

## PARTNERS IN HEALTH

SUMMER 2014



# VINTAGE '90

*The Wine Auction*

Celebrating

**25** years

**ALSO INSIDE:**

- Family learns value of Level I Trauma Center
- Donor inspired by Alzheimer's care and research
- Mental health program gives woman a "second chance"
- Cancer survivor receives support after treatment ends

## GREETINGS TO OUR COMMUNITY

On September 20, 2014, we will celebrate the 25th Annual Wine Auction. We've been fortunate to be the volunteer co-chairs of the event for nine of those years. In that time, The Wine Auction has undergone tremendous growth and change, becoming one of the community's premier fundraising events. As co-chairs, we like telling the community about the unique resource that is Regions Hospital. We also enjoy the event: the food and wine, the music, the excitement and all the good people who come together to support the hospital and its programs.

But more than anything, it's the people who've benefited from programs funded by The Wine Auction that bring us back, year after year. It's the niece injured in a car accident who receives life-saving care from Minnesota's first Level I Pediatric Trauma Center. It's the co-worker suffering from depression who attends the DayBridge program, where he receives intensive therapy. It's the elderly neighbor with Alzheimer's disease whose whole family benefits from the outstanding care and groundbreaking research of the Center for Memory and Aging.

Our goal this year is to raise \$1 million to help strengthen the programs of Regions and create innovative new ones. We also want to reflect on The Wine Auction's accomplishments over the years and look to the exciting future of care at Regions Hospital. After reading this newsletter we hope you are inspired to get involved, either by sponsoring the event, contributing auction items or purchasing a raffle ticket. Of course, we hope you will join us on September 20 to celebrate these amazing accomplishments.

To everyone who has helped make The Wine Auction such a success over its 25 years, thank you for your tremendous support.



Co-Chair, Wine Auction Steering Committee



Scott Aebischer  
Co-Chair, Wine Auction Steering Committee



## SUPPORTING PASSION AND COMMITMENT: KRAUS-ANDERSON



Al and Audrey Gerhardt at the 2012 Wine Auction

The success of The Wine Auction has been built through loyal donors like Kraus-Anderson Construction Company, a major event sponsor in each of the last ten years. "Supporting Regions ties in with our core purpose of building enduring relationships and strong communities," said Al Gerhardt, chief operating officer of Kraus-Anderson. "We know quality healthcare is essential to building strong communities. And we've seen first-hand the passion and commitment that their leadership and staff have for improving the patient experience."

Gerhardt appreciates the way Wine Auctions have focused on one or a few program areas each year. "This focused approach helps build awareness of Regions' programs, and it's gratifying to see the immediate impact of our giving."

He also likes attending the event. "It is always well organized and professionally put together by the Regions staff. There's always a good turnout, with a large cross-section of the community. We look forward to the wonderful live and silent auctions, with a lot of unique items. It's a fun night!"

*Pictured on the cover: Wine Auction participants from 2012 and 2013.*

## SUPPORTING PATIENTS AFTER CANCER TREATMENT ENDS

"The fight against cancer does not end when the treatments end," said Talaya Dendy. "Cancer patients need support during and after treatment because the process of recovery is very long. We have to deal with the physical and emotional scars of our battle and it can be a lot for someone to deal with."

Three years ago, Talaya was diagnosed with Hodgkin's lymphoma and received chemotherapy and radiation therapy in Regions Cancer Care Center. "The staff members really care about their patients," Talaya said. "They made sure I was comfortable, informed, and empowered to make decisions about my medical care. Everyone always complimented me on how good I looked even when I didn't feel that well. The staff really tries to lift your spirits."

Yet, like so many cancer survivors, Talaya had serious concerns when she finished treatment. Would the cancer return? How would her treatments affect her long-term health? How would she pick up the pieces and move forward in her personal and professional life?

The hospital's cancer survivorship program helped answer these questions. As part of the program, Talaya met with a dietitian, social worker and physician assistant. That care was in addition to regularly-scheduled visits with her oncologist. "We discussed possible late side effects, the likelihood of the cancer returning, the different tests I would need and why I would



Kim Burns, RN, BSN, OCN, Talaya Dendy and Stephanie Kroon, PA-C. Kim was one of Talaya's nurses and Stephanie is a physician assistant in the cancer survivorship program.

need them and how often I would come in for exams," Talaya said.

"The Cancer Care Center continuously educated me on what to do to help ward off cancer. The social worker was a great listener and let me know that the things that I felt and experienced were completely normal. I was and still am constantly encouraged to live life and focus less on the cancer. Even today, staff members are always available to answer my questions."

In January 2014, Talaya joined the Cancer Care Center's survivor advisory council. "I want to play a part in making things better for cancer patients. I want people to know there is life after cancer, a good life."



Dan Anderson, MD, a HealthPartners oncologist, talks to Patrick, who escaped persecution in Burma and was being treated for lymphoma.

## FILM EXPLORES HEALTH CARE THROUGH THE EYES OF REFUGEES

In the film *American Heart*, viewers follow the lives of three refugees as they navigate Minnesota's health care system. This includes two patients who were treated for cancer. Much of the action takes place in the HealthPartners Center for International Health, which caters specifically to the medical needs of immigrants and refugees.

*American Heart* premiered on Twin Cities Public Television in November 2013 and was screened statewide. To learn more about this award-winning film, visit [www.americanheartfilm.com](http://www.americanheartfilm.com).

### PROVIDING COMPLETE CARE, GROUNDBREAKING RESEARCH TO ALZHEIMER'S PATIENTS

When Colleen Lind began experiencing serious memory loss at the age of 65, her family was referred to the HealthPartners Center for Memory and Aging, "and we're so thankful," said Kelly Johnson, Colleen's daughter and a donor to the center.

Kelly uses the word "complete" to characterize the care her family has received from the center, starting with the diagnosis of Alzheimer's disease. "The way in which it was communicated was very compassionate. We were given a diagnosis and a direction. We were told what to expect, who to call when we needed help and where to get more information." In addition to meeting with the center's medical team, Colleen's family met with a social worker, who supports the emotional, social and spiritual needs of families. Such support for newly-diagnosed Alzheimer's patients is not common outside of HealthPartners. "The center helps families live well with the disease," Kelly said.

In April 2014, Colleen and her family enrolled in the center's first shared clinical visit series, an innovative program that provides additional support and education to patients and families dealing with dementia. As part of the 90-minute visits, groups of up to six families meet with the center's staff to receive information on living well with Alzheimer's. During the sessions, families can also meet one-on-one with a neurologist. Each group meets once a month for four months.

"The information we received during the visits has allowed us to make better decisions as we try to stay one step ahead of the



Colleen and John Lind with their daughter, Kelly Johnson

changes that will occur," Kelly said. "We also met others in the same situation and were able to offer support to one another."

Despite the satisfaction Kelly feels for the care her family has received, it was the center's groundbreaking research that most inspired her to make a contribution. For more than 30 years, the center's scientists have conducted internationally-recognized research, leading to promising new treatments for Alzheimer's, Parkinson's, stroke and other brain disorders.

"The center puts a tremendous amount of effort into finding ways to stop and prevent Alzheimer's disease," Kelly said. "If my family can donate to this research and help others avoid this experience in the future, that's what we want to do."

### REGIONS BECOMES MINNESOTA'S FIRST COMPREHENSIVE STROKE CENTER

This means we offer the highest level of care for all stroke cases, from the most minor to the most severe. The certification was made by the Joint Commission, a nonprofit organization that accredits more than 20,000 health care organizations and programs in the U.S.



Regions has three CT scanners, allowing us to provide advanced neurological imaging 24 hours a day.

## \$25,000 cash Raffle

### SEPTEMBER 20, 2014

To celebrate the 25th Annual Wine Auction we are raffling away \$25,000, winner takes all. Raffle proceeds will strengthen Regions Hospital's programs, so you really can't lose.

### Raffle ticket details

Price: \$50 per ticket

Number of tickets available: only 1,500

Drawing will be held at The Wine Auction: you do not need to be present to win

Tickets to The Wine Auction are sold separately

For more information:

Phone: 651-254-3685

Email: Alison.M.Fox@HealthPartners.com

Web: thewineauction.org

To reserve your raffle or After Party tickets, fill out this form, attach your check if that is your payment method and send it using the enclosed envelope. (Make checks payable to Regions Hospital Foundation. This form with payment must be received at Regions Hospital Foundation by Thursday, September 18, 2014, to be processed before the event.) Though credit cards can be used to purchase After Party tickets, by law they cannot be used to pay for raffle tickets. However, debit cards can be used to purchase

### JOIN US FOR

## The Wine Auction After Party

Do you want to unwind? Do you want to listen to great music? Do you want to dance? Then join us for The After Party, featuring Dirty Word. The band's playlist spans five decades and includes top 40 pop, funk, country, and classic rock. You're guaranteed to have a good time.

For \$35 you can enjoy the music, games, food and a complimentary drink while supporting a great cause. To purchase After Party tickets, fill out the form below or visit thewineauction.org. If you're already participating in The Wine Auction, your After Party attendance is free.

### The After Party details

Date: Saturday, September 20, 2014

Time: 8:00 p.m.–midnight

Place: Saint Paul RiverCentre

Price: \$35 per ticket

Tickets to The Wine Auction are sold separately

The After Party sponsored by:



I will purchase \_\_\_\_\_ raffle tickets x \$50. Total amount \$ \_\_\_\_\_

I will purchase \_\_\_\_\_ After Party tickets at \$35. Total amount \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment method: Check  Debit Card  Credit Card

Debit/Credit Card #: \_\_\_\_\_

Signature: \_\_\_\_\_

#### Raffle ticket information

\$25,000 gross value; taxes will be assessed against the total value. Need not be present to win. Must be 18 or older to purchase ticket or win prize.

Permit no. X-32408-14-006

By law, credit cards cannot be used to purchase raffle tickets.



## PROVIDING THE FINEST EMERGENCY CARE



Mark and Christine Solheim at the 2012 Wine Auction

Five years ago, Mark and Christine Solheim's teenage daughter suffered a serious fracture to her arm while training at a local gymnastics club. Emergency medical technicians from the St. Paul Fire Department arrived and quickly stabilized her condition, which included an obvious deformity of the limb.

Mark and Christine's daughter was taken to Regions. As the East Metro's only Level I Adult and Level I Pediatric Trauma Center, Regions offers the finest critical care to patients of all ages.

Such care often starts before patients ever reach the hospital's Emergency Center. Regions Emergency Medical Services works

with first responders, like those in the St. Paul Fire Department, to ensure they provide the best care at the point of injury or illness. Mark was comforted by the EMT's communication with Regions while en route to the hospital. "When we arrived, the ER's professionals were ready to evaluate my daughter's condition," Mark said.

Regions has the largest emergency department serving the Twin Cities East Metro and western Wisconsin, and it provides award-winning care. "The ER staff was caring, communicative and demonstrated a sophistication consistent with a Level I Trauma Center," Mark said. "The staff was measured and calming, from the moment the ambulance arrived through all the handoffs in care."

Being a Level I Trauma Center also means providing strong specialty care. Mark and Christine spoke with a Regions pediatric surgeon that night and their daughter was in surgery the next morning. "The surgeon's team had dealt with many similar injuries in a short period of time. Their experience made us feel confident in the team's ability to care for our daughter."

Mark and Christine's daughter made a full recovery. "My wife and I contribute to Regions because we know our financial support will help sustain the hospital's medical excellence and service for the East Metro community," Mark said.

**ANNUAL**  
— VISITS TO THE —  
**EMERGENCY CENTER**  
— HAVE GROWN —  
**BY 18,000**  
— IN THE LAST —  
**TEN YEARS.**

## REGIONS PLANS TO EXPAND ITS EMERGENCY CENTER

ER patient volumes are well ahead of previous predictions. The ER had more than 78,000 visits in 2013 alone. To keep pace with the increases, the ER is planning the third and final phase of its decade long expansion project. Besides increasing the number of ER beds, the expansion will strengthen our ability to treat the growing number of patients with serious injuries. This includes building a new ambulance bay. The project is being funded in part with donations to Regions Hospital Foundation.

2014 WINE AUCTION ANNIVERSARY SPONSOR *for Emergency*



## GIVING HOPE TO INDIVIDUALS WITH MENTAL ILLNESS

At 60 years old, Cindy Opatrny had dealt with depression for many years. "I was in and out of therapy and on and off medications. I was just struggling through," she said. Over the last five years, Cindy also experienced several other major health issues, including breast cancer. "I had a lot of stress in my life, and our recent brutal winter was especially hard on me. I was in a downward spiral before I was admitted to Regions," she said.

After a short stay on an inpatient mental health unit, Cindy was transferred to the DayBridge program. "I entered the hospital feeling like life had no purpose. What was the meaning of all the chaos? I felt hopeless, but now I feel hopeful after DayBridge."

Started in 2013, DayBridge provides intensive mental health care for those who can safely stay at home at night and on weekends. "DayBridge taught me how to care for myself. The classes were intense, but I learned so much about my diagnosis and what I needed to do to get better," Cindy said.

An art project taught her one of DayBridge's most important lessons. "I learned that I should never give up. Our occupational therapist told us that, once we chose a project, we had to see it through, no matter how many obstacles we may encounter. I struggled with my rainbow loom and had to start over several times but finally succeeded in my third and final week at DayBridge. Now I have the cutest bracelet for my granddaughter."

The DayBridge staff was "outstanding," Cindy said, but feedback from her fellow patients was also crucial to her recovery. "We were a real team. We laughed, cried, offered encouragement, and solved problems together."



Cindy Opatrny holds a banner she created that commemorates some of the things she learned and people she met while participating in the program. She is pictured with Gretchen Prohofskey, MOT, OTR/L, the allied health manager in Regions Mental Health, who helped create the program.

Before graduating from DayBridge, Cindy worked with staff to form a plan in case she has a relapse. "I have a lovely family and great care providers, and all of them will be my contacts if I run into trouble. Sometimes patients don't recognize the early warning signs of relapse, so it takes others to recognize them and offer help when needed."

"I've been blessed with a second chance. DayBridge has given me a renewed sense of purpose as it pertains to my recovery, and my future is filled with new possibilities."

## MAKE IT OK CAMPAIGN REACHES 100,000 IN FIRST YEAR

In the first year of our campaign to fight the stigma associated with mental illnesses, we reached more than 100,000 Minnesotans through an advertising campaign, community education and a partnership with Twin Cities Public Television. The campaign is funded with contributions to Regions Hospital Foundation. Here are a few facts from the first year:

- More than 30,000 people visited the campaign's website, which includes educational information about mental illnesses and tips on how to talk about them
- More than 69,000 viewers watched the first three "Make It OK" documentaries on TPT (visit [tpt.org](http://tpt.org) or [MakItOK.org](http://MakItOK.org) to stream the five episodes)
- The advertising campaign had more than 25 million impressions through ads on the radio, television, in print and online

Make It **OK**.org

2014 WINE AUCTION ANNIVERSARY SPONSOR *for Mental Health*

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## APi GROUP: FRIEND OF VETS AND WINE AUCTION PRESENTING SPONSOR



Lee and Penny Anderson are Honorary Chairs of the 2014 Wine Auction. Photo copyright U.S. Chamber of Commerce.

"One of the most important and worthwhile causes in today's world is the care and concern of our veterans," said Lee R. Anderson, Sr., owner and chairman of APi Group, Inc.

The parent company for 40 sub-contracting companies, APi Group has made employing and supporting veterans a part of its culture. Last year, APi Group and its companies hired 150 vets. The organization employs a recruiter whose main job is to hire veterans and has created internal programs that help veterans transfer their skills into the workplace. It has also funded Minnesota and U.S. Chamber of Commerce programs that offer employment assistance to veterans.

In addition, Anderson and his company contributed seed money for the Lee and Penny Anderson HeroCare Program for

Veterans at Regions. Veterans of foreign combat suffer mental wounds years after their military service ends. HeroCare was created to offer the very best, military-informed care to veterans experiencing mental illnesses. The program also helps veterans coordinate follow-up care with the VA and other community services, including help finding work.

HeroCare will be one of the programs featured at the 25th Annual Wine Auction on Saturday, Sept. 20. APi Group is the event's presenting sponsor and Lee and Penny Anderson are Honorary Chairs. "The Wine Auction is intended to be a fun event that will raise money for programs like HeroCare," Anderson said. "I encourage everyone to attend the event and be a part of this very important program. See you there!"