

## PARTNERS IN HEALTH

WINTER 2014-2015

### HEROCARE

Providing specialized care  
to veterans experiencing  
mental illness

ALSO INSIDE:  
Regions president and CEO says goodbye  
Wine Auction breaks record  
Expanded Cancer Care Center opens  
Regions studies drug for brain injury





## GREETINGS TO OUR COMMUNITY

At the end of 2014, I will retire from my post as president and CEO of Regions Hospital. When I started here 12 years ago, our board and staff agreed on a philosophical belief: that everyone deserved the finest care, regardless of their insurance status. That's why we set out to grow from our traditional role as the emergency and charity care leader to also being the hospital of choice for the community.

With great oversight from the hospital board and with the hard work of everyone in our organization, we attained that goal, becoming the undisputed market share leader among St. Paul hospitals. People from across the East Metro and western Wisconsin come here for the full range of specialty care, including the neurosciences, cardiology, oncology and orthopaedics. We did this by attracting the finest physicians and staff, investing in great facilities such as a new patient care tower and mental health building, and more than anything, focusing like a laser on the care and experience of each patient and visitor that walks through our doors.

Philanthropy played an important role in this transformation, paying for programs and facility expenses that everyday revenue could not cover. I am grateful for all the donors who partnered with us in these efforts. We will need continued support; even with health care reform, many individuals will need our help paying for care, and this will decrease our ability to pay for special initiatives. In return for their gifts, donors will expect Regions to continue being a well run and successful organization, and with Megan Remark taking over as president and CEO, I know the hospital will remain strong.

I've enjoyed my career, and it's great to end it by leaving an organization that has been incredible to me and where I've experienced great joy. It has been my privilege to work at Regions.

*Brock Nelson*

Brock Nelson  
President and CEO, Regions Hospital

## MEET MEGAN REMARK, REGIONS CEO-TO-BE

On January 1, 2015, Megan Remark will start her new position as president and CEO of Regions Hospital. Megan has been with HealthPartners for nearly 20 years and is a member of Regions senior leadership team. We asked Megan a few questions to help you get to know her better.

### **Tell us a little bit about your family and life outside of work.**

I was born and raised in Las Vegas and am the youngest of three children. I moved to Minnesota to attend graduate school and have called it my home for more than 25 years. My husband, Roger, and I have two children—Sydney, 14, and Gavin, 11. We enjoy the great outdoors year round. Just last summer, we hiked the Superior National Trail. We also spend a lot of time in hockey rinks and on soccer fields!

### **What interests you most about health care?**

Improving health care and ensuring it is as safe as possible are what drive me. Health care is complicated and too important to be so difficult to navigate, particularly for patients and families facing an unexpected medical crisis. I want to make it easier for patients and families to get the health care they need.

### **Tell us about your career with HealthPartners and Regions.**

I've been fortunate to work in roles that support our care delivery system. I began my career as the Como Clinic manager. I spent several years as the vice president of Outpatient Services leading



Roger and Megan Remark with Martha and Brock Nelson at the 2014 Wine Auction

Regions Hospital clinics, the Emergency Department and several support areas. For the past 10 years I've led the HealthPartners Specialty Care division. This has given me the chance to lead clinical programs at Regions, including Neurosciences, Orthopaedics and Cancer Care services.

### **What excites you the most about Regions?**

Every day I am impressed with the talent and empathy our employees bring to improving the lives of the patients who trust us with their care. I look forward to building on our success as the hospital of choice for our community!

*Pictured on the cover is Christine Dawson, the HeroCare advocate, and John Kuzma, MD, the medical director of inpatient mental health services. For more on HeroCare, turn to page 4.*

## FACTS AND PHOTOS FROM THE 25TH ANNUAL WINE AUCTION

Regions Hospital Foundation's 2014 Wine Auction took place on Sept. 20 at the Saint Paul RiverCentre.



Becky and Charlie Roehl relax at the Champagne Reception.

936 PEOPLE  
ATTENDED  
*The Wine Auction*



Scott Aebischer and Donna Zimmerman are co-chairs of the event's steering committee.

WE RAISED  
\$1,006,000.  
THIS BROKE THE  
PREVIOUS RECORD BY  
\$233,000.



Tom Kingston, the night's featured speaker, talked about his history as a Regions patient, board member and donor.

PRESENTING  
SPONSOR:



Tonya and Philip Hampton stop for a photo.



The dinner included the unique, live music of electric violinist Spags.



Kathy Agerbeck poses with Cathy Wurzer, the event's emcee.



HONORARY CHAIRS:  
LEE AND PENNY ANDERSON

"Penny and I have really been blessed to be part of some truly wonderful organizations like Regions Hospital."

- Lee R. Anderson, Sr.,  
owner and chairman of API Group Inc.



## ONLY THE FINEST FOR OUR HEROES

### NEW PROGRAM BRINGS SPECIALIZED MENTAL HEALTH CARE TO VETERANS

Of the 2.4 million active duty personnel and reserves deployed to Iraq and Afghanistan since 2001, almost 30 percent will experience a mental illness. This has led to high levels of unemployment, drug and alcohol abuse, homelessness and suicide among military veterans. According to the Veterans Administration (VA), 22 percent of all suicides in the U.S. in 2010 were committed by veterans.

The high level of mental illness is not surprising. Combat veterans have experienced situations that most civilians could not imagine. By simply deploying, military members can suffer from a high level of stress. "Think about leaving your family for a year and not knowing if you'd come back," said Christine Dawson, a social worker at Regions.

Dawson spent 17 years in the Marines and 13 in the Army National Guard, so she's experienced firsthand the stress of military life. As the mother of two adult children who have deployed, she also knows the anxiety of the families left behind. "As a parent that's the hardest part: seeing your son and daughter get on a bus and not knowing if you'd ever see them again."

To offer the very best, military-informed care to veterans who experience mental illness, Regions partnered with Lee and Penny Anderson and their company, APi Group Inc., to create the Lee and Penny Anderson HeroCare Program for Veterans. With HeroCare, Regions provides the programming, staffing and space necessary to give veterans specialized care. It also coordinates ongoing assistance so veterans can stabilize their lives and thrive.

In May 2014, Dawson was hired as the HeroCare advocate to coordinate the program. "As good a job as the local VA does, it can't help all the veterans who need it," Dawson said. "It's our responsibility at Regions to work with the VA to provide the best care."



Christine Dawson, the HeroCare advocate, and John Kuzma, MD, the medical director of inpatient mental health services, stand in front of the Lee and Penny Anderson HeroCare office in the Regions mental health building. Both are military veterans.

As the HeroCare advocate, Dawson provides crisis intervention, counseling and psychotherapy to veterans experiencing mental illness. Her status as a veteran allows her to build trust more easily with veterans in the hospital. "A lot of veterans don't allow themselves to show emotions. They open up more to their battle buddies than to their own families. Because I'm a veteran, I can often make a quicker connection with them so they can begin to talk."

The family members of veterans also experience a higher rate of mental illness, so Dawson will work with them to meet their unique needs. Besides working individually with veterans and their families, Dawson works closely with hospital staff to ensure

that veterans receive specialized treatment during their time at Regions.

When patients permit it, Dawson will work closely with the VA and other military services to coordinate ongoing care. "Many veterans, especially from the Vietnam era, have never engaged the military health care system, so we can set them up with services they never even knew about," Dawson said. She also helps veterans access health insurance, housing, employment assistance, financial education and basic needs assistance.

Partnering with the Andersons in the creation of the HeroCare Program was a natural fit, since they are passionate about the needs of veterans. This is especially true when it comes to employment issues. Lee Anderson sees a connection between unemployment, the mental illnesses experienced by many veterans and their high rate of suicide. "I know how depressed these veterans are because they can't find a job," Anderson said. "They fill out hundreds of applications and they don't get one

call back. Put that on top of the traumatic stress many operate under and you have a perfect storm."

APi Group has made employing and supporting veterans a part of its culture. Last year, APi Group and its 40 sub-contracting 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 to support from the Andersons, the HeroCare Program has received major contributions from Wells Fargo Foundation and the Richard M. Schulze Family Foundation.

"Veterans have dedicated their lives to serving this country. It's our responsibility to give them the resources they need when they need it," Dawson said. "That includes the finest mental health care."

## HEALTHPARTNERS SURGEON MAKES HISTORY WITH THE MINNESOTA NATIONAL GUARD

In August, David Hamlar, MD, became the first African-American in state history to be named brigadier general of the Minnesota National Guard.

Hamlar, who is also a HealthPartners ear, nose and throat (ENT) surgeon, joined the National Guard during medical school in 1989 after having actively served for three years in the National Health Service Corps. Since 2001 he has been deployed several times as a trauma surgeon, flight surgeon, and commander. This included three times to Iraq, twice to Afghanistan, and once to the Landstuhl Regional Medical Center, the primary military facility in Germany that is responsible for providing critical care for our wounded troops.

Hamlar has brought his military experience to his work with Regions, volunteering on the advisory group that oversees the Lee and Penny Anderson HeroCare Program for Veterans. "HeroCare allows Regions to better identify and care for veterans and their families who live with mental illness," Hamlar said. "I work part-time at the VA, and it alone cannot meet the great need for mental health intervention. HeroCare can help fill that void."

According to Hamlar, military members employed at Regions and HealthPartners have benefited from the support of the organization. "I know two other physicians as well as other staff who have deployed. HealthPartners kept our benefits going and supplemental salaries, and after returning home we returned to our jobs without



David Hamlar, MD is a HealthPartners ear, nose and throat surgeon and brigadier general of the Minnesota National Guard.

skipping a beat. The organization didn't have to do all that," Hamlar said. "Our families couldn't have managed our military deployment without HealthPartners support."

To honor the support of Regions and HealthPartners for deployed staff members, the U.S. Air Force flew American flags aboard aircraft during combat sorties in Afghanistan. This past year, Hamlar presented the flags to Regions president and CEO Brock Nelson and HealthPartners president and CEO Mary Brainerd.



## FUND HONORS LEADER'S LEGACY BY STRENGTHENING HOSPITAL EMPLOYEES



Brock Nelson, president and CEO of Regions (center), serves lunch at the hospital's 2014 employee picnic.

There's something special about the care offered at Regions. It's the employees, who are committed to providing the best care, from bringing prompt and friendly service to patients at their bedsides to walking visitors to their destinations. More than anything, it is this commitment that has transformed Regions into the market share leader for hospitals in the East Metro.

In his 12 years as president and CEO of Regions, Brock Nelson

has strived to make Regions a place where employees thrive and grow. Joan Gardner has worked with Nelson for more than 30 years, both at Regions and in Nelson's past role as president of Children's Hospital and Clinics. "He has a genuine interest in all the people who work with him at Regions, which has helped make it the outstanding health care facility in the Twin Cities," Gardner said.

To recognize Nelson's legacy, Regions Hospital Foundation created the Employee Health and Well-Being Fund Honoring Brock Nelson. Charitable funds will help pay for the continuing education of staff, scholarships for programs that improve the health and wellness of employees and basic needs assistance for staff members experiencing difficult life circumstances. By helping employees better themselves and thrive, the fund will strengthen the hospital's culture of providing the best care and experience to patients and visitors.

Gardner is co-chairing the effort along with Bill Sands, and she also contributed the fund's first major donation. "Brock's leadership has been transformative for the health care delivery and expectations of the community. With the help of his employees and board members, he has realized the lofty goals of family-centered care that visionaries have talked about for so many years," Gardner said. "Today, Regions' quality of care and culture have set a standard which all hospitals strive for."

## REGIONS OPENS BIGGER, MORE CALMING CANCER CARE CENTER



Mark Bisignani, MD, a physician with Minneapolis Radiation Oncology, visits a private infusion room in the expanded Cancer Care Center.

It is essential that the growing number of cancer patients receive their treatment in a healing, calming environment. That's why the Regions Cancer Care Center recently underwent a major renovation. Opened in November 2014, the new center doubled its size, growing from 8 to 21 exam rooms, 2 to 3 family consult rooms and 15 to 26 more comfortable infusion chairs, half of which are in private rooms. The new space also includes an improved family space as well as a nutrition center/kitchenette and conference room for education and support groups. Supportive lighting, art and fireplaces enhance the center's atmosphere.

Nearly half of us will be diagnosed with cancer in our lifetimes. Combine that with a mortality rate that is 15 percent lower than it was 20 years ago and you can see why the demand for cancer care is growing. Expanding the Cancer Care Center will help Regions meet this trend, but simple growth was not enough; patients spend many difficult hours receiving treatment and deserve the greatest comfort possible.

"Regions put a lot of thought into the design of the new center," said Mark Bisignani, MD, a physician with Minneapolis Radiation Oncology, P.A., which was the 2014

Wine Auction Anniversary Sponsor for Cancer. "It's a beautiful space that recognizes the significant time patients and their family members spend there. Add to that the center's additional programming—the free massages, support groups, emotional support, survivorship program—and you can see why we contributed."

## REGIONS STUDIES NEW MEDICATION FOR BRAIN INJURIES

Can a medication called tranexamic acid (TXA) improve outcomes for patients who experience traumatic brain injury? Regions is participating in a national study that is testing whether the medication can help prevent brain damage by reducing intracranial bleeding from the life-threatening injury. The study is being funded by the Department of Defense.

Regions' research is taking place in partnership with local emergency medical service agencies, including Lakeview EMS, St. Croix EMS & Rescue, the St. Paul Fire Department and HealthEast Medical Transportation. Last year, about 200 patients were treated for traumatic brain injuries at Regions. The injuries are most commonly sustained during a major trauma, such as a vehicle accident, fall or hit to the head.

TXA is an FDA approved medication that is used to control bleeding in the body, specifically for patients with a high risk of bleeding during dental procedures and surgeries.

"Over the past 30 years there have been few advancements in the treatment of traumatic brain injuries," said R.J. Frascione, MD, medical director of Regions Emergency Medical Services. "Smaller trials have suggested that TXA may provide these patients with better outcomes, and we hope this larger study will advance the treatment of these injuries."

Regions created the Critical Care Research Center (CCRC) to oversee all the hospital's clinical research into traumatic brain



The St. Paul Fire Department is one of the organizations partnering with Regions on the tranexamic acid study.

injuries, strokes, heart attacks and other critical conditions. At any given time, the CCRC is part of nearly 40 studies that span the full continuum of patient care, from the time an ambulance arrives at the patient's side until discharge from the hospital and beyond. Over the last two years, Regions Hospital Foundation has used general operating contributions to help fund the work of the CCRC.

## IDEAS FOR YEAR-END GIVING

Are you considering a year-end donation? A gift of cash is great, but it is not the only option available to many donors. For example, because of this year's stock market rally, it's a good time to think about gifts of long-term appreciated securities (i.e. those held for more than one year). There are at least two benefits to giving of this type: (1) You can take a charitable tax deduction for the market value of the stock, and (2) neither you nor the charity has to pay capital gains taxes when the stock is sold. Ultimately, this is a win-win for you and the charitable organization. As you evaluate this opportunity, please consult your legal or tax advisors to make sure it is the right decision for you

We hope you will consider supporting Regions with a gift of appreciated securities. If you want to learn more about this or other giving options, 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).

## EMPLOYEE CAMPAIGN RAISES NEARLY \$1 MILLION

The Sharing at Work employee giving campaign of Regions and HealthPartners raised nearly \$1 million in 2014. Employees gave more than \$470,000 to improve patient care, advance medical research and provide education to staff. All contributions were matched by HealthPartners.

"I am continually amazed and inspired by Regions and HealthPartners employees," said Judy Kishel, board member of Regions Hospital Foundation. "They are focused and dedicated to the mission and vision of our organization. They are committed to providing exceptional care to every patient and they are unselfishly supportive of each other. Because of all these reasons coupled with their own generous participation in Sharing at Work, my own decision to contribute is quite easy."

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## MAKE IT OK SERIES WINS EMMY® AWARD

More great news regarding Make It OK, our campaign to fight the stigma associated with mental illnesses. In September, the "Make It OK" documentary series won the Upper Midwest Chapter Board of Governors Award from The National Academy of Television Arts & Sciences. This is the most prestigious Regional Emmy® Award in the chapter and honors the creative and effective use of broadcasting to advance a mission or message. The award recognizes the partnership between Twin Cities Public Television (TPT), HealthPartners and the National Alliance on Mental Illness (NAMI) Minnesota for their roles in creating the series.

The documentaries feature the stories of 10 Minnesotans who live with mental illnesses. "By sharing these personal stories, we want to broaden the public's understanding of how stigma impacts people with mental illnesses and the families who care for them," said Donna Zimmerman, HealthPartners senior vice president of government and community relations. "As a society, we need to realize that people who live with mental illnesses are just like anyone else, and we need to learn to talk about mental illnesses just like we would any other illness." By changing public attitudes, people who experience a mental illness will feel more comfortable seeking help.

The series began airing statewide on TPT in October 2013. Viewership has been outstanding, with more than 75,000 people watching the shows in their first year. The series can be streamed online on the TPT website with links from MakItOK.org. Its creation and airings are funded with contributions to Regions Hospital Foundation.

