

May 2018
Munson Healthcare Foundations

Inside:
'Super Special' Birth Story
Retired Farmer Gives Back
Munson Healthcare Donors Recognized

FOCUS



Dave and Marty Leavenworth, who spend winters in Traverse City and summers in Benzie County, helped make possible renovations to the cardiac rehabilitation unit at Paul Oliver Memorial Hospital. The updated facility is set to open later this month.

Paul Oliver Memorial Hospital's New Cardiac Rehabilitation Space: Building Strength along the Shores of Lake Michigan



Dave and Marty Leavenworth at their winter home in Traverse City.

"We're so grateful to have this hospital here. There have been a lot of people behind this project – it's going to be great for many, many people, including the staff who work there."

- Dave Leavenworth

For the past couple of years, following a heart attack in April 2016, Dave Leavenworth has kept up with exercises focused on strength, movement, and balance. As a seasonal Benzie County resident, he's worked out at the Betsie Hosick Health & Fitness Center and, upon returning to Traverse City for the winter, at Munson Community Health Center.

This summer, when Dave and his wife Marty move from their condo in the Village at Grand Traverse Commons to their Crystal Lake home, Dave is looking forward to his 45-minute, twice-weekly cardio rehab at Paul Oliver Memorial Hospital – at a fully-updated cardiac rehabilitation unit.

Big Lake Views

"This new facility is going to be wonderful," Dave said, adding he's particularly pleased about the beautiful views now available to patients like him. The previous cardiac rehabilitation space was windowless. "We'll be able to see out to the lake and to the woods."

The new suite, located on the ground floor of the hospital, not only overlooks Lake Michigan – it also provides advanced equipment that allows rehab specialists to better monitor and track patient data. Patients also can receive echocardiograms at the hospital and future plans call for stress testing.

Improving Quality of Life

Cardiologist Dino Recchia, MD, FACC, FHSA said the surge in new technology and techniques in heart care are saving more lives and providing options for patients who previously had none. But the procedures are only part of the healing process.

"It's critical people understand how important cardiac rehab is and that Paul Oliver offers an outstanding rehab team."

- Dino Recchia, MD,
FACC, FHSA

"A strong cardiac rehabilitation program is crucial for ensuring the patient gains the most benefit from their treatment," he said. "Study after study has shown that participation in a cardiac rehabilitation program leads to better long-term

outcomes for patients with all types of cardiovascular disease no matter if they were treated with stents, heart surgery, or medications."

Benefits include an improved quality

of life, reduced chance of a repeat cardiac event, and measurable improvement in psychological well-being.

“Despite these proven benefits of cardiac rehab, many patients do not participate and are jeopardizing their chance for the best outcome,” he said. “It’s critical people understand how important cardiac rehab is and Paul Oliver offers an outstanding rehab team.”

Close-to-Home Care

Paul Oliver Memorial Hospital President Peter Marinoff said the hospital knows heart services are important for the region. Saving patients a drive over icy roads makes sense when the appropriate care can be delivered locally. “We’re very pleased to be able to bring cardiac providers from Traverse City to see patients in our specialty clinic,” he said.

Cardiac Rehab Coordinator Lorrell Guerra, RN, and nurse Sue Wieshaar, LPN, are excited about the new rehab space opening in time for the summer season.

“Moving into a room with windows will be huge for many of our patients,” Guerra said. “As evidenced by patient satisfaction surveys, our patients are highly satisfied with this department. The one thing they ask for is windows. We are so pleased to be able to offer that to them.”

Wieshaar said her favorite part of her job is helping people recover and get back to normal lives. “We receive letters of appreciation after our patients move on. It’s nice to know we’ve made a difference,” she said.

‘We’re So Grateful’

Dave Leavenworth, who served on the Munson Healthcare Paul Oliver Foundation Board of Trustees, recalled hearing about renovation plans during a conversation with POMH President Peter Marinoff. It was then that Dave and Marty, philanthropists who have given back to Munson Healthcare in various ways over the years, decided to contribute \$60,000 to the project.

“We’re so grateful to have this hospital here,” he said. “There have been a lot of people behind this project – it’s going to be great for many, many people, including the staff who work there.”

The POMH Cardiac Rehabilitation unit renovation also is close to Honnie McClear’s heart. “In April of 2016, my husband, Dick, had triple bypass surgery and a valve replaced in Florida,” said Honnie, a POMH Foundation board member. “Because of the Rehabilitation Department at Paul Oliver, we were able to return to Crystal Lake at the end of May so he could begin his rehabilitation program. The department’s excellent staff and proximity to our up north home combined for a successful recovery.

It was a natural giving opportunity for our family,” Honnie said.

“For many years the hospital has been a priority on our list of charitable giving,” she added. “My father, John Nickum, was one of the three men who founded the Foundation for the hospital. He served on the board for years and when he retired,

I joined the board. In a long standing commitment, our family recognizes the importance of an area hospital and is most appreciative of the services offered in close proximity for all residents.”

Honnie and Dick, along with the Nickum Foundation, gave more than \$100,000 to the project.

“Paul Oliver Memorial Hospital will always be dear to our hearts,” she said. “We wish a steady pulse beat for the new Cardiac Rehabilitation center.”



‘A healthy, handsome, happy baby boy’



*“I couldn’t breathe.
I couldn’t talk.
I was so happy.”*

- Breeana Perkins

Like many first-time mothers, Breeana Perkins was overwhelmed when she held her newborn son at Munson Medical Center. “I couldn’t breathe. I couldn’t talk. I was so happy.”

Unlike most mothers, Breeana’s moment of joy was delayed as her son laid on the chest of the young woman who had just given birth to him. With the birth mother’s blessing, Breeana was in the room to assist with and witness her son’s birth.

The emotion-charged moments following the birth could have been painful, awkward, and uncomfortable as the baby’s birth mother cuddled him before handing the infant to the people who would love and raise him.

Maternity nurses took charge, treating both women and Brecken’s new Dad with sensitivity, respect, and kindness. “The whole experience was absolutely wonderful,” Breeana said. “We had no idea how it would all work out – there were so many unknowns. The nurses were paying attention to everything. They were so accommodating, so sweet – like it was such a normal process. Munson

Medical Center nailed it – they hit a home run. They made it super special.”

Nurses arranged for Breeana and Kevin to stay in a patient room on the hospital’s pediatric unit with their baby. Like all new parents, they were given time to bond, with the comfort and security of having nurses standing by to offer advice and education. Within hours, they needed both.

Moving to Neonatal Intensive Care

Brecken went from peaceful sleep to inconsolable screaming as his tiny body began to experience withdrawal from medications prescribed to his birth mother. “That first night we were utterly exhausted – we didn’t know what exactly to do,” Breeana recalled. “The nurses were all super consoling and helpful. It was very clear that Brecken needed to go down to the NICU.”

Breeana and Kevin credit Neonatologist Matthew Arnold, MD, and NICU nurses with Brecken’s short two-

week recovery. “They took control of the situation. I felt comfortable stepping back and watching them do their job. Everyone was constantly teaching us. I loved knowing that the nurses were right there – they were super caring, super knowledgeable. Brecken just did so well. I’m so proud of Munson Medical Center after that experience. They did an excellent job.”

Support from Friends

Two of Breeana’s best friends are nurses at Munson Medical Center. Lindsey Mack and Lauren Glenn visited every day. Lauren even donated breastmilk to Brecken so he could thrive. “In a really stressful time, for her to do that was amazing.”

The Adoption Option

Through regular physicals, Breeana learned it was unlikely she could conceive a child. The couple considered options and thought for a long time before deciding on adoption.

“There were many challenges along the way, but this situation felt like it was meant to be,” Breeana said. As Brecken approached his first birthday on May 10, she described him as “a very happy, handsome, healthy baby boy.”

“I feel honored to be his mother. We appreciate every parenting moment. He’s the best thing that has ever happened to us.”



You Can Make the Gift of a Lifetime

Did you know that you can create a legacy at Munson Healthcare without changing your will or parting with any assets now?

You can designate your Munson Healthcare local hospital or Munson Hospice as a beneficiary of your retirement plan assets. You do not need to modify your will or living trust, and you can name Munson Healthcare as the sole beneficiary or one of several. This allows you to give while still providing for family or loved ones.

If you are over 70½ years of age and do not need your required minimum distribution, you can make a tax free gift from your traditional IRA. Thanks to a tax law extension passed in December 2015, the "IRA Charitable Rollover" option has become permanent. You can transfer up to \$100,000; it must come directly from your IRA administrator to the Munson Healthcare Foundations. The gift will not be taxed as income to you.

Staff members at Munson Healthcare Foundations are available to answer your questions about gifts of retirement assets. Please contact us at 231-935-6448 or legacy@mhc.net.

Legacy Society Members

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.

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Endowment Provides Continuing Education in Manistee



Karon and John Bull

Third-generation fruit farmer John Bull recognizes the dedication those working at his local hospital demonstrate day after day. He also has learned that some of these hard-working health care professionals could use some assistance.

“It appeared to me some time ago that there was a need for funding the education of staff at West Shore [now Munson Healthcare Manistee Hospital],” said Bull, who grew apples and cherries in northern Manistee County prior to his retirement. “I wanted to help with an endowment for continuing education to help defer costs of tuition, for employees to improve their education status.”

Empowering the Team

To help these hospital workers, employed at what was then known as West Shore Medical Center, Bull established the Bull Scholarship in 2012.

Intended for non-management associates employed at the hospital for at least one year, the \$500 scholarship was used for tuition and/or books. For example, a licensed practicing nurse could choose to use these funds to go back to college to obtain a registered nursing degree. Qualified

applicants needed to be advancing professionally in the health care field at an accredited community college or university.

Following West Shore Medical Center’s integration with Munson Healthcare, the Bull Scholarship morphed into the Bull Endowment, a continuing education fund for Manistee Hospital staff, offering educational opportunities for learning new technology and procedures. The endowment allows for group classes, reaching more people at one time.

Commitment to Their Community

John and Karon Bull also pledged \$5,000 in 2014 toward the Manistee Endowment, part of a campaign that was launched in 2014 to challenge hospital leadership, Foundation and hospital board members, staff, and community members to raise \$500,000 by the end of the year. If that goal was met by the end of the year, an anonymous donor would match that \$500,000. As an endowed fund, the principal will not be used, while the interest generated can be used to support the hospital endeavors.

The Bulls participated in the Endowment Fund by pledging \$5,000 toward that goal in addition to their own, named Endowment. The overall Endowment Fund pledges by the end of December 2014 equaled \$557,000 and the anonymous donor agreed to match the campaign up to \$600,000.

All told, the Bulls have gifted close to \$25,000 benefiting Manistee Hospital since 2006. The couple, who spend six months of the year at their Bradenton, Fla. home, are hopeful their

contributions will serve as inspiration to other community members to give back to Manistee Hospital.

“We thought it would be a beginning of a community-wide movement,” he said. “We thought we could get something started and once the public realizes there is a need in the community, maybe they could make a donation, too.”

The Bulls have enjoyed having the chance to meet the individuals who have benefited from their gifts. Says John Bull: “The recipients have been very appreciative.”



Manistee Hospital Community Health Center

The new Munson Healthcare Manistee Hospital building is under construction, with completion expected this fall. More about this new 46,000-square-foot building:

- It will house the Health Connection, rehabilitation services, and specialty practices
- The Community Health Center is a result of the partnership with Munson Healthcare and is being funded by the commitment Munson Healthcare made with Manistee County when it took ownership of the hospital

The Foundation is fundraising for equipment and other items on the capital, some of which will be included in the Community Health Center.

Legacy Giving: Traverse City Couple's Dedication to Community Continues

Wayne Workman was out of town when he got the call that his wife Sharon had fallen off her horse during a riding lesson at a stable in Cedar. The horse stepped on her groin, leading to a broken pelvis and a femoral artery injury.

Thankfully, the couple recalled, she received immediate, specialized care upon her arrival at Munson Medical Center.

"There were three different specialists that were there waiting when the ambulance arrived," Sharon said. "I think that was what was most impressive – just how quickly and completely they responded."

Compassionate care at Munson Medical Center

Hospital staff needed to take Sharon into surgery before her husband arrived, but the couple was reunited in the intensive care unit, where nurses "were so kind," she said. "They washed my hair. It was a very compassionate experience from the staff there."

Added Wayne: "It was a life-threatening injury and over the course of that day and night, several surgeons put Sharon back together again. If you meet Sharon now – she is in amazing health."

This experience helped Wayne and Sharon make the decision to take part in legacy giving through Munson Healthcare Foundations. Their gift specifically benefits into perpetuity Munson Healthcare's infant/children sustaining fund, which is focused on strengthening Munson Healthcare's services for women, children, and families.

"We want to leave something behind for the hospital, for future generations," Wayne said.

Other interactions with Munson Healthcare providers and professionals played a role in giving back.

"Over the years I have had a number of heart-related problems," he said.

Most recently, following an evening walk with his dog this past December, he began experiencing chest pains. The couple called 9-1-1 and Wayne was rushed to Munson Medical Center, where he would ultimately undergo quadruple bypass surgery.

"That was a really remarkable experience for what I was prepared to have to go through," he said. "My recovery – I went home on the fourth day."

He's been in rehab post-surgery, at Munson Community Health Center.

"I'm not one to go looking for exercise, but the time I spend there is pretty darn pleasant," he said.

This spring, Wayne had another surgery: left knee replacement. He had previously had his right knee replaced, so he knew what to expect. "It's one where you don't look forward to surgery, but you go in and you know how this works."

A lifetime of giving back

Wayne and Sharon are passionate about helping others, specifically young children and families. Both are active members of the Rotary Club of Traverse Bay Twilight. Wayne is in line to become Club president in 2019, and Sharon coordinates Born to Read, the Club's signature project. This project



Wayne and Sharon Workman

"We want to leave something behind for the hospital, for future generations."

- Wayne Workman

promotes early literacy by spreading the word about the importance of reading, talking, and singing with children everyday starting at birth, and even during pregnancy.

They are grateful to be part of a community that is so giving.

"Our community is so generous," Sharon said. "So many people are doing such fabulous things."

And with their legacy commitment to Munson Healthcare Foundations, the Workmans will continue to share their joy of giving and helping build a strong community for many years to come.

Your charitable gifts can have an enormous impact on Munson Healthcare. Learn more by calling our office of Legacy Giving at 231-935-6448.

Community Events: Having so much fun for a Cause



Holly Daze

The 25th annual Holly Daze event, located at Castle Farms in Charlevoix, raised nearly \$130,000 for Charlevoix Hospital's Innovation and Patient Needs Funds.



Improving Patient Comfort

Cadillac Hospital received \$20,000 from VanDrie Home Furnishings and Steve and Deb Anderson for new furniture for the Family Birth Center.



Sleigh Bell Craft Show, Bake Sale, Bazaar, and Raffle

The Manistee Hospital Auxiliary's Sleigh Bell Bazaar raised \$13,351 to purchase lifesaving devices for Manistee Hospital's ambulance fleet in December.



Honoring Katie's Legacy

The 13th annual Katie Heintz Memorial Basketball Tournament, hosted by the St. Francis High School Key Club, raised \$17,557 to support pediatric infusion at the Cowell Family Cancer Center. The tournament was established in 2006 after St. Francis student Katie Heintz lost her battle with Leukemia. Nearly \$150,000 has been raised to date.



Updating Grayling Diagnostics

Weyerhaeuser donated \$5,500 to Grayling Hospital for the purchase of specialized patient chairs in the new Patient Diagnostic Center, which opened in early May.



Bras for a Cause

The 8th annual Bras for a Cause event raised \$32,000 for the Breast Care Assistance Fund during National Breast Cancer Awareness Month.



Paint the Town Pink

The 10th annual Paint the Town Pink raised \$18,000 for women's health services at Manistee Hospital in October.



2018 Upcoming Events

June 8

15th Annual Cadillac Golf Ball at Cadillac Country Club. Contact Courtney Mulder at cmulder@mhc.net for details.

June 9

Manistee Ford's 9th Annual Classic Car Show at Manistee Ford. Contact Sherri Protasiewicz at sprotasiewicz@mhc.net for details.

June 12

Paul Oliver Memorial Hospital Auxiliary Annual Luncheon at Watervale. Contact Diane Miller at thackermiller@gmail.com for details.

June 15

29th Annual Grayling Hospital Golf Classic at Grayling Country Club. Contact Jodie Peters at jpeters2@mhc.net for details.

June 24 | 2 - 4 pm

Annual Cancer Prevention and Survivor's Picnic. Cowell Family Cancer Center parking lot, 217 S. Madison Street, Traverse City. Visit munsonhealthcare.org/cancer-events.

July 25

Cadillac Hospice Breakfast at Cherry Grove Event Center. Contact Courtney Mulder at cmulder@mhc.net for details.

August 2

Paul Oliver Memorial Hospital Auxiliary Tour of Interesting Places. Contact Diane Miller at thackermiller@gmail.com for details.

August 16

6th Annual Cadillac Power of the Purse at Cherry Grove Event Center. Contact Courtney Mulder at cmulder@mhc.net for details.

August 30

Family Birth and Children's Center Campaign Kick-Off Event at the Park Place Hotel and Conference Center. Contact Abbie Robinson at arobinson7@mhc.net for details.

September 20 - 21

8th Annual Chip in Fore Munson Hospice at LochenHeath Golf Club. Contact Kelsey Karbowski at kkarbowski@mhc.net for details.

October 4

11th Annual Paint the Town Pink. Contact Sherri Protasiewicz at sprotasiewicz@mhc.net for details.

December 7

26th Annual Holly Daze at Castle Farms. Contact Abbie Robinson at arobinson7@mhc.net for details.



Follow Munson Healthcare Foundations on Facebook to stay up to date with our upcoming events.

Thank you

We are deeply grateful to all of our donors.

The following list represents those who made cash gifts and payments of \$250 and above, between January 1 and December 31, 2017.

We have taken great care to ensure the accuracy of our donor listing. If an error has been made, please call the Foundation at **231-935-6482**.

Thank you!

President's Circle

(\$25,000 & Above)

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Contact Us

Desiree Worthington, *Chief Development Officer*
231-935-6509 | DWorthington2@mhc.net

Mary Bickel, *Charitable Giving Officer Grayling*
989-348-0433 | MBickel2@mhc.net

Ruth Bloomer, *Senior Leadership Giving Officer*
231-935-6484 | RBloomer@mhc.net

Kelli Cravey, *Leadership Giving Officer*
231-935-7901 | KCravey@mhc.net

Denise DaFermo, *Board Operations Coordinator*
231-935-6480 | DDafermo@mhc.net

John Gower, *Charitable Giving Officer*
Traverse City, Charlevoix, Frankfort
231-935-7608 | JGower@mhc.net

Debra Henderson, *System Director, Annual Giving and Stewardship*
231-935-7668 | DHenderson@mhc.net

Kelsey Karbowski, *Donor Outreach Coordinator*
231-935-2870 | KKarbowski@mhc.net

Karen McCrary, *Charitable Giving Analyst*
231-935-6448 | KMccrary@mhc.net

Matt McDonough, *Leadership Giving Officer*
231-935-7689 | MMcdonough@mhc.net

Courtney Mulder, *Charitable Giving Officer Cadillac*
231-876-7522 | CMulder@mhc.net

Amy Peterson, *Grants Administrator*
231-935-2854 | APeterson4@mhc.net

Chelsea Platte, *Leadership Giving Officer Charlevoix*
231-547-8502 | CPlatte@mhc.net

Sherri Protasiewicz, *Charitable Giving Officer Manistee*
231-398-1270 | SProtasiewicz@mhc.net

Abbie Robinson, *Donor Outreach Coordinator*
231-935-7631 | ARobinson7@mhc.net

Dana Therrien, *Department Assistant*
231-935-7913 | DTherrien@mhc.net

Tracy Wittkopp, *Giving Operations Coordinator*
231-935-2368 | TWittkopp@mhc.net

Kris Zimmerman, *Data Entry Clerk II*
231-935-7909 | KZimmerman7@mhc.net



Karly's NICU story...

Karly Grant knew who her heroes were when her second-grade teacher in Mackinaw City announced a writing competition using that subject. She chose Munson Medical Center NICU nurses – and won! Karly, a twin, spent 52 days in the NICU after her birth. Her sister, Kennedy, passed away after three days. Since then, her family has stayed in touch with the NICU nurses and recently returned to present those nurses with a bound book that contains her story. "They are all really great and awesome. They help save babies lives – they helped save me," Karly wrote.

Munson Medical Center plans to build a new Family Birth and Children's Center as part of a larger, multi-year expansion and improvement project.

Please call **231-935-6482** to learn how you can help.

