

December 2019
Munson Healthcare Foundations

Inside:
Be Part of Something Amazing
One Family's Hospice Journey
Enhancing Emergency Care in Manistee

FOCUS



Dick Russell and his family treasure the time they were able to spend with Mary Ann Russell, his beloved wife of 62 years, at Munson Healthcare Hospice House. Read more about the Russell family and their meaningful gift to Hospice House in this issue.

Making Amazing, Everyday Moments Possible



Des Worthington

Building and sustaining a strong innovative health care system takes a village, and we would not be where we are today without you. We are extremely grateful for your continued contributions to Munson Healthcare. You ensure that friends, family, and community members have access to the care they need, when they need it, close to home. We cannot thank you enough for all that you have done, and continue to do, in support of the communities and the people you love.

Recently, Munson Healthcare launched the new Simply Amazing campaign which focuses on helping those we serve get back to doing what they love.



A generous donation provided for leading-edge mammography equipment at Charlevoix Hospital.

Although everyone defines amazing in their own terms, I wanted to take a moment to share what comes to mind when I reflect on this past year.

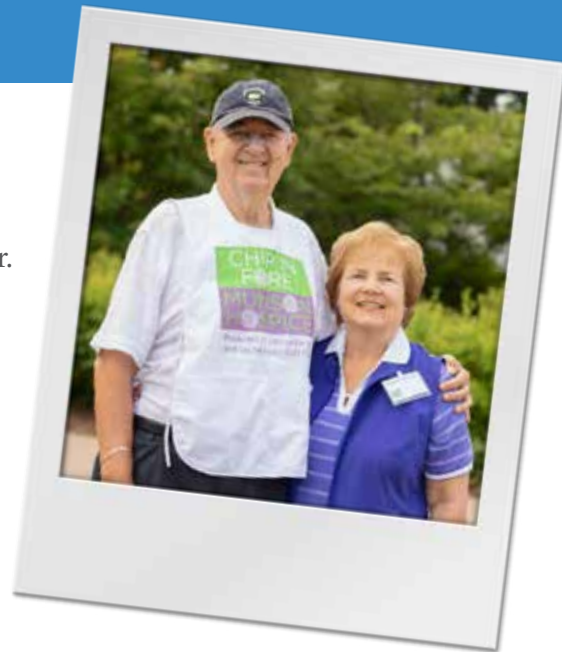
When I think of amazing, I think of Jeff and Nancy Porter from Charlevoix, who encouraged others to donate. Without their advocacy, we would not have received a donation from an anonymous donor to cover the purchase of new 3D mammography in Charlevoix to benefit women's health.

When I think of amazing, I think of the members of LochenHeath who have raised more than \$883,000 for Munson Healthcare Hospice since its inception nine years ago. An event of this caliber would not be possible without the efforts of volunteers and community members who believe in the Hospice mission and keep Hospice services strong.

When I think of amazing, I think of our Legacy Society members who have decided to make a planned gift. By naming Munson Healthcare Foundations in their will or estate plans, their support helps patients for generations to come.

The list goes on and on. At the end of the day, it would not be possible to accomplish the important work we do without you, our amazing donors.

I was sitting with a donor this morning, and he shared this: "People give because they are expressing their love for this health care system." It brought a tear to my eye – I couldn't have said it better myself.



Richard and Mary Pisarczyk are amazing volunteers and serve as gold sponsors at our Chip in Fore Hospice event.

Whether it's fundraising for the new Family Birth and Children's Center at Munson Medical Center, major renovations for the Manistee Hospital Emergency Department, or campaigning for 3D mammography units at Otsego Memorial Hospital and Paul Oliver Memorial Hospital, your Foundations team is dedicated to keeping all areas of our hospitals and facilities strong. *Focus* is our way of reporting back to you the great work that you have helped us accomplish, and I hope you enjoy the stories of people's lives who have been impacted by your generosity.

Wishing you a wonderful holiday season and upcoming year,

Des Worthington
President
Munson Healthcare Foundations

Upcoming Events

March 4, 2020

Join us for the **15th Annual Katie Heintz Basketball Tournament.**

March 14, 2020

Don't forget to wear your green for the **10th Annual Fifth Third Bank Leapin' Leprechaun 5K** in Downtown Traverse City.

May 13, 2020

Traverse City Hospice Breakfast is an inspirational breakfast session to learn more about hospice services.

May 16, 2020

Mohawks 4 Munson Healthcare is a family-friendly event that supports patients of the Cowell Family Cancer Center.

June 5, 2020

Don't miss the **17th Annual Cadillac Golf Ball** at the Cadillac Country Club this upcoming June.

June 10, 2020

Join us for the **Munson Healthcare Otsego Memorial Hospital Ribbon Cutting and Donor Reception.**

June 11, 2020

Join the Munson Healthcare Foundations for the **Otsego Memorial Hospital Golf Outing** at Treetops Resort in Gaylord.

For event details and sponsorship opportunities, contact Kira Walkup at kwalkup@mhc.net.

20 Years of Giving: Priority Health

Priority Health of northern Michigan has played a key role in several Munson Healthcare initiatives throughout the past 20 years. Since its first donation in 1999, Priority Health has sponsored numerous Munson Healthcare events, supported our hospice programs, and funded initiatives such as the Otsego Memorial Health *Building the Future* capital campaign. All told, Priority Health has donated more than \$1 million to improve health care in northern Michigan.

Priority Health's philanthropic goal is to improve the quality of life for Michigan residents and advance community health through access to care. Priority Health is a strong

supporter of both Munson Healthcare's involvement in Shape Up North and the Northern Michigan Diabetes Initiative.

Shape Up North is a community collaboration and resource dedicated to helping northern Michigan residents live healthy. The Northern Michigan Diabetes Initiative is dedicated to the prevention, early detection, and management of diabetes.

With extreme gratitude, Munson Healthcare Foundations appreciates all of the continued support from Priority Health!

PriorityHealth 

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Family's Gift Honors First Patient with ALS at Munson Healthcare Hospice House



Dick and Mary Ann Russell with their family.

“Munson Healthcare Hospice House is a remarkable place. When we learned about the need for updating the kitchen area, we thought that would be perfect — Mom would love this. To be able to do something in her memory, knowing it did so much not only for Mom, but for all of us ... and hopefully will do the same for other families.”

Dawn Russell, Mary Ann Russell's daughter-in-law

Snacking on graham crackers or freshly popped popcorn. Enjoying a scoop (or two) of chocolate ice cream. Grabbing a cup of coffee. Gathering for a home-cooked meal.

For Dick and Mary Ann Russell, as well as their children, grandchildren, and great-grandchildren, the Munson Healthcare Hospice House kitchen offered a comfortable space for spending precious time together. They'll forever hold tight to the memories they made there.

Mary Ann, 82, battled Lou Gehrig's disease and spent six months at the Hospice House in Traverse City before passing away in November 2018.

“We walked into her room that night, and she opened her eyes,” said Dawn Russell, Mary Ann's daughter-in-law. “She grabbed our hands and squeezed them three times, which meant, ‘I love you.’ It was something that we did with Mom over the prior months as writing became more difficult for her.”

To honor his beloved “sweetie bear,” Dick had wanted to do something special in her memory of being a wife, mother, grandmother, and great-grandmother. Dick wanted to give back to Munson Hospice – in a way that was most fitting given the memorable moments they all shared there. His donation of \$25,000 is allowing Munson Healthcare to install a new kitchenette in the Hospice House.

“It's a remarkable place,” Dawn Russell said of the Hospice House and its amenities for families. “When we learned about the need for updating the kitchen area, we thought that would be perfect — Mom would love this. To be able to do something in her memory, knowing it did so much not only for Mom, but for all of us ... and hopefully will do the same for other families.”

Time with Loved Ones

Tucked away in a quiet wooded area steps from Munson Medical Center, the eight-bedroom Hospice House provides end-of-life medical care aimed at enhancing the quality of life of patients who no longer intend to pursue curative treatment.

Prior to Mary Ann's time in hospice, her son Rich and daughter-in-law Dawn knew in their hearts that something was wrong. After months of difficulty walking, loss of speech, and being told Mary Ann had experienced a “mini stroke,” it was a speech therapist who reached out to them with a suspicion of ALS. This began their journey to the University of Michigan ALS Clinic in March 2018, where Mary Ann was diagnosed with Lou Gehrig's disease, more commonly referred to as ALS.

ALS, or amyotrophic lateral sclerosis, is a disease in which the breakdown of nerve cells weakens muscles, ultimately reducing the functionality of the muscles altogether.

While medications and therapy can help to reduce discomfort and slow the progression of ALS, there is no cure.

After a health provider suggested that the family look into Hospice, it was through a friend of Dawn's that the Russell family learned about Hospice House. Not long after, the family met with Dr. Roman Barraza, a palliative care expert and the medical director for Munson Hospice.

"I just remember thinking to myself, 'This just seems too good to be true,'" Dawn said of the Hospice House. "This place was so beautiful — it was like being home."



Mary Ann with her great-grandson Camden.

'Great-Grandma's New House'

Prior to Mary Ann's arrival, Munson Hospice House had not yet cared for someone with ALS. Dr. Barraza arranged for the proper ALS-alleviating machinery to be delivered, and nurses and aides were trained to operate the technology before her arrival.

"Hospice helps not only the patients, but also the family, through tough times. Times where people need just a little extra care, support, and dignity," Rich said. "All of the staff here are very helpful in helping not only the patient, but in caring for the patient's family. They just make life a little better for everyone. They are very family-oriented — from the patient down to the great-grandchildren, they take care of everyone."

From celebrating birthdays and great-grandchildren's first steps, to spending her wedding anniversary with her high school sweetheart and husband of 62 years, life did not stop for Mary Ann — rather, during her six-month stay at the Hospice House, it became even more of a celebration.

The great-grandchildren often referred to Hospice House as "Great-Grandma's New House," and felt comforted by the beautiful location, kind staff, and overall atmosphere. "It was not a frightening place for them," Dawn said, adding that "the kids felt free to walk, play, and enjoy time with Great-Grandma." They covered her walls with the pictures and drawings they made in the common space, and thanked the nurses for taking care of her.

"They'll realize in time just how sick she was," Dawn said. "But for them to not be afraid — for them to find comfort here and the memories that were made — it's a very special place. They were always hugging her and holding hands. They had a special bond."



Angie, a Hospice caregiver, and Mary Ann.

Providing Compassionate Care

Each year, more than \$300,000 is required to fulfill Munson Healthcare Hospice's immediate needs. Our hospice team serves more than 1,000 patients on an annual basis, averaging almost 90 visits to patients' homes and other facilities each day.

Our team of medical specialists, nurses, aides, social workers, spiritual care advisors, bereavement counselors, and volunteers provide highly personalized care and guide individuals through the final stages of their lives.

The comfort and care provided by the Munson Hospice team helps to lessen the stress on care-giving family members, encouraging them to focus simply on being there for their loved ones, and cherishing the time they have together.

"We, our patients, and our patients' families are very appreciative of all the support from our donors," said Dr. Roman Barraza, a palliative care expert and the medical director for Munson Hospice. "A place like this is not possible without their support."

Visit munsonhealthcare.org/hospice to learn more about Munson Healthcare Hospice and how your gift can help patients and their families.

Continuously Improving for Our Patients

As a nonprofit, everything we earn goes back into our organization — toward projects and initiatives that help keep our hospitals and facilities strong. And thanks to generous gifts from community members throughout our health care system, we're able to enhance our facilities and services in a number of ways. Here are some updates from around our health care system:



Expansion and renovation of the emergency department, surgery, and ambulatory care space continues at Otsego Memorial Hospital.

Munson Healthcare Hospice

Munson Healthcare Hospice House in Traverse City reopened in early November following renovations that closed the facility in mid-October. Patients were moved to either private homes or other facilities, and were cared for by facility and/or Hospice House staff.

Munson Healthcare Hospice has served more than 980 patients this year, with 162 patients staying at the Hospice House. On average, 94 visits are made per day by hospice interdisciplinary team members.

Grayling Hospital

Designed entirely with patient comfort and safety in mind, Grayling Hospital's Patient Diagnostic Center has seen more than 1,700 patients since opening in July 2018. The center has played a significant role in decreasing wait time for patients by bringing the testing and care directly to them. To date, the center has experienced 1,396 outpatient visits, including emergency department and hospital follow-ups, pre-surgical clearances, primary care appointments for provider leave of absences, and 283 patient observation stays.

Otsego Memorial Hospital

Expansion and renovation of the emergency department, surgery, and ambulatory care space continues at Otsego Memorial Hospital, with the 32,000-square-foot project expected to be completed in 2020. With the help of the community, staff, and the OMH auxiliary, more than \$4 million in philanthropic support was raised toward the \$15.5 million project, which includes:

Dale E Johnson Emergency Department

- Additional beds—from 12 to 18, including two trauma rooms
- Separate ambulance and walk-in entrances
- Additional patient triage rooms

Surgical System

- New operating room to accommodate the da Vinci® Surgical System
- Two operating rooms
- Six-bay post-anesthesia care unit
- New central sterile department

Ambulatory Care

- 22 private medical patient rooms

Munson Medical Center

Munson Medical Center is beginning the largest expansion in its history, *The Next Chapter*, and at the cornerstone of this expansion is the Family Birth and Children's Center. Other components of this project include expansion of surgical services, enrichments to cardiac and cancer care, and enhanced services such as hospice, palliative care, and in-patient rehabilitation. Initial construction has begun with the redirection of Sixth Street and preliminary foundation and utility work underway.

Updates to this project include:

- Generous donations from the Maxon Foundation and Foster Family to support quality care
- Generous donations from the Carls Foundation which includes naming rights for the new NICU
- Hattie Hannah Keeney Trust supporting the new pediatric unit and receiving naming rights



Family Birth and Children's Center at Munson Medical Center.

Community Partners

Platinum Partners

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Emergency Care Specialists
Grand Traverse Area Catholic Schools
Grand Traverse Women's Clinic
Grayling Promotional Association
Jay's Sporting Goods
Manistee County Industrial Development Corporation
National Cherry Festival
Priority Health
Rotary Club of Elk Rapids
Sklarczyk Seed Farm LLC
Traverse Anesthesia Associates P.C.
United Way of Northwest Michigan

Gold Partners

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Zonta Club of Traverse City



Munson Healthcare Committed to Help Combat Ongoing Opioid Crisis

Misuse of opioids is a serious national health crisis. Every day in the United States, 130 people die from an opioid overdose. In Michigan alone, the number of people diagnosed with an addiction to opioids between 2010 and 2016 increased by a staggering 493 percent.

This crisis affects us even here in northern Michigan. In fact, in the five-county area served by our largest hospital and regional referral center – Munson Medical Center – the average age-adjusted death rate from opioid overdose per 100,000 residents was 17.1 as compared to the national average of 15.6, according to the Center for Disease Con-

trol and Prevention (CDC). Moreover, Munson Healthcare hospitals report that 39.6 percent of patients treated in the emergency department for substance use disorder return to the ED within 90 days.

Munson Healthcare continues to work for solutions to the opioid epidemic in northern Michigan.

In 2018, Munson Healthcare received a three-year \$1.5 million grant from the Federal Substance Abuse and Mental Health Administration that has allowed the health system to expand opioid use disorder treatment. We have strengthened access to behavioral health treatment, recovery coaching, and care coordination.

Munson Medical Center also received a \$400,000 grant from the Michigan Opioid Partnership allowing the hospital's emergency department to provide medication-assisted therapy to patients with substance use disorder. It also allows patients to continue their treatment and maintenance care within a community collaboration.

Munson Medical Center already has seen a decrease in the number of emergency department visitors who were discharged with an opioid prescription, as well as a drop in the number of opioid overdoses per 1,000 emergency department visits.

You Can Make the Gift of a Lifetime

Did you know 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 Healthcare 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 ½ 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. You will not get an income tax-charitable deduction for the gift, but you do not pay taxes on your IRA withdrawal, which means the IRA charitable rollover is tax-free.

We can provide sample letters of instruction to send to your IRA administrator in order to make an IRA charitable rollover. The Munson Healthcare Foundations team is available to answer your questions about legacy giving.

Contact us at legacy@mhc.net or 231-935-2870.

Legacy Society Members

The Legacy Society represents a list of donors who have named Munson Healthcare Foundations in their will or estate plans to support their local community hospital or Munson Hospice. 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 231-935-2870.

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Community Events: Be Part of Something Amazing



Grayling Golf Classic

It was a beautiful day to celebrate 30 years of the annual Grayling Hospital Golf Classic on June 21 at the Grayling Country Club. Thank you to all who participated, volunteered, and donated to this event. Another successful event hosted by Grayling Hospital Volunteer Services!



Otsego Memorial Foundation Golf Outing.

A special thank you to Fifth Third Bank for sponsoring the Otsego Memorial Foundation Golf Outing. Although the weather was not ideal, the event raised more than \$52,000 to benefit the purchase of 3D mammography equipment for Munson Healthcare Otsego Memorial Hospital.



Friday Night Live

Munson Healthcare Foundations hosted a table at Friday Night Live in Downtown Traverse City throughout August. Foundations team and board members answered questions about the planned Family Birth and Children's Center.

Manistee's Paint the Town Pink

Thanks to the volunteers who helped with Manistee's 12th Annual Paint the Town Pink event, which helps raise awareness of breast cancer. This year's proceeds benefited the purchase of advanced bone densitometry technology.

BAIAA Annual Charity Golf Outing

Thank you to the Bay Area Insurance Agents Association for hosting a wonderful golf outing in August at the Grand Traverse Resort and Spa. This event benefited the Patient Needs Fund at the Cowell Family Cancer Center.



Where Love Meets Hope

Serra Subaru of Traverse City stopped by the Cowell Family Cancer Center to donate blankets and handwritten notes for patients as a token of love, hope, and warmth as part of their Subaru Loves to Care program. This is the fourth year Serra has graciously donated to CFCC.



Tri Up North Triathlon

Congratulations to those who participated in the Tri Up North Triathlon on Sept. 14. This event is a bike, paddle, and run triathlon that takes place in Frankfort and is hosted by the Paul Oliver Memorial Hospital Auxiliary. Tri Up North raised more than \$20,000 to support Community Wellness Programs at Betsie Hosick Health & Fitness Center.



Power of the Purse

The 7th Annual Power of the Purse, held at the Cherry Grove Event Center in Cadillac, was an evening full of fun and inspiration. About 300 people attended the event, which featured live and silent purse auctions, raffles, a gemstone giveaway, a moving patient story, and delicious buffet dinner. The event raised more than \$33,000 for the Munson Healthcare Cadillac Hospital Surgical Department.



Chip in Fore Munson Hospice

The 9th Annual Chip in Fore Munson Hospice took place Sept. 19 and 20 at LochenHeath Golf Club. Since its inception, this event has raised more than \$883,000 for Munson Hospice thanks to our generous donors, sponsors, and participants.

This year's event raised \$147,000!



Traverse City Charity Challenge

Justin Mortier participated in the inaugural Traverse City IRONMAN 70.3 in August in support of the Munson Manor Hospitality House and his son, Mac. The Traverse City Charity Challenge hosted by Traverse City Tourism allowed athletes to participate in the swim-bike-run event and fundraise for a nonprofit organization.

With the help of the community, we were able to raise \$8,310 for the Munson Manor.

Expert Emergency Care, Close to Home

Renovation plans underway at Munson Healthcare Manistee Hospital



Gifts to support this effort may be made to:

Manistee Hospital Emergency Department Renovation

In care of:

Munson Healthcare Foundations
1150 Medical Campus Drive
Traverse City, MI 49684

At Munson Healthcare, we are focused on delivering the right care, at the right time, in the right place. To provide our patients with the healing environment they need in an emergency situation, a renovation plan is underway at Manistee Hospital.

The emergency department is open 24 hours every day and provides care for about 15,000 patients each year – nearly double the patient volume since the department's last renovation in 1991. Our vision for this renovation: improve the existing space for better patient rooms and clinical work-flow areas; create more privacy for patients and their families; and improve access to the Manistee Hospital Emergency Department.

To keep health care strong in our community, it requires charitable support. A project of this magnitude – cost is estimated at \$2 million – would not be possible without support from the community. Your donation will have double the impact through Dec. 31, thanks to a matching gift agreement with a generous donor.

We invite you to be a part of something amazing! Learn more and support this important community project at munsonhealthcare.org/foundations/Manistee-ER.