

June 2017
Munson Healthcare Foundations

Inside:
Survivor Couple Pays it Forward
Welcome Manistee Donors
Turning Fear to Fun

FOCUS



Simulation training helps clinicians hone their skills without putting patients at risk. Munson Medical Center recently acquired an \$85,000 birthing simulator using donor dollars. Pictured in the Simulation Lab are: [front] Maternity nurse Katie Grice, RN; [back] Third-year Resident Grace Burkheimer, DO; Pediatric Educator Karen Wagner, MSN, APRN, CPNP; David K. Klee, MD, Munson Family Practice; Maternity Educator Penny Cox, MSN, APRN, WHNP-BC; Third-year Resident Ethan Morrical, MD; Staff Development Educator Nancy Irish, MSN, RN-BC; and Maternity resource clinician Kim Anderson, MSN, RNC.

Simulation Learning Improves Care for Real Patients



Educators Nancy Irish and Penny Cox run simulations for nursing staff and others using high-fidelity manikins.

Munson Healthcare Foundations has provided about 75 percent of the funding to purchase simulation manikins and expand the program, well over \$500,000. The most recent high-fidelity birthing simulator cost \$85,000.

“We are extremely appreciative for what they have given us – we’re very thankful.”

*- Nancy Irish, MSN, RN-BC
Staff Development Educator and
patient simulation operator*

When Munson Medical Center was about to launch an innovative hypothermia program to help save heart attack victims, staff practiced the new treatment protocol on SimMan® 3G, an advanced patient simulator.

“We found at least 20 things we wanted to work on before we started using this process with real patients,” said Nancy Irish, MSN, RN-BC, Staff Development Educator and a patient simulation operator.

Making patient care safer and better – without exposing real people to risk – is the basis of Munson Medical Center’s 10-year-old simulation training program. Started in 2007 with its original SimMan, the hospital now has six “high-fidelity” patient simulators and two training labs. The most recent addition to the hospital’s sim family is a simulated birthing mom, known as Victoria. She rounds out the sim family, which includes a SimNewB (newborn), a sim toddler, and a pediatric manikin.

David K. Klee, MD, puts Munson Family Practice residents through their paces in the simulation lab, helping them respond to conditions they may rarely see but must be prepared to handle. “We recently ran a case on a patient simulated with abdominal and back pain representing a rupturing aortic aneurysm,” Dr. Klee said. “These are unusual patients, but you have only a small amount of time to recognize what’s going on and treat them before catastrophic events will occur.”

“The simulators are quite expensive but it’s an investment in learning,” he added. “What we’re doing here falls right in line with the way major hospitals like Mass General are running simulations.”



David Klee, MD, speaks through the manikin and alters the “patient’s” condition depending on action taken by staff at the bedside.

Training Our Own

“More than half of our residents go on to practice in the greater Traverse City region so it’s important for us to develop very well trained physicians,” Dr. Klee said. “I enjoy watching residents develop more confidence through these simulations. People

get into the moment. It can be anxiety-provoking at times because it is so lifelike.”

“Dr. Klee does a really great job of giving us scenarios that make us break into a sweat because it feels like a real situation,” said Ethan Morriscal, MD, a third-year resident. “We respond to a lot of adult codes at night but practicing pediatric and OB emergencies is useful because we don’t see them that often.”

Second-year resident James Casey, DO, said working through simulations helps keep what he learned in medical school fresh in his mind. “You don’t necessarily experience every situation during a shift in the hospital, so it refreshes some of the skills you’ve acquired – it’s like ‘Oh, I remember how to do that now.’” He also appreciates using the sim lab during quiet night shifts to practice his skills, such as doing intubations and working with central line kits. “I believe it’s worthwhile to practice things as a group and individually,” he said.

Dr. Klee agrees. “Our residents are in the hospital 24 hours a day, and so especially at night they are often the first providers responding to a code situation. Also, when they go into the smaller communities, they may be the only provider and they need to have a comfort level to handle these emergent situations.”

Sim Lab: A ‘Safe Zone’ for Training

High-fidelity manikins are anatomically precise. They breathe, blink, have a heartbeat and pulse, lung and bowel sounds, bleed, and even

cry out in pain. Simulation operators working from a booth can speak through the simulator with realistic patient responses such as “that hurts” or “I feel dizzy.”

Nurses and OB care providers from Munson Medical Center’s Maternity Unit, residents and medical students will all train with the newest birthing simulator and baby. Through a Michigan Health Innovations Grant that funds projects to improve health services, the birthing mother-baby duo also will travel to hospitals in Cadillac, Grayling, Charlevoix, Gaylord and Manistee in the coming months. “We have never been able to get this kind of training out to other hospitals in the system and we’re excited to finally be able to do so,” Nancy said.

With an increase in birth complications, additional maternity training is important. “Our patients are

getting sicker and older,” said Penny Cox, MSN, APRN, WHNP-BC, a Maternity Advanced Practice Nurse. “We have moms who have had cardiac surgery, heart attacks, obesity, diabetes – our patient population is not getting healthier and that’s not just a maternity issue. People are just having more complications, so the more we can practice for emergencies, the better.”

Nursing is the largest user of simulation training at Munson Medical Center. “Patient scenarios cross the spectrum of care, from nursing assistants to medical professionals, from simple bathing techniques to the complexities of care for patients with traumatic brain injury,” said Intensive Care Unit Nurse Cate Gadbow, BSN, RN, CCRN. “The simulation lab offers exceptional opportunity for professional development for all point-of-care staff.”

Introducing ‘Charlie’

A new pediatric manikin is one of the most lifelike manikins in the simulation lab to date. “The pediatric service line is very grateful to have been recipients of the Foundations’ generosity with the acquisition of a simulator manikin we have named Charlie,” said Karen Wagner, MSN, APRN, CPNP, an advanced practice nurse/educator on C3 Pediatrics.

“We practice different pediatric medical emergencies every month,” Karen said. “I have seen a definite improvement in staff confidence and knowledge. Charlie provides us with invaluable



opportunities to practice what we are all here for every day – to provide superior quality care.”

To learn more about supporting staff education, call **231-935-6482**.

Kingsley Couple Survives Cancer, Helps Fund New Cancer Diagnostic Tool



Jon and Kathy Olney of Kingsley know a thing or two about cancer. They have each experienced that heart-stopping moment when a doctor says, “You have cancer.”

For Jon, it was prostate cancer in 2011. For Kathy, it was breast cancer in 2016. Both received effective close-to-home treatment that left them healthy – and thankful. From diagnosis through treatment and follow-up appointments, all of their cancer care took place in Traverse City.

“We’re just so grateful we got things taken care of and it was not worse than it was,” Jon said. “Being able to go home at night and continue doing as much of your normal routine as possible makes it a whole lot easier. I had four appointments between diagnosis and surgery. In six months, it was all wrapped up.”

Kathy’s breast cancer was diagnosed in April 2016 through a routine mammogram. Surgery in June was followed by 24 days of radiation therapy at the Cowell Family Cancer Center. She will continue to take oral chemotherapy for five years.

“We wanted to support a project that was nearly funded – we wanted to push it over the finish line.”

- Jon Olney

Jon, 59, returned to his job on the Great Lakes, piloting foreign freighters to their destinations. Kathy, 58, retired from her career as an insurance agent.

After the couple’s second successful face-off with cancer, they wanted a tangible way to express their gratitude and contacted Munson Healthcare Foundations. Having benefited from daVinci robotic surgery for his prostate cancer, Jon understood the importance of having local access to the latest medical technology. “We wanted to support a project that was nearly funded – we wanted to push it over the finish line,” Jon said.

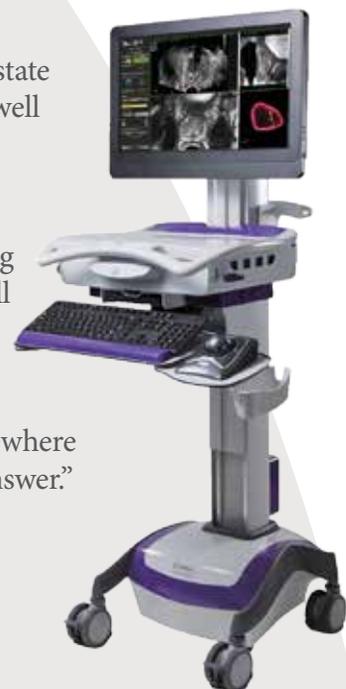
They found the perfect fit. Their gift of \$25,000, with a half match by another donor, helped fund the \$450,000 UroNav Fusion Biopsy System. Cowell Family Cancer Center oncologists had identified the UroNav approach to biopsy as crucial to offering patients the very best in prostate cancer care. UroNav is a leading diagnostic tool that is becoming a new standard of care for early detection and active surveillance of prostate cancer.

“Breast cancer gets a lot of publicity – and rightly so,” Jon said. “Even NFL football teams wear pink. But prostate cancer is different. Men suffer through it in silence. This machine will help men get the most accurate diagnosis possible close to home.”

Urologist Daniel Flewelling, MD, spearheaded bringing UroNav to northern Michigan. UroNav allows doctors to identify and sample aggressive tumors that may otherwise be missed. Because prostate cancer is not routinely visible on ultrasound, conventional ultrasound-guided biopsy is essentially a “blind biopsy.” The biopsy needle often passes through tumor-free areas of the prostate, potentially missing the tumor entirely. 3-Tesla Prostate MRI helps identify prostate lesions that might be cancerous prior to biopsy. This has revolutionized the diagnosis of prostate cancer.

The UroNav system allows for targeted biopsies of suspicious lesions detected on the MRI. With 3-D imaging, it also tremendously improves the detection and differentiation of high- and low-risk prostate cancers. And that can mean a huge difference to a man with prostate cancer.

“A man with low-risk prostate cancer may well outlive any problem it will cause,” Dr. Flewelling said. “We will no longer have to send men to Ann Arbor or elsewhere to get that answer.”



You Can Make the Gift of a Lifetime

Did you know that 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 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 70-1/2 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. The gift will not be taxed as income to you.

Staff members at Munson Healthcare Foundations are available to answer your questions about gifts of retirement assets. Please contact us at 231-935-6448 or legacy@mhc.net.

Legacy Society Members

The Legacy Society represents a list of donors who have named Paul Oliver Foundation or Munson Healthcare Foundations in their will or estate plans to support Kalkaska Memorial Health Center, Munson Hospice, Munson Medical Center, or Paul Oliver Memorial Hospital. 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 231-935-6448.

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A Warm *Welcome* to Manistee



Ed Ness
President and CEO
Munson Healthcare

I am very pleased to welcome donors from Manistee and the greater Manistee County area who are receiving Focus

for the first time. West Shore Medical Center officially became Munson Healthcare Manistee Hospital on April 1, and we are delighted to have the hospital, its staff and community as a fully integrated part of northern Michigan's leading health care system.

As part of the agreement, West Shore Healthcare Foundation will operate under the new name of Manistee Hospital Foundation. The current foundation board will continue to direct fundraising activities designed to benefit Munson Healthcare Manistee Hospital, with assistance from Munson Healthcare Foundations.

Your ongoing interest and investment in Manistee Hospital is essential.

Every donation to the Manistee Hospital Foundation will be used to benefit the hospital in Manistee and its programs and services in Manistee and surrounding communities.

Munson Healthcare has had a good relationship with Manistee Hospital for 19 years. Now we are working together even more closely to strengthen health care services throughout northern Michigan. Strong community hospitals are the backbone of a vibrant, successful regional health care system — and that's something we can all celebrate and support.

This integration isn't about a name change or a way for Munson Healthcare to become bigger. It's about closer alignment with community hospitals that share our values and strengths. It's about rural hospitals throughout northern Michigan coming together to support one another. And it's about working together to do what's right for our patients.

This is really the evolution of achieving the collaboration and cooperation envisioned by system leaders when Munson Healthcare was created in 1985.

This publication recognizes and honors the transforming role donors play in ensuring quality health care is available to northern Michigan's residents and visitors. We appreciate every donation as you'll see by our donor lists published on pages 10 - 19 of this issue. Every gift is important because it directly supports patient care in your community.

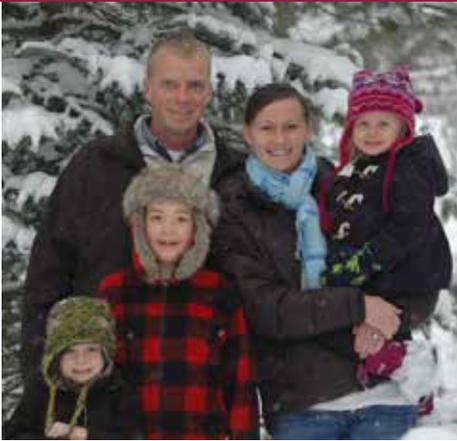
All of us benefit from a coordinated, regional system of health care, and you are helping make that happen in your community. Thank you.

Three Things You Can Do

As a hospital supporter, I hope you are proud of what we are accomplishing together. I would ask you to consider doing these three things:

- 1 Continue to support your local hospital with generous gifts.
- 2 Use the health services available in your community to help keep your local hospital strong.
- 3 Join us in advocating for state and federal funding of rural health care services. Go to munsonhealthcare.org/advocacy to learn more and take action.

Child Life Program Replaces Fear with Fun during Hospital Stay



Healthy again!

Eva Apol, bottom left, poses for a Christmas photo with her family, including her brother, Sawyer; her father, Jesse; her mom, Christina; and sister, Greta. The family recently moved to Benzie County and did not yet have a pediatrician when Eva became ill in November.

Four-year-old Eva Apol had been feverish for five days. After a quick exam at Munson Urgent Care, Eva was sent to the Munson Medical Center Emergency Department with a possible diagnosis of meningitis.

The little girl was sick, scared and wanted no part of the medical procedures Emergency Department staff needed to perform to evaluate her. “When you have a four-year-old fighting you, you are not going to be able to get done what needs to be done,” said her mother, Christina.

Multiple attempts to start an IV were minimally successful. “It was very traumatic for both of us,” Christina recalled.

Emergency staff ruled out meningitis and ordered a CT scan. Convincing a panicked preschooler to lie still in a huge scary machine wasn’t likely. Her mom had to lie down with her in the CT scanner to hold her still.

Eventually, Eva was moved upstairs to the Pediatrics Unit. She began to calm down when she was greeted by “a wonderful nurse named Kelly”

and saw a soft blanket and stuffed animal waiting on her hospital bed. “These brought so much comfort to her as, of course, we didn’t have her blankie with us,” Christina said.

Things continued to improve the next morning when Child Life Specialist Lisa Gates stopped by to visit. “Eva just instantly took to her – she felt safe.”



Lisa Gates
Child Life Specialist

Lisa brought Eva some pink play dough and explained some of the medical things the little girl was experiencing. When she asked Eva if she knew why nurses tied a blue band around her arm, Eva replied, “Those are to tie you up so you can’t get away.” Lisa told her the real reason: “To make the blue lines in our arms easier to find.”

“Kids are just terrified,” Christina said. “They have no idea what’s happening to them. I wish Lisa could have been in the Emergency Department with us.”

Lisa is part of Munson Medical Center’s new Child Life Program, funded by a three-year grant from Munson Healthcare Foundations. The grant pays for only one position. Lisa says the hardest part of her work day is leaving because she knows children will come in to the Emergency Department during her off hours and she won’t be there to help them.

“I think the single most important part of our hospital stay was Lisa’s job to make a child and her family feel safe and comfortable,” Christina said. “If there were more Lisas around, it would ease the child’s fears. Lisa has a calming demeanor and a way of making it fun. Everything in the ED is so chaotic – kids need that calming presence.”

Christina also appreciated the Munson Medical Center volunteer who spent time playing with Eva. “Kids need and want that one-on-one time that mom and dad can’t always give when they are talking to doctors and making decisions. Those volunteers are really making a difference.”

“I also want to offer a big ‘thank you’ to the Foundation for offering this incredible service. I know it all costs money, but oh, it would be wonderful to have that service 24 hours a day.”



If you would like to support the Child Life Program, call Munson Healthcare Foundations at 231-935-6482.

Community Events: Having so much Fun for a Cause



Blessing Bags

Lindsey Collins and her two sons made 50 “blessing bags” for patients at the Cowell Family Cancer Center. Each gift bag contained handmade inspirational cards, herbal tea and lozenges, fuzzy socks, lotion, and word puzzles.



Holly Daze

More than \$130,000 was raised for the Charlevoix Capital Campaign during the annual Holly Daze event at Castle Farms in Charlevoix.



Remembrance Run

The 2016 Remembrance Run in October raised more than \$18,000 with proceeds benefitting the Women’s Cancer Fund. The event hosted by the Traverse City Track Club has supported women with financial needs since 1994.

Carolyn Greenman, winner of the 80+ age division, is pictured with track club member Melinda Mitchell.



Bras for a Cause

The 7th annual Bras for a Cause in connection with Northern Michigan Women’s Council of Realtors raised \$34,000 for the Breast Care Assistance Fund in October.

Katie’s Legacy Lives On

The 12th annual Katie Heintz Basketball Tournament at St. Francis High School raised \$17,321 for pediatric infusion. The fundraiser has generated more than \$130,000 to help local children receive cancer treatment close to home. Celebrating another successful event are:

Back row: Dr. Albert Cornelius; Derk Pronger; Christa Kiessel, MSN, APRN-BC; Marc Judge (TC State Bank); John Cueter; Jerry Zeulka

Front row: Kelli Cravey; Kathryn Clulo – Key Club; Katie Erhardt – Key Club; Caroline Peacock – Key Club; Meghan Rysztak- Key Club; Morgan Connolly – Key Club; Lindsey Ranstadler, RN, OCN; Rachel Carson, RN; Kate Swisher, RN, OCN; Leslie Heintz; Pat Heintz; Ayriel Parmer

Kneeling: Sandy Coil, RN, OCN; Anna White, RN, OCN



2017

Upcoming Events

June 8

8 - 9 am

Third Annual Traverse City Hospice Breakfast at Hagerty Conference Center. Contact Dana Therrien at dtherrien@mhc.net for details.

June 9

14th Annual Munson Cadillac Golf Ball at Cadillac Country Club. Contact Courtney Mulder at cmulder@mhc.net for details.

June 14

Paul Oliver Memorial Hospital Auxiliary Annual Meeting at Crystal Downs Clubhouse. Contact Susan Kirkpatrick at **231-352-6434** for details.

June 16

Grayling Hospital Golf Classic at Grayling Country Club. Contact Mary Bickel at mbickel2@mhc.net for details.

June 27

5 - 7 pm

Paul Oliver Appreciation Series at Oliver Art Center, Frankfort. Contact Kelsey Karbowski at kkarbowski@mhc.net for details.

July 12

Paul Oliver Memorial Hospital Auxiliary Power of the Purse. Contact Kristin Marinoff at **231-932-8630** for details.

July 28

Manistee Hospital Donor Recognition Event. Contact Rachel Brooks at rbrooks2@mhc.net for details.

August 3

Paul Oliver Memorial Hospital Auxiliary Tour of Interesting Places. Contact Mary Osborn at **231-882-5444** for details.

August 17

5:30 - 9 pm

Cadillac Hospital Volunteer Services 5th Annual Power of the Purse at Cherry Grove Event Center, Cadillac. Contact Kim Benz at **231-876-7149** for details.

September 21 - 22

7th Annual Chip in Fore Hospice at LochenHeath Golf Club to benefit Munson Hospice. For details, contact Kelsey Karbowski at kkarbowski@mhc.net.

October 13

8th Annual Bras for a Cause at Streeters Center, Traverse City to benefit the Breast Care Assistance Fund. For details, contact Kelsey Karbowski at kkarbowski@mhc.net.

October 2017

Manistee Hospital Paint the Town Pink. Contact Rachel Brooks at rbrooks2@mhc.net for details.

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Thank you

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We have taken great care to ensure the accuracy of our donor listing. If an error has been made, please call the Foundation at **231-935-6482**.

Thank you!

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Ask Us about Our New Baby

Munson Medical Center plans to build a new Family Birth and Children's Center as part of a larger multi-year expansion and improvement project.

Please call **231-935-6482** to learn how you can help.