donated 39,000 hours last year. Among the group's most active volunteers are Elfie Steigerwald and Jim Walter, shown here. Look inside to learn more.

# Volunteers are Integral to Our Health Care Team

Munson Medical Center Volunteers will mark their 70th year of service to the hospital next year. What began as a group of 20 local women in 1946 has grown into an organization of men and women from various walks of life who are considered an integral part of today's health care team.

In addition to hours of donated service, Volunteers historically have provided generous financial support, both individually and as a group. To date, Volunteers have donated more than \$2 million to the hospital. Most recently, Volunteers donated \$66,282 in Gift Shop proceeds to help purchase advanced computer software for the new Cowell Family Cancer Center. This specialized software will help streamline and support the clinical needs of oncology patients, ensuring coordinated care from diagnosis through survivorship.

"We are very grateful for the wonderful men and women who serve as Volunteers at each of our hospitals," said Desiree Worthington, Munson Healthcare Chief Development Officer. "They choose to be here with us, donating their precious time. We could not provide the quality service we do without them."

## Munson Medical Center Volunteers By the Numbers

Number of volunteers	322
Hours donated in 2014-2015	39,000
Dollar value of time donated	\$663,600
Proceeds from Gift Shop	\$66,282

Good will generated Priceless

## 'Being associated with Munson is wonderful'

Stephanie Walter's eyes filled with tears as her husband, Jim, was

honored as one of the Top 10 Volunteers for 2014-2015 at Munson Medical Center. The certificate handed to Jim during the Volunteer Awards



Reception in November not only recognized his many hours of service, but also represented a hard-fought recovery from a devastating medical emergency.

Four years ago, Munson Medical Center neurosurgeon Paul Davis, MD, saved Jim's life after he suffered a subdural hemorrhage. An extended hospitalization and recovery involved a multidisciplinary care team headed by Jim Milliken, MD, and Julie Gronek, MD.

During Jim's rehabilitation therapy, he was asked to demonstrate that he could safely bake a cake. His occupational therapist took him to the kitchen at Munson Manor to make a cake, which Jim describes as "disastrous." But Dr. Gronek saw an opportunity to help Jim's recovery and give him a sense of purpose. She suggested he volunteer at Munson Manor to use the skills he'd developed during nearly 40 years in the travel and hospitality industry.

Despite some lingering limitations, Jim has been a devoted Munson Manor volunteer for three years, working at the reservation desk, vacuuming, watering flowers, helping

in the kitchen, baking banana bread, and doing whatever else needs to be done. "I am the shredder extraordinaire," he said with a broad smile.

Jim also enjoys talking with and listening to guests as they unwind from a long day of visiting their hospitalized loved one. He has donated more than 1,200 hours in the past two years and enjoys being among Munson Medical Center's 322 volunteers.

"These volunteers are just nice, compassionate people who want to help and want to listen," he said. "It makes me so proud to say I'm from Traverse City in general. To say I'm associated with Munson is also wonderful. It's a fabulous hospital. It obviously saved my life; our son was born here and my wife has had surgeries here. We've always received tremendous, compassionate care from the nurses and doctors."

## 'I love to be with people'

During 25 years of volunteering at Munson Medical Center, 81-year-old Elfie Steigerwald has encountered thousands of patients. Many of them linger in her heart, including a young teen hospitalized with severe injuries. As he laid in



a coma, Elfie relieved his distraught, exhausted parents from their bedside vigil by sitting with the boy. She tenderly stroked his hand and hummed a



A lively group of Munson Medical Center Volunteers assembled on the porch at the Munson Healthcare Foundations office for a recent photo.

Croatian lullaby she learned growing up in Austria. The day his eyes finally fluttered open remains a favorite memory from the nearly 10,000 hours she has spent at Munson Medical Center. Elfie was reunited with this special patient years later when he learned her pontoon boat was for sale. He outbid all other offers, determined to buy it because it belonged to the woman who had patiently hummed him back to consciousness.

These days, Elfie volunteers as a patient escort. If patients think it's odd to be wheeled around the hospital by an octogenarian who has had two knees replaced, most don't mention it. Elfie is part of a patient escort team that includes a retired surgeon, athletic director, and teacher. Each volunteer has his or her own reason for donating their time to the hospital.

For Elfie, she's never known another way. "My family was always into helping others," she said. "We didn't

call it volunteering in Europe – we called it helping." Elfie Niklas was 10 when her town was occupied during World War II. After the war, she and her parents left everything behind as they boarded a U.S. troop transport ship to New Orleans. Her family volunteered on the ship, helping young mothers traveling with small children. Each immigrant leaving the ship was given \$7. Elfie's family was sent to an Alabama cotton farm for a year to work off their sponsorship.

Elfie later met Lou Steigerwald, who became founder of an independent auto tooling company in Troy. They were married for 52 years and raised one daughter and three sons. Throughout the years, Elfie has used the sewing skills she learned as an apprentice seamstress in Austria to help others. Her dream of sewing beautiful dresses has been partially fulfilled by volunteering in the costume department at Interlochen Arts Academy for 20 years.

Five years ago, Elfie was asked by a Neonatal Intensive Care Unit nurse to sew transport dolls which are given to new mothers when their infant must be transferred to Munson Medical Center. During the separation, the doll picks up the mother's scent and is then placed in the newborn's isolette to provide comfort. It takes Elfie about three hours to make each doll, embroider the eyes, and crochet the cap.

Elfie shows no signs of slowing down. She donated the fourth highest number of volunteer hours in 2014-2015.

"For me, it's been a great thing," she said. "I love to be with people. When I wheel patients out, most have a lot of praise for their care – they are very happy the hospital is here."

**Volunteers provide great services around the Munson Healthcare system. Please watch for future feature stories about the vital volunteers at each of the Munson Healthcare hospitals.**

# Cowell Family Cancer Center Nears Completion

## Groundbreaking to ribbon cutting in less than two years

Final work is taking place to prepare the Cowell Family Cancer Center for patients in early spring. In the coming weeks, physicians, clinicians, and administrative and support staff will begin moving into the \$45 million structure. After nearly two years of construction, the project is on time and within budget.

Cancer care that has taken place in more than 10 locations will soon be consolidated under one roof. The vision of coordinated cancer care captured the hearts and imaginations of 2,448 individual donors, including 728 people who made first-time gifts. In all, donors have provided a record \$18.5 million for the project.

### Save the Date



**Ribbon-Cutting Ceremony**  
Wednesday, April 13, 2016

The ribbon-cutting ceremony for the Cowell Family Cancer Center is scheduled for Wednesday, April 13, 2016, from 2 - 4 pm. A special reception and tours for cancer center donors will be held in early June.



### The Hub of Regional Care

As the Cowell Family Cancer Center comes online, the Munson Healthcare Regional Cancer Network is being established through collaboration with system hospitals and medical oncology clinics and infusion services. The cancer center will serve as the hub for residents living in 24 counties of northern Michigan, but coordinated treatment and follow-up care will continue to take place in local communities whenever possible to ease the patient's travel burden.

### Expanding Clinical Research

Cancer research trials have been offered here for many years through the National Cancer Institute, but plans are underway to expand access to industry-sponsored clinical trials and phase 2 trials with the University of Michigan. Clinical trials may open the door to new treatments for patients who have exhausted all conventional options.

“We need to raise \$300,000 to provide additional research infrastructure and program enhancements,” said Munson Healthcare Chief Development Officer Desiree Worthington. “We are thankful to have a donor willing to provide a match for all gifts made between now and December 31.”

Anyone who donates \$10,000 or more will be recognized by name in the Cowell Family Cancer Center lobby.

To learn more, call **231-935-6482**.



# Paul Oliver Memorial Hospital: 'Not a lot of small hospitals can do what we do'

Paul Oliver Memorial Hospital is home to some of the most advanced imaging technology available anywhere, thanks to an extremely generous and supportive community.

"We really do offer comprehensive services that can sometimes surprise visitors to our region," said Peter Marinoff, president of Paul Oliver. "Although we are small, we are able to offer these services through the great community support we have experienced through the years."



For instance, the new Elizabeth C. Hosick Dialysis Center opened in its permanent location on Nov. 11 following a \$2.6 million expansion

project. An official ribbon-cutting ceremony will take place early next summer when seasonal residents are in town. The new treatment center for those with end stage renal disease was funded by more

than \$1.8 million in donations to the Paul Oliver Foundation, including a lead \$1 million gift from Elizabeth Hosick, MD. Prior to the opening of a temporary dialysis center in 2013, anyone in Benzie County who needed dialysis had to make a 90-mile roundtrip to Traverse City three times a week.

"I wish everyone could see what having convenient, quality dialysis services means to the people who need it," Marinoff said. "It makes their life just a little bit easier at a time when they really need it to be easier. We are very grateful to everyone who generously supported this project."

Other recent purchases using donor dollars include a new bone densitometer, two digital microscopes, four upgraded centrifuges, and water filtration equipment for dialysis. The hospital is in the process of purchasing an upgraded ultrasound machine.

The Paul Oliver Memorial Hospital Auxiliary's gift shop and fundraising events support hospital services.

"All of the funds we raise benefit local patients through the purchase of new and updated equipment to keep Paul Oliver a viable hospital. Our main goal is keeping our hospital strong," said Auxiliary President Mary Kay Stemple.

"For a small hospital like ours to be able to provide the services and equipment we have here is amazing," Stemple added. "There aren't a lot of small hospitals around that can do what we do. For our little county – which is the smallest county in Michigan – to have Paul Oliver is pretty good."

Paul Oliver Foundation actively seeks gifts for upgraded equipment and technology at the hospital. To learn more, call **231-935-6480**.

## 'Guardian of Excellence,' Again!

Paul Oliver Memorial Hospital was recently named a 2015 Guardian of Excellence Award winner by Press Ganey Associates, the seventh consecutive year the hospital has been recognized for providing excellent patient experiences.



# Why We Give



When John and Freda MacLeod of Cadillac had some money they wanted to donate, it didn't take them long to decide where it should go. They both value having high quality health care services nearby, and they believe supporting Cadillac Hospital is one of the best things they can do for a special community that warmly welcomed them when they arrived 16 years ago.

"We want to keep our hospital strong and help in whatever way we can to keep a quality health care provider right here in town," John said.

"We chose a Charitable Gift Annuity because it allowed us to have an immediate impact on the hospital – the hospital got the money right away,"

he added. "Another nice feature of the Charitable Gift Annuity is if you want to have a return, a portion of it comes back to you over time."

John retired as CEO of Cadillac Hospital in 2014. "I don't miss the 14-hour work days, but I do miss the folks I worked with. People in health care and hospitals in particular are some of the best people in the world," he said.

"Cadillac Hospital has been very good to us," Freda added. "They made us feel at home and part of the community right away. It was a good fit. We want to help preserve the hospital's endowment fund."

## A Gift that Pays You Back

A Charitable Gift Annuity is a simple contract between you and Munson Healthcare. In exchange for a gift of \$10,000 or more, Munson Healthcare will provide guaranteed fixed payments for life.

### Other benefits include:

- You support your local hospital or Munson Hospice with a substantial gift
- Payments you receive are partially tax free
- You receive a charitable deduction in the year of your gift

### How much income will I receive?

Minimum gift is \$10,000 and minimum age is 60 years old.

Age	Annuity Rate	Annuity Amount	Charitable Deduction
65	4.7%	\$470	\$3,231
70	5.1%	\$510	\$3,901
75	5.8%	\$580	\$4,426
80	6.8%	\$680	\$4,908
85	7.8%	\$780	\$5,582

## Legacy Society Members

The MacLeods appreciate the convenience and safety of having easy access to excellent health care services. “Especially as you get older, you become concerned with having quality health care nearby. It’s a tremendous benefit to the community,” John said. “You want to have confidence in your health care provider. Quality is key. Cadillac Hospital has been a Top 100 Hospital three times and won numerous Governor’s Awards. I’m very comfortable taking my wife, or children, or grandchildren there.”

“It’s really nice to see the Munson Healthcare system coming together,” he added. “Having quality locations throughout northern Michigan makes the whole region healthier.”

*The Legacy Society represents a list of donors who have named Paul Oliver Foundation or Munson Healthcare Foundations in their will or estate plans to support Kalkaska Memorial Health Center, Munson Hospice, Munson Medical Center, or Paul Oliver Memorial Hospital. It also includes those who have made a Charitable Gift Annuity or other life income arrangement. If interested in becoming a Legacy Society member, call our office of Legacy Giving at (231) 935-6448.*

Jon & Mary Armstrong	Terry & Sally Malone
George & Suzanne Basta	David & Cathie Martin
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Marsha J. Browning	Dan & Susan McDavid
Tony & Helen Buday	Robert & Janice McKee
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# Physicians Have a Unique Role in Philanthropy



## A Message from Munson Healthcare Regional Foundation Board Vice Chair David Wright, MD

As chair of the Physician Outreach Committee for Munson Healthcare Foundations, I am pleased to share profiles of physicians who not only provide expertise in their clinical practices, but also have a passion for supporting Munson Healthcare. In this issue, I am delighted to profile two of our prominent physician couples who support their patients in every way.



### Cynthia Glines, MD

Pulmonary and Critical Care Medicine

### Robert Hall, MD

Urology

When Cynthia Glines, MD, and her husband, Robert Hall, MD, began their practices 30 years ago, Munson Medical Center was a small community hospital. “During our time at Munson, it became a regional referral center, a quality leader, and attracted an extremely high quality medical staff,” Dr. Glines said.

“We see clearly how Munson Medical Center benefits patients and the community,” Dr. Hall said. “Financial support from the community has been important in that growth and development and we have felt a responsibility to be donors to this important cause.”

Drs. Glines and Hall have supported several major expansion and improvement projects at the hospital over the years, including the cardiac programs, the Women’s Health Pavilion, Emergency Department, and the Cowell Family Cancer Center. They

also have supported Munson Family Practice Residency, Munson Hospice, and the Patient Needs Funds. “We are currently interested in the cancer research program and will likely donate to that fund,” Dr. Hall said.

Dr. Glines serves on the Munson Healthcare Regional Foundation Board of Trustees and encourages physician colleagues to become regular donors. “Who knows better than you the importance of Munson Healthcare to the community and the region?” she said. “Make a gift, even a small one, and set an example to your community by supporting your local hospital. You will help great things happen.”



### Jill Vollbrecht, MD

Endocrinology

### Timothy Vollbrecht, MD

Pulmonary and Critical Care Medicine

The Vollbrechts joined the staff of Munson Healthcare in October 2007 after completing fellowships in their specialties.

As a physician couple, they are keenly aware of the struggles their patients

endure on a daily basis and the barriers they face to care. “Because of this, it is extremely important to us that the majority of our charitable giving is donated to local causes,” he said. “Obviously, we feel that Munson Healthcare is a worthy cause.”

The Vollbrechts support Munson Manor because it is “a tremendous service” that helps patients and families remain close to each other during periods of serious illness, with little expense involved. “Many of my patients might not be able to receive certain tests and treatments at Munson Medical Center if it weren’t for the option of staying at the Manor,” she said. “In addition, we also support Munson Hospice, as compassionate, end-of-life care is such an important aspect of patient care.”

The Vollbrechts believe physicians who are also donors help ensure that their patients will be able to receive the care they need.

“As physicians, we help our patients by telling them what to do, however, due to financial and psychosocial barriers, they are not always able to follow our advice,” she said. “Giving to Munson Healthcare helps empower patients to overcome those barriers, and get the care they need. It’s a full circle.”



# Bringing New Physicians to Northern Michigan

With a growing need for surgeons worldwide, Joshua Yeykal, DO, knew he could practice anywhere after finishing his general surgical residency in Toledo, Ohio. He and his wife, Elsie, an OB/GYN specialist, chose

to move to northern Michigan to raise their three young children, ages 5 years to 5 months.



Dr. Yeykal began

working at Munson Healthcare Grayling Hospital in August. He is one of 43 new physicians recruited to the Munson Healthcare system during FY 2015. Munson Healthcare recruiters have set an ambitious goal to bring 67 - 72 more new physicians to northern Michigan in FY16. The Association of American Medical Colleges predicts Michigan will be about 5,000 physicians short by 2020 as nearly half of all active Michigan physicians are at or approaching retirement age.

Recruiting physicians to rural areas is especially challenging. But some, like the Yeykals, are drawn to a rural setting where they can use their education and training and have the quality family life they desire. After just a few months on the job, Dr. Yeykal says the move has met their expectations. He enjoys the hospital, his colleagues, and his patients. "I like the people up here," he said. "They are very friendly and welcoming. Most people want to be

here – it gives us a common sense of purpose. People here are a special breed – resilient and interesting to talk to. It makes it a pleasure to work with them."

A native of Pittsburg, Pa., Dr. Yekel enlisted in the U.S. Navy at age 17 and spent most of his military career on submarines in the Pacific Rim. At 22, he moved to California to do undergraduate studies in microbiology before attending Lake Erie College of Osteopathic Medicine in Erie, Pa. He and Elsie met while in medical school. For now, she is spending time at home on their "hobby farm" with their young children, Abraham, Jonah, and Evangeline.

Dr. Yeykal has a missionary's heart and wants to work where his skills are truly needed. "My favorite surgery is the one that's needed most," he said. During his residency, he worked in Sierra Leone in West Africa just as the Ebola epidemic broke out in 2013. Because of poor communications, he wasn't aware of the outbreak until he returned to the United States. "Working in that setting allowed me to hone my skills and find creative solutions because we had to work with what we had. I got a good feeling for what you can do without a lot of technology."

Munson Healthcare Foundations supports physician training through various funds. To learn how you can help, call the Foundation at **231-935-6482**.

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# Community Members Provide Great Support



The 5th annual **Chip in Fore Hospice** charity golf tournament presented by LochenHeath Golf Club and Schmuckal Oil raised more than \$116,000 for Munson Hospice in September. Representatives of the golf club and oil company presented a check representing the largest Munson Hospice fundraising event ever.



The 6th annual **Bras for a Cause** event in October was wildly successful, resulting in 24,000 for the Munson Healthcare Mammography Assistance Fund.



St. Francis High School Senior **Elena Kolarevic** of Traverse City raised \$300 for the Munson Medical Center Infusion Clinic through a bicycle event. Elena has been raising money for the clinic since the 4th grade.



Fighting cancer with craft beer? Yes! The 4th annual **Oktoberfest 7 Monks Taproom** raised nearly \$2,600 for the Cancer Patient Needs Fund used to support people going through cancer treatment.

The "**Socctober**" event hosted by Traverse City West High School Boys Soccer in September raised \$245 for the Breast Care Assistance Fund.



The 3rd annual **Power of the Purse** event in August raised \$19,238 to help purchase new digital mammography equipment at Munson Healthcare Cadillac Hospital.



Ten-year-old **Grace Servinski** of Onekama raised more than \$1,100 to support Cancer Patient Needs in honor of her grandmother by selling turkeys she raised as a 4H project.



Representatives of **Northwestern Mutual** presented a \$610 donation to the Munson Healthcare Mammography Assistance Fund that they raised during their annual in-office fundraising event.

# Upcoming 2016 Events

## May 26, 12 - 1 pm

POMH Auxiliary Golf Event  
Crystal Mountain Resort

## June 10, 12 - 1 pm

Munson Hospice Luncheon  
Hagerty Center, Traverse City  
For details, email [kkarbowski@mhc.net](mailto:kkarbowski@mhc.net)

## July 13

POMH Auxiliary Power of the Purse  
Oliver Art Center, Frankfort  
For details, email  
[kmarinoff1975@gmail.com](mailto:kmarinoff1975@gmail.com)

## August 4

POMH Tour of Interesting Places  
and Quilt Raffle



The 5th annual **Running for Babies** in August, assisted by presenting sponsor Bill Marsh Automotive Group, raised a record \$18,300 for the Neonatal Intensive Care Unit at Munson Medical Center. The event is in memory of Theresa Ann Frechette and Lauren Kae O'Connor. Their siblings are seen here presenting the check.



The annual **Remembrance Run** in October presented by the women of the Traverse City Track Club raised nearly \$3,300 for the Women's Cancer Fund, which helps pay for prosthetics, transportation, groceries, childcare, and utilities while women are going through treatment.



Students from **Eastern Elementary School** in Traverse City held a jog-a-thon in October to raise \$1,250 for the Breast Care Assistance Fund.



Hardworking **Kalkaska Public School** volleyball and football players raised \$4,225 for the Cowell Family Cancer Center during **Pink Out** events in October.

Traverse City Central Boys Soccer raised \$51 in a **"Pink Out"** event in October to raise money for the Breast Care Assistance Fund.



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## Priority Health Donation Gives Shape Up North a Healthy Boost

Health care providers and health insurers ultimately want the same thing: healthy people and communities.

That common goal has formed a natural partnership between Munson Healthcare and Grand Rapids-based Priority Health. During the past 16 years, Priority Health has supported Munson Healthcare's community health initiatives that strive to make our community healthier. Priority Health has once again come alongside Munson Healthcare with \$225,000 in additional support for **Shape Up North**.

Shape Up North is a collaborative community effort to help all citizens adopt an active lifestyle and achieve and maintain a healthy weight by focusing on four key areas: schools, businesses, health care providers, and community awareness. Munson Healthcare's Shape Up North program fits well with the

strategies already implemented in Priority Health's own ShapeMichigan program launched in 2013.

"Because of Munson Healthcare's leadership and dedication to inspiring better health through its wellness initiatives, this program has really blossomed in the north," said Joan Budden, Priority Health's chief marketing officer. "We like to support programs that improve the health and lives of the members we serve because good health impacts every aspect of life."

"We value our strong and long-running relationship with Munson Healthcare," Budden added. "Together, we have been able to create programs that are both valuable and effective in creating healthy outcomes for the community."

Over the years, Priority Health has also supported the **Northern Michigan Diabetes Initiative**, a collaborative effort by Munson Healthcare, Priority Health, local health departments, and other key stakeholders in the region to increase awareness, prevention, and treatment of pre-diabetes and diabetes in 11 northern Michigan counties. Priority Health made a generous 10-year, \$1 million commitment, which was recently extended to 2018 and provides an additional \$75,000 in support each year.

"Priority Health is an excellent partner and we are continually grateful for the significant support they provide as we work together to improve access to affordable, effective health care for all residents of our region," said Munson Healthcare President and CEO Ed Ness.

