

PARTNERS

IN HEALTH SUMMER 2017

Neuroscience center
opens in St. Paul

New mental health
facility coming to
Maplewood

Helping patients
navigate cancer care



Thankful to be alive

MARLENE AND TOM KAYSER

Learning to walk and talk again
after a car accident



Regions Hospital[®] Foundation

HealthPartners

A WORD FROM ANDREA WALSH



ANDREA WALSH
PRESIDENT AND CEO
HEALTHPARTNERS

“
Thank you for
your generosity
and support
for our work.
”

A great way to start my new role

On June 1, I had a great start to my first day as president and CEO of HealthPartners. I attended our annual Alzheimer's Fundraising Breakfast.

HealthPartners neuroscientist, Dr. Leah Hanson, shared how fitness, fun, food, family and friends can help promote healthy brain aging. HealthPartners neurologist, Dr. Michael Rosenbloom, described our Partners in Dementia program, which connects first-year medical students and patients diagnosed with memory loss to build relationship skills so central to great care. And my heart was touched by our patient, Marv, and his wife Elaine, as they shared their story and the impact of this program.

The morning highlighted so many special, real-life examples of what your generosity brings to life. It funds new facilities and equipment that make great care possible. It pays for groundbreaking scientific advancement and education for caregivers. And it helps us build trusted relationships with the people we serve, like Marv and Elaine.

I've been privileged to be part of our great team and important mission for more than 20 years. As I begin my new role, one of my priorities is to extend our leadership in championing health and well-being, from mental health and the neurosciences to children's health and the many other programs that touch each of us so profoundly. Charitable contributions will play a key role in these efforts.

All of us at HealthPartners and Regions are proud to have friends like you as our partners. Thank you for your generosity and support for our work. I look forward to what we can achieve together in the years to come.

Patients with memory loss team up with medical students

“It’s been five years since Marv was diagnosed with mild cognitive impairment and we’re still able to do pretty much what we want to do,” said Elaine Lofquist, Marv’s wife.

The Lofquists were aided by an early diagnosis. “The early diagnosis allows me to figure out what I’m going to do and how I’m going to deal with this while I can still functionally do that,” said Marv.

Primary care providers nationwide face many challenges in recognizing dementia, and diagnoses may be delayed by six years. When individuals are finally diagnosed, they are often in advanced stages and struggling with everyday tasks.

To help the physicians of tomorrow readily diagnose and treat dementias, the HealthPartners Center for Memory and Aging joined forces with the University of Minnesota Medical School to create the Partners in Dementia program. The program pairs first year medical students with patients experiencing mild to moderate Alzheimer’s disease. The teams meet for four hours each month for a year.

“The program helps medical students move beyond the traditional classroom learning and explore what it truly means to live and care for people with dementia,” said Mishy Roy, a University of Minnesota medical student.

As part of the program, Marv and Elaine were paired with Mishy. “She would come over and we’d spend time talking and have a cup of tea together,” Elaine said. “Now she’s like a part of our family.

“The program has enriched our lives, and Marv and I were honored to be part of it,” Elaine said. “We hope to be in it again this fall.”



Elaine and Marv Lofquist

“
The program has
enriched our lives...
”



The Partners in Dementia program was featured at the 2017 Alzheimer’s Fundraising Breakfast, held on June 1 at the Nicollet Island Pavilion. Four hundred and forty-three people attended the event, which raised \$183,000 in support of the HealthPartners Center for Memory and Aging.



Community celebrates neuroscience center grand opening

On May 10, community leaders celebrated the grand opening of the HealthPartners Neuroscience Center in St. Paul, less than a mile from Regions Hospital. The center is the largest free-standing facility of its kind in the Upper Midwest and brings together all of our neuroscience programs.

“
Something special
is happening here.
”

Regions Hospital Foundation took the opportunity to publicly announce its HealthPartners Neuroscience Research Campaign. For more than 30 years we have been a leader in neurological research, particularly in the area of Alzheimer's disease. Campaign funds will help us increase our research and broaden its scope within other neurological disorders, including Parkinson's, stroke, brain tumors, traumatic brain injury and post-traumatic stress. Together with our generous donors, we can find better ways to treat, diagnose and prevent these conditions.



Angela Jackson and Steven Jackson, MD, with Pat Fiske at the grand opening of the HealthPartners Neuroscience Center. Dr. Jackson is a HealthPartners physician in physical medicine and rehabilitation and Fiske is chair of the HealthPartners Neuroscience Research Campaign. “Something special is happening here,” Fiske said.

The HealthPartners Neuroscience Research Campaign



\$10.5 million

Goal



\$9.9 million

Amount raised
through June 2017

Mental health facility to open in Maplewood

In 2018, Regions Hospital will open a new 16-bed Intensive Residential Treatment Services (IRTS) facility in Maplewood. “IRTS is important because it offers 24-hour service to people who are transitioning from the more intensive mental health care of a hospital to the community,” said Ramsey County Commissioner Jim McDonough.

Local hospitals are filled with patients waiting weeks or even months for an opening in an IRTS facility. In the meantime, hundreds of others who need inpatient mental health care are forced to go without. Some end up in emergency rooms for several days until a bed opens, leading to overcrowding in emergency rooms across the state.

“The new IRTS facility will help with this flow, so hospital beds are available for those who need them,” said Commissioner McDonough, who is also chair of Regions Hospital’s board of directors.

The Maplewood IRTS facility will be Regions’ third, joining Safe House and Hovander House, which are both located in St. Paul. Contributions to Regions Hospital Foundation will help pay for the new facility.

“Regions is an absolute leader in its commitment to mental health. It treats mental illnesses like it treats any other physical ailment and is helping break down the stigma related to the conditions,” Commissioner McDonough said. “The new IRTS facility is just one example of its leadership.”



Commissioner Jim McDonough

“Regions is an absolute leader in its commitment to mental health.”

Make It  .org

Commissioner McDonough sits on the advisory committee of the Make It OK anti-stigma campaign, which is funded through contributions to Regions Hospital Foundation. He’s also a member of the East Metro Mental Health Roundtable along with other representatives from local hospitals, health care systems, government agencies and nonprofit organizations, all brought together to tackle mental health care challenges in the Twin Cities East Metro.

Thankful to be alive

On a sunny day in 2014, Tom and Marlene Kayser were driving to lunch in Brainerd with three other passengers when an oncoming car crossed the highway's center line and hit them at full speed, throwing their car into a deep ditch.

Tom suffered a traumatic brain injury and remembers little of the next few weeks. Marlene's life was in jeopardy; she had 14 broken bones and doctors doubted she'd ever use her legs and left shoulder again.

The Kaysers were air-lifted to North Memorial Health and received great care. Marlene underwent five surgeries, including work by Jonathon Asp, MD, that restored the functioning of her shoulder and arm. After two weeks, the couple was ready for long-term rehabilitation. Their daughter, Carol, chose Regions Hospital's Capitol View Transitional Care Center for their care.

"When they entered Regions mom had trouble performing the simplest physical tasks and dad had to learn to talk again, but the therapy they received was so kind, considerate and personal. It makes me cry just thinking about it," Carol said.

Marlene is very grateful for the care she received throughout her four month stay, including from her rehabilitation therapists, who helped her relearn everyday tasks, such as climbing stairs. "I'm not an athlete, but they used all forms of exercise and made it fun," Marlene said. She also underwent one surgery at Regions under the hand of Peter Cole, MD, a nationally recognized orthopaedic surgeon.

“It’s a miracle Mom is alive and can walk again.”



Marlene and Tom Kayser

"It's a miracle mom is alive and can walk again," Carol said.

Tom spent three months at Regions and now receives outpatient care from HealthPartners for severe memory loss. The condition has limited his career as an attorney for Robins Kaplan, but he still works part-time for the firm. "Robins Kaplan has been incredibly supportive of Marlene and me," said Tom, who has spent 50 years with the firm. "What they've done is very classy."

Tom, Marlene and Carol would not hesitate to recommend Regions to others. "I'm grateful we're both alive," Tom said.



Tom and Marlene Kayser are honorary chairs of the 2017 Wine Auction, which will benefit the Regions Hospital Orthopaedic Trauma Center. The event will take place on Saturday, September 16. For more information, visit thewineauction.org.

Nurse helps patient navigate cancer care

When Peter Kaudy was referred to Regions for lung cancer treatment, one of the first calls he received was from Kevin Collis, RN, a cancer nurse navigator. “He was like the introductory person for the hospital,” Peter said. “He did a lot of work that was necessary just to get my care started.”

People with cancer must often navigate complex systems of care, specialists and decisions. Our nurse navigator works with patients from the moment a diagnosis is suspected, helping eliminate barriers that may otherwise prevent individuals from getting the right care at the right time.

Kevin serves patients with lung, brain and pancreas cancer. Regions receives no reimbursement for his services, so charitable contributions help cover expenses.

Kevin explained and arranged Peter’s many scans, labs and consultations. A head CT revealed a mass on the left side of Peter’s brain. Peter told Kevin that he had been treated at a different health system for a schwannoma, a benign tumor, but no one had monitored the condition for years.

Kevin arranged for Peter to see Richard Peterson, MD, a HealthPartners neuro-oncologist. “Kevin said it was very important to see Dr. Peterson, since the kind of lung cancer I have might go right to the brain,” Peter said.



Kevin Collis, RN and Peter Kaudy

Kevin even helped arrange transportation for Peter to his appointments through A Breath of Hope Lung Foundation. “The cab came right to my door,” Peter said.

So what would Peter say to a friend who was diagnosed with cancer? “I would introduce him to Kevin,” Peter said. “He’s very thorough and friendly.”

“
[The nurse navigator] was like the introductory person for the hospital.”
”

48-hour promise

If you are diagnosed with cancer, you can be seen by one of our oncologists within two days of your diagnosis.

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Adding memory loss program to estate plans

An avid conservationist, Sally Hausken has not let retirement slow her down, so every year she drives down from her home in Detroit Lakes, Minnesota, to participate in the Minnesota Memory Project. She also included the project in her estate plans.

The Minnesota Memory Project follows adults with and without diagnosed memory loss in order to collect information on memory changes with aging. Understanding these changes, both in the presence and absence of brain disease, could help us diagnose and treat dementia earlier, identify risk factors for memory loss and develop programs to prevent it.

Sally's mother, aunt and grandmother all suffered from dementia. "Increasing numbers of people with Alzheimer's means the cost will become greater for our nation," Sally said. "My mother lived for 20 years with Alzheimer's. Not only was it costly but painful and heartbreaking. I want to help stop it in its tracks."



Sally Hausken

“

I want to help stop
[Alzheimer's] in its tracks.

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