

December 2017
Munson Healthcare Foundations

Inside:
Statewide Effort for Cancer Services
Charlevoix Retiree Gives Back
Traverse City Family Honors Parents

FOCUS



Kristy Fortine of Bear Lake is the proud mom of 3-month-old twins Lucas (left) and Bode, born at 35 weeks at Munson Healthcare Manistee Hospital. Lucas spent 17 days in the Neonatal Intensive Care Unit at Munson Medical Center in Traverse City.

Munson Healthcare Helps Bear Lake Couple and Their Twin Babies Thrive



Kristy and John Fortine hold their twin boys at their home in Bear Lake.

Munson Medical Center has the only NICU north of Grand Rapids. Its rating as a Level 3B Regional Center means it is equipped to care for infants with significant respiratory and critical care needs. Last year, 330 critically-ill infants were cared for in the NICU; some babies stay for a few days, others stay for weeks or months.

To describe the past 18 months as busy and emotional for Kristy and John Fortine would be an understatement.

“It’s been a big year,” said John, 37, as he cradled in his arms his 10-week-old son Bode. Kristy, 28, seated next to her husband, held Bode’s twin brother Lucas.

For the Bear Lake, Mich. couple, this particularly momentous time began with their 2016 wedding, followed by a Hawaiian honeymoon. Then they discovered they were expecting, and when Kristy was 12 weeks along in her pregnancy, they received the unexpected and exciting news that they were going to have two babies.

“We had joked about it – wouldn’t it be cool if we had twins? Oh, but it won’t happen,” John said about going into that appointment. “Then she was doing the ultrasound, looking around, and she got this look on her face.”

“My doctor got all quiet,” Kristy said, “and I thought, oh, gosh. I was freaking out, something is wrong. But then she said, no, I think there’s two.”

“I’m just glad we didn’t joke about triplets,” John said, smiling. “We were both really excited.”

Around this time, the couple also got great news relating to their jobs: Kristy received a promotion to manager of the Wesco convenience store in Cadillac, while John had the chance to take on a new position, also with Wesco.

A challenging road ahead

Life was full and moving forward for the Fortines. But as the weeks and months passed, Kristy couldn’t shake certain pregnancy-related challenges, including morning sickness that lasted five long months and a host of food aversions. “I couldn’t eat chicken, I couldn’t eat bacon or salads. It was awful. And by the time I could eat, there wasn’t enough room and I was so uncomfortable. I couldn’t eat very much then either.” Her overall pregnancy weight gain was just 12 pounds as a result.

Then came a hospitalization in Grand Rapids because of preeclampsia, a serious pregnancy condition marked by high blood pressure. Kristy, who was 32 weeks into her pregnancy at that time, spent eight days on bed rest at the hospital, and remained on bed rest at home for a dozen more.

At the 34-week mark doctors informed the couple that a C-section would be performed at 35 weeks. Their babies were born five weeks early.

“Lucas was transverse [laying sideways in the womb], and Bode was head down,” Kristy said of her boys, who as dizygotic twins each had their own placenta.

On Sept. 13, Kristy delivered Lucas, 5 lbs., 11 ounces, and Bode, 5 lbs, 6 ounces at Munson Healthcare Manistee Hospital. Stephanie Fitzgerald, DO, and Ronald Joannette, MD, performed the C-section, with Bode born at 8:43 a.m. and his brother arriving a minute later.

“When they took Bode out, he was having respiratory problems, though he came out of it pretty quick,” Kristy said. Meanwhile, Lucas initially was fine, but began showing signs of respiratory problems.

Advanced neonatal care in Traverse City

While Kristy and John were able to be with Bode, Lucas needed to go to the Neonatal Intensive Care Unit (NICU) at Munson Medical Center, nearly 60 miles away. “Eight hours after he was born, he was gone, taken away,” John said.

Kristy’s parents followed Lucas to Traverse City and stayed in the NICU with their grandson. Kristy’s mom, Minda Sievert, RN, is an operating room charge nurse at Munson Healthcare Manistee Hospital.

Two days later, Kristy, John, and Bode arrived at Munson Medical Center, staying at Munson Manor with Kristy’s mom so they could be close to Lucas.

“That place is awesome,” John said.

“I don’t know what we would have done without them,” Kristy added.

“I would have had to drive over an hour one way to see my kid every day, and I would have had to transport a newborn every day. So having that there is just amazing. You could go back there to sleep, there was food in the kitchen, they even have a laundry room,” Kristy said.

Lucas stayed in the NICU for 17 days. After five days, he was breathing better. But then he needed to learn how to eat. “We felt like we were going to be there forever,” Kristy said. “I spent dawn to dusk in the NICU.”

The experience of having their child in the NICU was traumatic, Kristy and John said, but having an “awesome” support staff made all the difference.

“Everyone there was just great,” John said. “And there were some who were extra special.”

The nurses and doctors offered special attention to Bode as well, even though he wasn’t a patient.

“Eventually they gave me a bassinet for Bode, so he had a spot to sleep instead of in somebody’s arms. We could change his diaper somewhere other than in our laps. They even made a little name tag for him that said, ‘the older littler brother,’” Kristy said.

Home sweet home

This holiday season, Kristy and John Fortine are feeling especially grateful for their sweet babies and full life. Their beloved Labrador named Ruger also is part of their cherished family.



Kristy with her sons Lucas (closest to her) and Bode.

Lucas and Bode now are thriving, weighing 10 lbs., 8 ounces and 12 lbs., respectively, in early December.

They’re also thankful for the compassion and care received during Kristy’s pregnancy and following the birth of their sons, both in Manistee and in Traverse City. As Kristy shared, “Everyone was so genuine and very accommodating.”

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.

Eagles Help the Cowell Family Cancer Center Soar 'I'm so impressed with this place.'



Every Eagles Auxiliary in the state of Michigan is raising money for the Cowell Family Cancer Center in Traverse City this year, thanks to Judy Williamson of Grayling. Judy was elected as Auxiliary State Madam President for the Fraternal Order of Eagles in June. As president, she has the opportunity to select the charity all state auxiliaries will support during her term in office.

It wasn't a hard decision for her to make.

Judy's husband, Dennis, was diagnosed with lymphoma more than a decade ago and has been in remission following successful chemotherapy and radiation treatment. In January, Munson Medical Center Cardiothoracic Surgeon Shelly Lall, MD, removed part of Dennis's left lung after a scan detected cancer cells. Through it all, his care has been directed by Medical Oncologist David Gordon, MD. "He is marvelous," Dennis said. "He's been with me throughout this journey."

Amazing Care

With his second diagnosis, Dennis and Judy experienced firsthand many of the programs the new cancer center offers, including clinical

navigators who help patients move step-by-step through the treatment process. "It was such a relief to be able to come to one place to have everything done," Judy said.

"The care is wonderful," Dennis said. "I got all of my questions answered. I got answers to questions I didn't even know I had. They don't treat you like a case – they treat you like a friend."

Tour Confirms Decision

Last year, Eagle auxiliaries in Michigan raised more than \$80,000 for the University of Michigan Depression Center. When Judy's term ends next summer, she hopes to present a sizeable check to the Cowell Family Cancer Center.

A recent tour of the facility convinced her it is the right place for her organization's resources. "I'm so impressed with this place," Judy said. Visiting the center's beautiful, peaceful Infusion Suite brought back a lot of memories of her husband's treatment. "I remember how hard it was on him – losing your hair, the fatigue, the tiredness. Having gone through it, I know some of the anguish they might be feeling."

"I just hope we raise a lot of money and I would like to see some of it go to cancer research," Judy said. "We need to find a cure for this horrible disease and support all of the other programs as well."



Photo courtesy of www.foe.com

Who Are the Eagles?

The Fraternal Order of Eagles was founded in 1898 by six theatre owners gathered in a Seattle shipyard to discuss a musician's strike. They agreed to resolve their differences and form "The Order of Good Things." As numbers grew, members selected the Bald Eagle as the official emblem and changed the name to The Fraternal Order of Eagles (FOE). The women's auxiliary traces its roots to 1927. The FOE donates more than \$10 million a year to local communities, fundraisers, charities, and more.

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 70-1/2 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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Care Close to Home: Charlevoix Retiree Gives Back Following Emergency Department Visit



Frank Macher didn't think too much of feeling fatigued following a work dinner and time spent boating

one evening this past August. "We'd had a couple days of meetings and I figured that was what it was," he said.

That evening, at his home in Charlevoix, Macher, 76, began experiencing "all kinds of flu-like symptoms." Even then, though, he chalked it up to simply being under the weather.

Soon enough, however, it became clear something truly wasn't right. "At 3 or 4 in the morning, I was actually having a lot of trouble breathing," he said.

Macher's wife Susan drove him to the Emergency Department at Munson Healthcare Charlevoix Hospital on Lake Shore Drive not far from their home. "We walked in and they were very responsive. I got instant attention," he said.

Macher's diagnosis: double pneumonia. "I had apparently been walking around that way for a while. My blood pressure dropped dramatically, to 70 over 40, and my heart rate was 30. It was pretty critical."

Macher spent the next two days in the hospital, receiving care he described as "nothing short of amazing." "They wasted absolutely no time to get tests done to determine what form of causal factor was involved with the infection," he said.

Sharing His Gratitude

The experience prompted Macher to give back to the hospital, in the form of a \$10,000 gift.

"I can't say enough about the caring and level of detail they gave me," he said. "I feel that the importance of a local hospital that's so close, and the critical nature of care in an emergency situation and the time it takes to get to a hospital, could be the difference between life and death. To me, this warrants the full support of the people of the community, whether

you live here year-round or you are a six-month resident like me. The least I could do is share my gratitude." Macher is confident his gift will be put to great use. "I told them, if you need new equipment, some technology advancements, analytical tools – whatever the hospital thinks is best is good with me."

Several months after his health scare, Macher is doing well and feeling great. The former Ford Motor Company executive and CEO of several automotive supplier companies retired from full time work in June – he's been in advising positions since then – and is hoping to take it easy and enjoy his home on Lake Charlevoix's Raspberry Beach. His experience at Munson Healthcare Charlevoix Hospital provided a fresh perspective on life.

"It gives you a new appreciation of how important time is, and how important it is to get the kind of attention you need as soon as you need it," he said. "The hospital's close proximity is so valuable."

Cornwell Family Honors Parents with Gift to Cancer Sustaining Fund

When F. Gordon and Jean Cornwell moved their young family from the East Coast to Traverse City in 1947, the couple wholeheartedly embraced the people and places of northern Michigan – a way of life that’s just as important to their four children, grandchildren, and great-grandchildren who remain residents of the area.

Gordon and Jean Cornwells’ commitment to the region – as business owners, community activists and champions of preserving a vibrant Traverse City – also continues to impact the lives of so many others, including individuals touched by cancer.

“Our parents always knew how fortunate we have been to have had Munson Healthcare in our community to provide vital medical services for all of us.”

- Bob Cornwell

The Cornwells have provided the first gift of \$10,000 to Munson Healthcare’s new Cancer Sustaining Fund. “Mom and dad’s legacy,” said their son Bob Cornwell, “is an investment in the community – this gift is an extension of what they’ve done all of their lives.”

Gordon Cornwell passed away in July 2011 at age 93. Jean, to whom he was married for 68 years, died

in May 2017 at age 98. Their children – Gordon H. Cornwell, Steven Cornwell, Nancy Walton, and Bob Cornwell – presented their gift of \$10,000 to Munson Healthcare Foundations. Given family members’ personal experiences with the Cowell Family Cancer Center, the decision was made to direct the gift to the Cancer Sustaining Fund.

Commitment to Community

“Our parents always knew how fortunate we have been to have had Munson Healthcare in our community to provide vital medical services for all of us,” Walton said. “Six generations of our family, from our great-grandmother to our own grandchildren, have sought and received wonderful medical care.”

“Our parents were interested in Munson Healthcare’s ongoing and continuing development through this gift to the Foundation,” Gordon H. Cornwell said. As an architect with Parsons Corporation, and later through his own architectural practice on Front Street, F. Gordon Cornwell’s passion for enhancing and preserving the area’s beauty could be seen in the buildings he designed and the organizations to which he belonged – and in some cases helped start.

His design projects ranged from schools and churches, in Traverse City and beyond, as well as a downtown city-county building, early area hospitals, and many local residences.



The Cornwell Family: Siblings (top left to right) Bob Cornwell, Nancy Walton, Steven Cornwell, and Gordon H. Cornwell with their late parents F. Gordon and Jean Cornwell.

Jean Cornwell, who attended nursing school at Yale University, is described by her children as the person who “made the wheels work in our family.” Along with handling administrative tasks for the family’s architectural practice, she dedicated more than 30 years to volunteering as a “Pink Lady,” assisting visitors at Munson Medical Center.

A Family’s Legacy

Their parents’ commitment to giving back to the community indeed left a lasting impression on the siblings and their families. Each has contributed to their hometown in various ways, through architecture and real estate, and as a downtown business owner. All share a love of the area and preserving its beauty and helping it grow for future generations.

To learn how you can make a gift in honor of a loved one, call **231-935-6482**.

Community Events: Having so much Fun for a Cause



The Pink Out volleyball game, featuring high school players from Mio and Fairview, raised more than \$13,000 for Munson Healthcare Grayling Hospital patient needs.



Cadillac High School Vikings volleyball team raised more than \$9,000 for the Breast Center at Cadillac Hospital during the team's Dig Pink volleyball game.



The seventh annual Chip In Fore Munson Hospice event at LochenHeath Golf Club raised more than \$140,000. The two-day event benefits Munson Hospice.



The second annual Mohawks for Munson took place in May and raised nearly \$25,000 for the Cowell Family Cancer Center.



Cousins Steve (left) and Mac sold cider, donuts, and pumpkins this fall to help raise funds for the Cowell Family Cancer Center. The boys raised a total of \$300.



Serra Subaru donated 50 blankets to the patients of the Cowell Family Cancer Center, along with lunch boxes filled with art supplies for pediatric patients.



The third annual Peak Pink Ribbon Hike at Crystal Mountain, held in remembrance of loved ones who have lost their battle to breast cancer, raised funds to benefit Munson Breast Care Assistance Fund.



An August donor reception at the Cathedral Barn in Traverse City recognized donors throughout Munson Healthcare.



The third annual Hospice Breakfast in Traverse City featured speaker Rabbi Chava Bahle and raised more than \$25,000 for Munson Hospice.



Power of the Purse



Cadillac businessman Willy Rzepka volunteered to serve as auctioneer of Cadillac's fifth annual Power of the Purse. The August event raised \$45,000 for the Munson Healthcare Cadillac Hospital Breast Center and Cardiac Rehab.



Munson Healthcare Paul Oliver Memorial Hospital's Auxilliary second annual Power of the Purse raised nearly \$8,000 to support renovation of the cardiac rehabilitation department at Paul Oliver.

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The Business of Health Care and the Role of Philanthropy

Why Philanthropy

As a non-profit health care system, we make decisions based on patient needs rather than maximizing our operating margin (profit). We pay for health care enhancements through:

- 1 Operating margin
- 2 Debt
- 3 Philanthropy

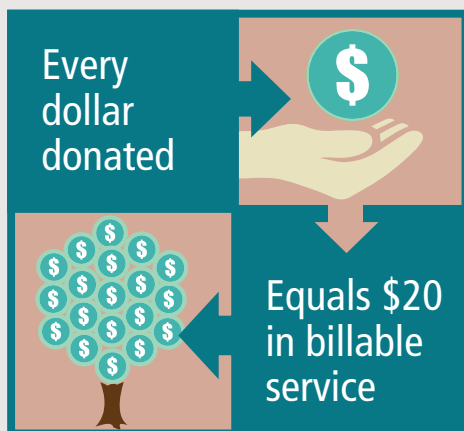
Philanthropy provides up to 30 percent of funding for capital improvements each year. Philanthropy helps us upgrade facilities, maintain high quality services, and purchase emerging technology, which is critical to recruiting physicians to rural northern Michigan.

We face significant challenges. Medicare and Medicaid payments are changing

at the same time our aging population is requiring more services and care. The result is smaller operating margins.

With so much uncertainty about how health care will be funded in the future, charitable giving to your local hospital is vital to keeping health care strong in your community.

The Impact of Donated Dollars



People who care about quality health care make gifts to their local hospital each year. Philanthropy funds excellence in local health care by providing for new technology, techniques, programs, and services.

Our health care organizations receive about \$7 million each year through

charitable giving. We would need to bill an equivalent \$159 million in health care services to replace that amount with operating dollars.

Your gift – at whatever level – truly makes a difference.

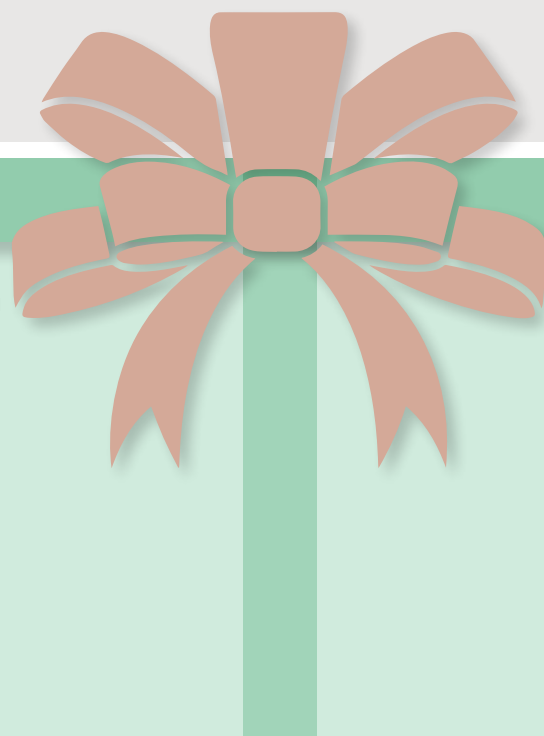
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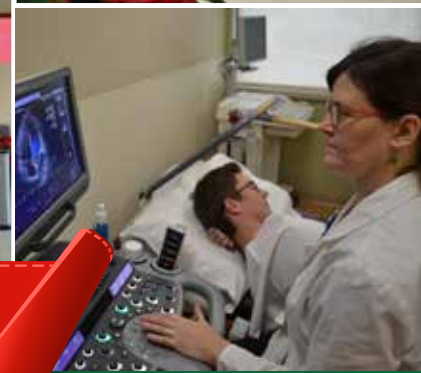
Just as our patients count on us, we count on you. Each Munson Healthcare hospital is currently seeking community support for technology, equipment, or facility upgrades. As you consider making end-of-year charitable gifts, please remember your community hospital.

We are truly grateful for all of the ways you support your local hospital.

On behalf of everyone here at Munson Healthcare, I wish each of you a very Merry Christmas and Happy Holidays.

Desiree Worthington
Chief Development Officer
Munson Healthcare Foundations





Maxon Foundation Advances Heart Care

Representatives from the Maxon Foundation Scott Farrell, center left, and Jeff Kruse cut the ribbon to Munson Medical Center's Maxon Advanced Cardiac Clinic in Traverse City this month. Among those looking on are from left Medical Director Dino Recchia, MD, FACC, FHFSa, and far right, Al Piong, president of Munson Medical Center and COO of Munson Healthcare. Learn more about Munson Healthcare cardiovascular services at munsonhealthcare.org/heartservices.