



Regions Hospital  
Foundation

Partners in Health

WINTER 2013-2014

**ALSO INSIDE:**

Wine Auction raises record amount

Health reform discussed at business breakfast

Donations fund TPT series on mental illness

## *Remembering a Good Man*



Jim Mickman, MD, guided others through their brain tumor diagnosis even as he suffered from an aggressive form of the same illness. Contributions made in his memory are funding a new brain tumor advocacy program. For the full story, turn to page 4.



The worst phone call I ever received was when I was told the lump I found was cancer. I felt helpless and had no idea where to turn for care. With so many options in the Twin Cities, how does one decide where to go for treatment? Of course quality care is important, but successful cancer treatment demands so much more. You want a team of specialists working together for you. You want to go to one place for all of your care and receive it close to home. You want to access the best research and clinical trials. And when treatment is over, you want the continued support of medical professionals, because treatment is just part of the process.

This is what Regions does every day for families like mine. In addition to traditional cancer treatment, Regions offers yoga, support groups, alternative medicine classes, cancer-free eating courses and more. You can also access an extensive cancer library.

Such support programs help make the Regions Cancer Care Center our community's provider of holistic cancer care. Unfortunately, health insurance does not pay for many of these programs, making charitable contributions so important. The fact that Regions provides more charity care than other hospitals in our service area makes it even more dependent on philanthropy.

This newsletter takes a closer look at the unique cancer care services offered by Regions. Please join me in supporting these programs. I hope you and your loved ones never need to use the center, but if you do, know you are going to the best place in the Twin Cities.

*Christine Sand*

Board Member, *Regions Hospital Foundation*

*Pictured on the cover is Sarai Brenner (holding a photo of her late husband, Jim Mickman, MD) and Richard Peterson, MD, a HealthPartners neuro-oncologist. For more, turn to page 4.*

## Giving hope to women struggling with breast cancer



Barbara Hensley, founder and CEO of the Hope Chest for Breast Cancer Foundation, in one of the organization's resale stores.

Barbara Hensley's passion for assisting breast cancer patients was born of her own experience. Her two sisters died of breast cancer and her mother most likely died with the same illness. Once, when she was visiting her sister Patsy in a hospital, Barbara struck up a conversation with another woman receiving chemotherapy for breast cancer. The woman's three young children played restlessly at her feet.

"She told me she didn't have money for daycare," Barbara said. "Imagine struggling with chemotherapy treatment while having to keep a constant eye on your children. I felt terrible for her."

The woman did not have a car, so Barbara gave her family a ride home. She's been helping breast cancer patients ever since. In 2001 she founded the Hope Chest for Breast Cancer Foundation, which provides the quickest access to help for the most urgent, emergency needs of people dealing with breast cancer. Such assistance helps these individuals pay their mortgage, rent, utilities, transportation to treatments, child care and more. One way Hope Chest does this is by establishing Hope Chest Emergency Assistance Funds at hospitals like Regions, which in turn provides assistance directly to its own patients.

To raise money for these efforts, Hensley created the Hope Chest for Breast Cancer resale stores, which generate income to support the charitable mission. Hope Chest currently has stores in Saint Paul and Orono/Navarre. Each sells donated, high-end women's clothing and accessories as well as upscale furniture and home décor accessories, all for a fraction of the cost.

"My vision is to open more retail stores in Minnesota and around the country to increase the number of breast cancer patients we help," Barbara said.

Hope Chest also receives individual donations and conducts fundraising events throughout the year. To learn more about the Hope Chest for Breast Cancer Foundation, visit its website at [hopechest.us](http://hopechest.us).

## Raise your glass: Wine Auction raises record amount

On Sept. 21, more than a thousand community leaders participated in the 24th annual Wine Auction. The event raised more than \$770,000 for Regions Emergency Medical Services (EMS) as it expands its services to medical first responders. Such agencies include ambulance services, police and fire departments and others. John Nasseff and Helene Houle were the event's presenting sponsors and honorary chairs.

"Tonight, we are honoring one of the best programs at Regions," said Nasseff. Regions EMS gives first responders the medical direction, education and quality assurance services they need to provide the best care at the point of injury or illness. Regions EMS is also a national leader in research, resulting in better first responder care.

Its work doesn't stop there. Regions EMS works with residents of all ages, from newborns to the elderly, to help them avoid injuries. Its providers staff the Minnesota State Fair and other community events to care for the sick and injured. With support from the Wine Auction, paramedics will visit home-bound patients who struggle with complex medical conditions to help them prevent medical emergencies.

It is the role Regions EMS plays in strengthening first responders that particularly engaged Nasseff and Houle. "The speed, care and expertise of our first responders can often make the difference between death or permanent injury and a full recovery," Nasseff said. "Regions Emergency Medical Services and the rescuers that serve our community deserve our gratitude and support."



Above: Thor and Jane Becken. Thor is a board member of Regions Hospital Foundation.

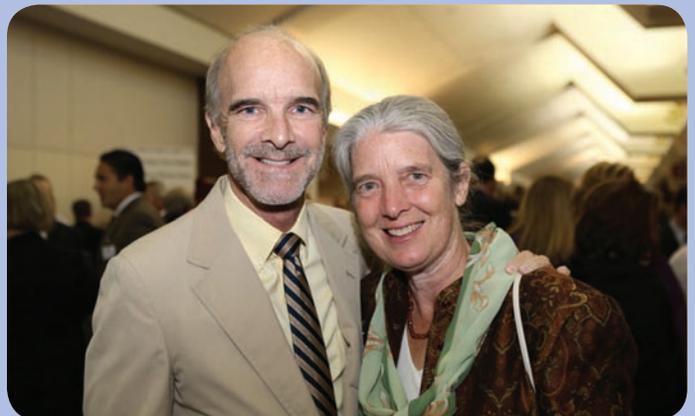


Above: Bill and Susan Sands and Tom and Mary Kingston. Bill Sands is vice chair of the Regions Hospital Foundation board while Tom Kingston is a member of the Regions Hospital board.

Below: R.J. Frascone, MD, Bernadette Frascone and John Nasseff. Dr. Frascone is the medical director of Regions Emergency Medical Services while Nasseff and his wife, Helene Houle, were the Wine Auction's presenting sponsors and honorary chairs.



Below: Ford and Catherine Nicholson.





## *Guiding families through a brain tumor diagnosis*

*Contributions made in Jim Mickman's memory will help the Neuro-Oncology Clinic carry on his advocacy work*

*"Only with the help of Dr. Richard Peterson and his team were we able to navigate our options. Their help was invaluable."*

*- Sarai Brenner (pictured with Dr. Peterson)*

HealthPartners physician Jim Mickman believed it was not enough to diagnose and treat a disease; you must also help patients navigate the complexities of treatment. So when he was diagnosed with glioblastoma, a particularly aggressive brain tumor, he offered his guidance to others with brain tumors.

"He went to many appointments with others," said Sarai, Jim's wife. "A neighbor would call Jim saying a cousin was diagnosed with a tumor, so Jim would sit with the family, answer their questions and help them understand their options."

The rapid onset of brain tumors, the cognitive and behavioral changes that often occur with them and the uncertainty surrounding prognosis make their care both difficult and unique from other cancers. Seizures, paralysis and permanent neurological damage are potential results of the disease, and family caregivers are often unprepared

for their many new responsibilities. Even with their knowledge of the health care system, Jim and Sarai were overwhelmed by the illness.

"Only with the help of Dr. Richard Peterson [a HealthPartners neuro-oncologist] and his team were we able to navigate our options. Their help was invaluable," Sarai said. With Jim's encouragement, our cancer care centers created a specialized Neuro-Oncology Clinic to help brain tumor patients coordinate care between multiple specialties and support services.

Jim died in March 2013 after battling cancer for four years. Donations made in his memory are helping the Neuro-Oncology Clinic carry on his advocacy work. "In the worst possible circumstance, Jim made it easier for others experiencing his same condition," Sarai said. "He was the best man I ever met." ■

If you would like to contribute to one of the programs listed in the newsletter or another program, please use the enclosed envelope or call Regions Hospital Foundation at 651-254-2376.

## Providing cancer care close to home

Our cancer doctors practice at 10 locations, from Minneapolis to western Wisconsin, so when our patients are diagnosed with cancer, they can receive our state-of-the-art care as close to home as possible. When patients need more acute care, they can receive it at Regions and receive seamless follow-up care at their local clinic.

Steve Hanson has experienced this convenience. Starting in Sept. 2012 he was admitted five times to Regions to receive regular inpatient chemotherapy for acute myeloid leukemia and received follow-up care at the Cancer Center of Western Wisconsin in New Richmond.



Laura and Steve Hanson

Steve was pleased with the care he received at Regions. "They kept my wife and me well informed of the results of blood tests and what to expect in the coming days. They also told us what to do when I left the hospital, what to eat and other things to keep my strength up." Steve McCormack, MD, a HealthPartners oncologist, cared for Hanson at Regions and in New Richmond, which made Hanson's care consistent. "Having contact with Dr. McCormack at both locations allowed me to feel comfortable and confident in my care."

"It was really convenient getting follow-up care in New Richmond," said Steve, who lives 12 miles north of the city. "After each chemotherapy treatment, I would experience the side effects. It was good to know we didn't have to drive far to get great follow up care." Receiving care close to home also cuts down on a patient's expenses. A patient living in western Wisconsin can save more than \$1,200 for gasoline by not having to drive to the Twin Cities for treatment.

Steve is now in remission from leukemia. "The care I received at Regions and the Cancer Center was excellent, but I hope I don't ever need it again." ■



Dan Anderson, MD, helps coordinate clinical trials offered through the Cancer Care Center at Regions.

## Offering cutting-edge cancer trials to local patients

Can the diabetes drug metformin help prevent breast cancer? That is the question the Cancer Care Center at Regions is studying in a clinical trial.

"This trial is very exciting. We know metformin is safe, and if it can help prevent breast cancer it could save a lot of lives," said Dan Anderson, MD, a HealthPartners oncologist.

HealthPartners and Regions are local leaders in providing clinical trials of cancer treatments, enrolling the largest number of patients of the 19 hospitals in its local consortium. Charitable donations are a vital component of this success. Philanthropy is especially critical for the beginning-stage research of new treatments, since government agencies and drug companies are often unwilling to fund treatments that have no established record of success. With additional donations, the Cancer Care Center could partner with national groups to provide treatments for later-stage cancers, preventive trials and symptoms management studies.

"Too many patients run out of good options and have to travel across the country to take part in the latest clinical trials. We want to offer them the hope of the most cutting-edge treatments and the convenience of offering such options locally," Dr. Anderson said. ■

## Providing care at home and abroad: Randy Hurley, MD, medical director, HealthPartners and Regions Hospital Cancer Care Centers

Since 2002, Dr. Hurley has spent a portion of his annual vacation time volunteering for the Ilula Lutheran Hospital in Tanzania. When he first arrived 12 years ago, the 70-bed hospital had no running water or stable source of electricity and few surgical, diagnostic or HIV services. Now, thanks to assistance from Regions employees like Dr. Hurley and considerable infrastructure investment, Ilula is a fully functioning hospital.

Dr. Hurley sees parallels in the work of Ilula and the Cancer Care Center at Regions. "Helping the underserved is a mission of both," Dr. Hurley said. "We must also build stronger cross-cultural partnerships. In the case of the Cancer Care Center, that includes building stronger relationships with other hospitals and with different medical disciplines in our organization.

"We want to be the best oncology clinic on the planet," Dr. Hurley said. As a longtime donor of Regions Hospital Foundation, Dr. Hurley sees the power of philanthropy in making this dream a reality, funding special programs that health insurers do not fully reimburse.

Besides leading the Cancer Care Center, Dr. Hurley is a practicing oncologist, and his dedication to his patients can be



Randy Hurley, MD (at left), at the Ilula Lutheran Hospital in Tanzania.

seen by looking around his office. The top of his bookshelf is lined with patient memorabilia, and directly above his computer is a large photo of a patient who died at the age of 23. A gift from her family, it shows the woman walking her dog at sunset. "It was a real privilege to know her," Dr. Hurley said.

## A song for your troubles: employee donations pay for new baby grand piano



Tampa Spatz plays the new piano at Regions.

Tampa Spatz is an award-winning professional musician. On occasion, he volunteers his talents as a blues and jazz piano player and vocalist at Regions. At first he was surprised at the positive reaction of patients, visitors and staff to his music.

"I assumed the hospital would want New Age or Classical, but I guess people like the toe-tapping nature of my music," Tampa said. "Hopefully it lightens someone's day, even if for a moment."

Time spent in a hospital as a patient or visitor can be very stressful. Regions does everything it can to provide the finest experience to its guests, and research has shown that live music enhances relaxation and healing. That's why volunteers perform music in the hospital's public spaces and why two music therapists bring live music to patients at their bedsides. Now, with donations from the Sharing at Work employee giving campaign of Regions and HealthPartners, volunteers can play a new baby grand piano in the second floor atrium of the hospital.

"The new piano is simply superb," Tampa said. "Any organization is one step ahead of the game if they have a piano at all, but the acquisition of this brand new Kawai grand piano is fantastic. I find it extremely touching and also telling that the piano's purchase was made through the generosity of Regions employees. They are obviously a remarkable group of people."

## Health reform not the end of charity care

The Affordable Care Act (ACA) is meant to reform health insurance and expand coverage through government programs like Medicaid. Expanded coverage is a good goal; everyone should have access to health insurance. To help pay for these changes, hospitals will receive reduced payments for serving government-insured patients and pay more taxes. Safety-net hospitals like Regions will be affected the most. Our bottom line is expected to take a \$6.5 million hit in 2014, and starting in 2015, this amount could rise to \$16 million a year.

The ACA was the topic of Regions Hospital Foundation's latest Business and Community Leader Breakfast, held on Nov. 5.

A reduction in government payments will have the greatest affect on Regions' income over the coming years. All hospitals will receive reduced payments, but safety-net institutions will also see a decrease in Disproportionate Share Payments, a federal subsidy that helps them offset the cost of charity care and low reimbursements for patients insured under government programs. Cuts made to this subsidy alone will reduce Regions income by about \$14 million a year by 2015.

"According to the theory behind these reductions, they will be offset by a rise in income from newly insured patients seeking care under the ACA. But Minnesota already has a high rate of insured individuals, so we won't see as large an influx of insured patients as other states," said Brock Nelson, president and CEO of Regions. "The government will likely feel pressure to make additional cuts to programs such as Medicare and Medicaid, which would further decrease our income.

"We can't predict all the affects of the ACA, but we know that philanthropy will continue to play a vital role in our ability to provide the finest care to all patients, no matter their insurance status. The need for safety-net hospitals like Regions is not going away."



Even with the Affordable Care Act, philanthropy will play a key role in our ability to provide the finest care to all patients.

## Ideas for year-end giving



Using the IRA charitable rollover allows donors to make an impact on Regions Hospital while saving money on taxes and decreasing their taxable estates.

Are you considering a year-end donation? A gift of cash is great, but it is not the only option available to many donors. Here are a few others.

**The IRA charitable rollover**—If you are 70½ years or older, federal legislation allows you to make gifts totaling up to \$100,000 a year from your individual retirement account (IRA) directly to qualified charities like Regions Hospital Foundation without incurring income taxes on the withdrawal. The provision is only effective through 2013, so you must act by Dec. 31.

**Donating financial assets receiving low return**—If you have CDs, stocks or bonds that are producing little or no return, you could make a gift of these low-performing assets and receive a charitable deduction.

**Donating appreciated stock**—If you are planning to make a substantial donation this year, you may want to consider donating appreciated stock. This works best for people whose marginal tax bracket is 15 percent or higher and who claim itemized deductions. By donating appreciated stock, you will be able to deduct the amount of the charitable donation and escape the unrealized gains on the donated stock. However, this will not work if the stock has not been held for more than a year.

As with all tax-related advice, consult your legal or tax advisors before making a decision based on this information. To find out more, please call Regions Hospital Foundation at 651-254-2376 or visit our Giving Options website at [www.RegionsHospital.com/giftplanning](http://www.RegionsHospital.com/giftplanning)

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Please call or write us if you wish to be removed from our mailing list.

## *TPT series explores mental illness and stigma*

Growing up, Adam Moen excelled in school, sports and his social circles. It wasn't until he was in college that he realized he experienced depression.

Like many others, Adam tried to deal with his overwhelming mental and emotional distress by himself, "because I couldn't admit that I was struggling. And my release ended up being with substances... I was very serious about not wanting to live anymore because I didn't feel there was any reason to."

Adam's experience with mental illness is one of ten profiled in Make It OK, a new documentary series produced by Twin Cities Public Television (TPT) and funded with donations to Regions Hospital Foundation. The series is being aired on TPT and can be streamed online at TPT.org and MakeltOK.org. The first of four documentaries premiered in November, and the rest will be released in 2014.

A friend recommended that Adam get help for his condition and his parents connected him with a therapist. "It was amazing. I started to talk. It was a new feeling. It was a lightness." Adam began talking to others he knew about his experience with



mental illness. "It freed the conversation with my friends... Being depressed, being anxious, being whatever you're dealing with, it's okay."

If you want to join Adam in fighting the stigma associated with mental illness, then consider sharing your experiences. Just go to MakeltOK.org and click "Stories." You can also contribute financially to the Make It OK campaign as it combats stigma in communities statewide. Call Regions Hospital Foundation at 651-254-2376 for more information.

Adam is creating online and in-person networks of individuals to help others suffering from mental and emotional difficulties. For Adam, the task is simple: "It's really just about listening and caring. That's it."