

Trinity

FALL 2014

matters

HOW YOUR DONATIONS CHANGE LIVES



UnityPoint Health
Trinity

Thanks to you:

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- QC parish nurse tends bodies and spirits | pg. 6*
- Area doctor issues community challenge | pg. 12*
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News for you!



Please join me in thanking Dr. V.R. Alla for his extraordinary community symposium last summer. Presented free of charge to community members, the symposium on diabetic diets and cultural cuisine was jam-packed with over 200 people attending. Dr. Alla and his family have made it a priority to support and

provide education through their philanthropy. From the entire community to the Alla family, thank you for your amazing generosity!

Please also join me in welcoming our newest team member. **Victoria Wing, new vice president of planned giving**, comes to us immediately from the University of California, Santa Barbara, where she led UCSB's major gifts and planned giving efforts for twelve years. Victoria, who grew up in LaCrosse, Wisc., is pleased to rejoin several family members living in or near the Quad-Cities. As a lawyer, Victoria has worked with donors on estate planning and taxation issues for many years and will offer her expertise to you in your will and estate planning. Contact her for an appointment at (309) 764-7610 or Victoria.Wing@unitypoint.org!

As we enter the holiday season, I want to thank you for the joy your generosity has made possible to families throughout the Quad Cities. From the children helped by telepsychiatry to the elders helped by parish nursing – and many, many more – let me wish the joys and blessings of the season to you and yours.

With great gratitude,
Marika Jones
President, Trinity Health Foundation

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ROCK ISLAND MOM THANKS THE EXPERTS AT
ROBERT YOUNG CENTER AND YOU BECAUSE ...

“I have my child back!”

When Tommy* was born, he was – to hear his mom describe it – active. He was always moving.

By the time he was crawling, Annie* says she couldn’t let him out of her sight for a second. “I had to watch him every single second to keep him from hurting himself,” she says. “He’d move from one side of the room to the other fast as lightning. I was exhausted.”

And that was only the beginning. Instead of growing out of it, as her friends and family suggested, Tommy got worse. ➤

“He just about literally climbed the walls, dressers, counters, you name it,” Annie says. “You couldn’t tell him not to do it. He’d fall and you’d pick him up and he’d do it again. I’m a working mom. I had to work, of course, but he was like two full-time jobs all by himself. Those were very hard years.”

It was as if someone had flipped a switch to ON inside the little boy ... and it couldn’t be turned off.

ADHD to blame

Attention Deficit Hyperactivity Disorder (ADHD) flips the switch on for many kids. As one of the most common childhood brain disorders, it affects 11 percent of school-aged children in the U.S., according to new data from the federal Centers for Disease Control and Prevention, causing frustrating and sometimes debilitating disruption both at home and at school.

ADHD causes a combination of problems, from impulsive – and sometimes dangerous – behavior to difficulty paying attention. Children with ADHD often have other problems as well, including anxiety, low self-esteem, troubled relationships and poor school performance.

When Tommy started school, it became clear he was one of the 11 percent. He was diagnosed with ADHD and anxiety at five years old.

Tommy’s struggle at school

Even as a kindergartner, Annie remembers, Tommy spent more time in the principal’s office than in the classroom. He stood on desks and jumped off filing cabinets. He talked constantly.

“Tommy loved being the center of attention,” Annie says. “He loved being the class clown.”

Tommy was first suspended from school at six years of age, and more suspensions followed.

“Having a child you can’t help is just devastating,” Annie says. “Honestly, I felt worthless. I couldn’t help my baby. I was always in tears.”

Thanks to you, Tommy gets help

Fortunately, Tommy attended a school with telepsychiatry services provided by the Robert Young Center for Community Mental Health and equipped by you.

Created to help connect behavioral health patients with psychiatrists, the

program places video cameras and TV monitors in schools and psychiatric offices. Students can visit with their doctor without missing much school, and their parents don’t have to struggle with their own work or transportation issues.

“It’s a God-send,” Annie says. “My work schedule doesn’t allow any time for appointments at all. It would be impossible to make them. But all I have to do is run over to the school for a bit. I can do that.”



Dennis Duke, Director, Outpatient Services, RYC

RYC Director of Outpatient Services Dennis Duke says telepsychiatry is a great success. “Like most areas of the country, the Quad-Cities is facing a shortage of psychiatrists. This program maximizes the use of scheduled time by cutting down on missed appointments. One doctor >

can see more patients via telepsychiatry than in her or his office. And we are able to reach some kids who

them and their families. While improvements are sometimes slow to come, I've seen some kids go from

"It's still hard to get Tommy to sit still and do his homework. But he's a totally different kid. I've cried from gratitude about it. This has given me hope. I've got my child back."

Thank you, Trinity donors!

Annie laughs as she watches Tommy's ordinary antics. He's clowning in the yard, doing jumping jacks and collapsing in a silly heap. Annie tickles him and he laughs, too.

"Trinity donors are really special people," Annie says. "You're responsible for my family's peace and happiness. I am beyond grateful."

"I really want you to know how much you mean to us. Tommy is a regular child, thanks to you. Because of you, he's becoming the person God intended him to be. Bless you for that. Bless you." 

This article is based on a true story. To protect the family's privacy, we have changed their names and the details of their experience.

If you would like to contribute to the telepsychiatry program or any other Trinity program, please contact Marika Jones at (309)764-7610 or marika.jones@unitypoint.org.

"Trinity donors are really special people. You're responsible for my family's peace and happiness. I am beyond grateful ... I really want you to know how much you mean to us. Tommy is a regular child, thanks to you."

- ANNIE

might slip through the cracks because their parents simply cannot take the time – or find the transportation – to get them to our office."

Research shows that psychiatric services delivered via telepsychiatry produce outcomes that are equivalent to those achieved in person.

"I have my child back!"

From the first day Tommy met RYC psychiatrist Dr. Julie Zude over the monitor, Annie says things began to turn around for him.

"She really has gotten to know Tommy," Annie says. "She obviously cares about him. And she's doing a great job."

Dr. Zude says the program works.

"I love kids," she says. "I enjoy working with

complete chaos in terms of mood and behavior to pulling good grades and participating in extracurricular activities."

Dr. Zude says she doesn't just prescribe medications; she studied psychology as well and is a keen observer of behavior. She makes behavior management recommendations as well.

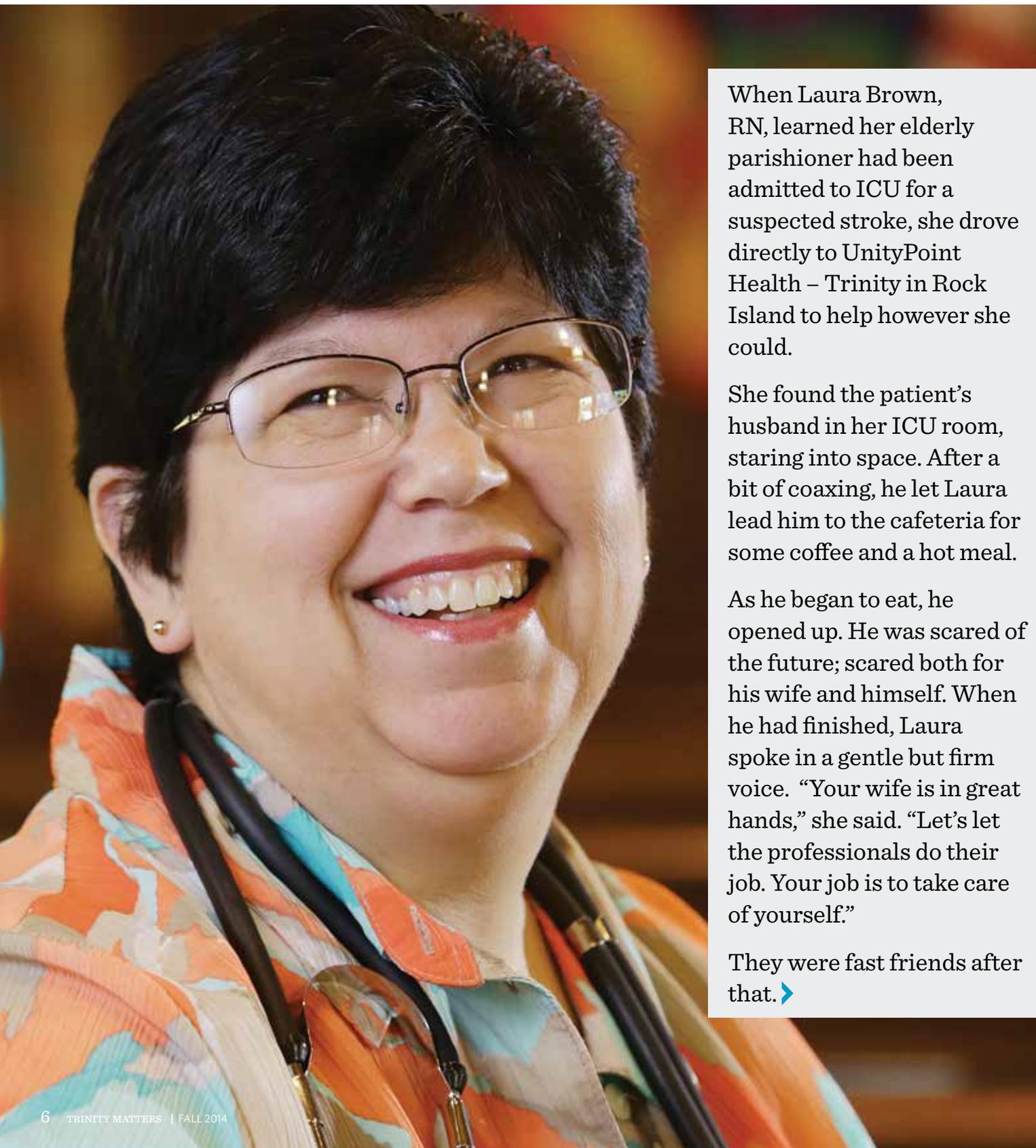
"It's so gratifying to make a difference to a child and his family," she says. "It's humbling to have a mom tell you, 'Our family is so much better,' or 'You've given us hope.' I feel so happy for them."

A life-saver

"This program has been a life-saver," Annie says. "Thanks to you, my 9-year-old has gone from F's to B's and C's. He rides bikes with friends. He cuddles with me."

SERVING BODY, MIND AND SPIRIT

How your gift blesses parishioners throughout the QC



When Laura Brown, RN, learned her elderly parishioner had been admitted to ICU for a suspected stroke, she drove directly to UnityPoint Health – Trinity in Rock Island to help however she could.

She found the patient’s husband in her ICU room, staring into space. After a bit of coaxing, he let Laura lead him to the cafeteria for some coffee and a hot meal.

As he began to eat, he opened up. He was scared of the future; scared both for his wife and himself. When he had finished, Laura spoke in a gentle but firm voice. “Your wife is in great hands,” she said. “Let’s let the professionals do their job. Your job is to take care of yourself.”

They were fast friends after that. ▶

All in a day's work

Laura is the parish nurse at First Presbyterian Church in East Moline. On Sunday mornings you'll find her checking blood pressures, listening to pesky coughs, suggesting parishioners consult their physicians. She knows her parishioners, and they know – and trust – her.

“Parish nursing brings wholistic healing into churches,” Laura says. “It acknowledges you can't just treat the body. You have to treat the spirit, too.”

“I see rashes, headaches, high blood pressure, low blood sugar,” she says. “I always ask what's going on at home, what's stressing them. I do a lot of active listening. We develop very close relationships.”

Ready for emergencies

Although emergencies are always unplanned, parish nurses expect them continually.

“I was asked to go to a funeral luncheon to help smooth family dynamics,” Laura says. “The family did fine. But one of the elderly churchwomen who was preparing the luncheon tripped and fell down the stairs. I was so grateful to be there to help. I went to the hospital with her

when the ambulance came. I stayed with her till her husband – he doesn't drive – could get there.”

In fact, emergencies come with increasing frequency in Laura's aging parish.

“We were holding a health clinic in the parish hall when an elderly gentleman came in, white as a ghost,” she remembers. “I called 911 immediately. There was no time to take his vitals. He collapsed in front of us and we started CPR. By the time the EMTs arrived, he was semi-alert. But he had been very close to losing his life.”

Instead of calling his wife with the news, Laura drove to their house and took her to the hospital.

“I stayed with the two of them until some other family members came,” she says. “We prayed together. Parishioners feel comforted when we pray together. In many ways, we're family.”

Parish nursing in the Quad-Cities

Thanks to donors like you, Trinity's parish nursing program is celebrating its 25th anniversary in the Quad Cities. Beginning in 1989 with seven nurses serving in ten churches, the Trinity parish nurse program now

A message to you from Laura

“I can't begin to tell you how much your gift means to the people of this community,” Laura says. “Without you, our parish nursing program wouldn't exist. It's made such an incredible difference in the lives of good, honorable people in need.”

includes 45 nurses – 17 are paid and 28 are volunteer – serving in 39 churches.

Created to bridge medical care and home life, parish nursing promotes the health of body, mind and spirit. Together, parish nurses served nearly 30,000 people in 2013 alone.

Medical – and spiritual – benefits

The medical benefits to the community are clear: parishioners see reduced cholesterol and blood pressure levels, improved disease symptoms and an increase in the use of screening tools such as mammography and breast self-examination (American Journal of Public Health). ➤

The spiritual benefits can only be speculated upon, but parishioners – and their family members – frequently tell Laura how grateful they are.

“People tell me I am a blessing to them,” she says. “They say they couldn’t have done it – whatever their situation was – without me. But I have to say I am the one who is truly blessed to have them become a part of my family.”

You are the hero of this “invisible” ministry

Without gifts from donors like you, the hospitalized patient’s husband wouldn’t have had a friend to talk to. The man with the heart attack might not have survived. And countless high blood pressures, high cholesterols, pesky coughs and injuries might never have been caught in time for effective treatment.

“Our nurses are the invisible workers in our community,” Trinity parish nurse manager Linda Guebert, RN, says. “They’re in homes, waiting rooms, emergency departments. They’re delivering meals, rides and supplies. They’re visiting homebound parishioners and sitting with grieving family members. They’re holding

foot and flu clinics, blood drives and health fairs.

“Parish nurses are out there when and where people need help, whether at the

gentleman would go home to handle some business and take a shower. He looked and felt much better when he got back.”

“As long as I am able to, I will serve the church as a parish nurse. But I know the time will come when others will be caring for me. Our gift to the endowment will provide for the next generation of parish nurses, and that makes me and my husband, Bob, very happy.”

- DONOR AND PARISH NURSE DOROTHY WHITE, RN

beginning of life or at the end. It’s such an important calling. I am so grateful for the generous support of our donors. You might as well be right there with the nurses, because you are the reason they are there at all.”

The rest of the story ...

Laura continued to visit her hospitalized parishioner in ICU. Because she promised to stay in the room while he was gone, the parishioner’s husband agreed to take a daily break.

“There was nothing I could do for her but pray and provide care to her husband,” Laura says. “Sometimes those are the most important things we can do. This

And his wife?

“She recovered fully,” Laura smiles. “She’s as active and busy as she ever was. Thank heaven.” 

Your gift matters!

Your gift to the Trinity Parish Nurse Endowment will help sustain the critical ministry of parish nursing for generations to come.

For more information, please contact Marika Jones at (309) 764-7610 or marika.jones@unitypoint.org. Or to make a donation, please use the envelope in this magazine!



SNAPSHOT OF A DONOR

**Harriet Olson: Visionary, nurse,
educator, philanthropist** ▶

Meet Harriet Olson, your behind-the-scenes champion.

Harriet Olson founded parish nursing in the Quad-Cities, but her legacy will live on in many other ways as well. She served as director and educator of the Lutheran Hospital School for Nurses. She is a generous philanthropist. And she has cared for and mentored countless people – family members and healthcare professionals alike – over the years.

“Harriet was my mentor as a parish nurse,” past director Janet Griffin, RN, says. “I learned so much from her. I still have lunch with her

as often as I can. She is the picture of compassion and caring in action.

“She grew roses that she shared with patients in the hospital. She took Swedish rice pudding to her friends if they were sick or having surgery. She baked angel food cakes. Harriet was a good friend to all.”

Indeed, Harriet’s students, patients and colleagues became her family.

Great caring, great mind

“Nursing was the perfect career for Harriet because it combined her great caring with her great mind,” Parish nurse manager Linda Guebert, RN, says.

“Because of her vision, tens of thousands of people are served by the parish nursing program every year. Her program has saved – and changed – so many lives. We are blessed to live in the community she calls home.”

As with so many health-care providers, Harriet tended to put others before herself.

“I remember Harriet describing the hot pads she had to put on polio patients’ legs,” Janet says. “The pads were so hot she said her hands were in pain. But her patients needed them, and that’s what mattered.”

It’s what she taught her students, and what she ➤

How you can help protect Parish Nursing

The Trinity parish nurse program was launched in 1988 by Harriet Olson, MSN, RN, and Sister Sheila McGrath, OSB, to serve Quad-Cities church communities. Parish nursing has touched over 55 churches and thousands of people throughout the program’s 25-year history. It’s been a wonderful grassroots success!

But financial challenges threaten this vital ministry. The rising cost of health care and declining reimbursement rates increase financial pressure on Trinity, a key source of funding for parish nurse salaries, benefits, training fees and continuing education. New nurses who wish to serve are challenged by the increasing costs of required professional training. And churches themselves are feeling the pinch, finding it difficult to fund their portion of the nurses’ salaries.

Your gift to the Trinity Parish Nurse Endowment will provide a lasting legacy that will sustain the critical ministry of parish nursing in your lifetime and beyond.

For more information, please contact Marika Jones at (309) 764-7610 or marika.jones@unitypoint.org. Or to make a donation, please use the envelope in this magazine!



Trinity College of Nursing & Health Sciences students serve as volunteer instructors in the Harriet Olson Learning Lab held as part of the CVM-Illinois Mini Medical Academy at the college.

championed in health care and education.

“To be vital, a community must be able to offer quality health care in many settings and to all populations,” Harriet Olson once wrote. “We need excellence in family medical clinics and in parish nurse programs and in home care and in the hospital. We need practitioners who are sensitive to culturally diverse needs. Keeping quality education in the community helps keep

qualified individuals in these positions.”

Trinity College gift

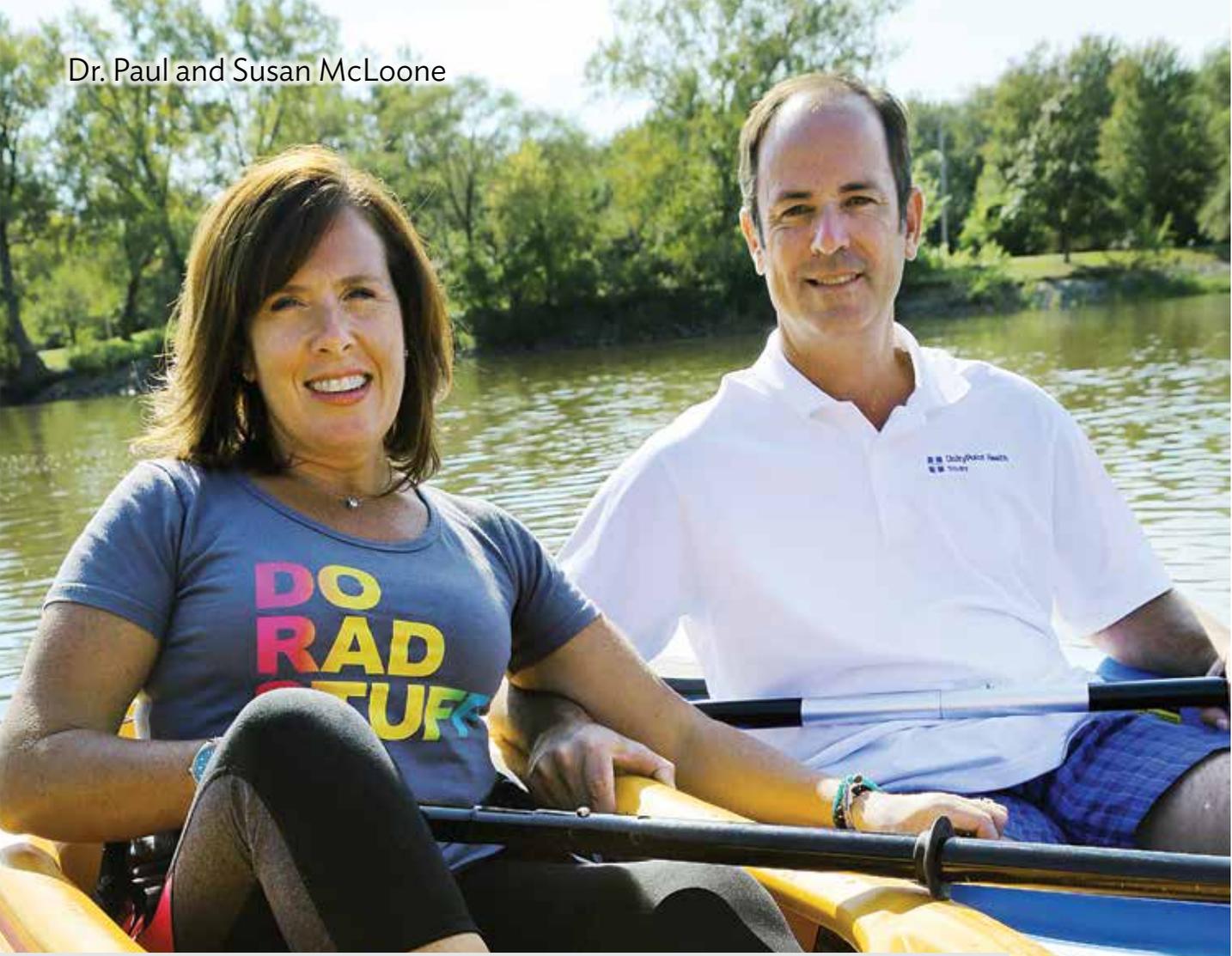
Harriet underscored her philosophy with her substantial support of and donation to Trinity College. Today, the Harriet Olson Learning Lab helps prepare students to enter health-services professions as competent, confident, sensitive practitioners.

“Harriet believed in wholistic care even before

she founded the parish nursing program,” Janet says. “She taught us to care for body, mind and spirit. It’s her legacy to us all.”

Thanks to Harriet, extraordinary nurses staff our hospital and clinics. They serve in churches and homes. Thanks to Harriet, they will improve and enhance our community for generations to come.

Thank you, Harriet, from the whole Quad-Cities! 



Dr. Paul and Susan McLoone

Q & A WITH DR. PAUL MCLOONE:
**Why this Trinity doctor
and his wife invest in the
Quad Cities ... and you!**

Give today, and they will double your gift!

A physician in the Quad Cities since 1996, Dr. Paul McLoone has announced his intention to match all new contributions to Trinity's new Emergency Department and Heart Center. Why? Because he loves the community ... and a healthy community needs a healthy hospital. ▶

What do you like about the Quad-Cities?

Oh, everything. I love the rivers, the parks and the festivals. Most of all, though, I cherish the incredibly good, honorable, caring spirit of the people who live here.

You have served as a doctor for nearly 20 years here, both in private practice and, now, as chief medical officer for Trinity. Have you enjoyed it?

I love medicine. I love helping people. And I want to do whatever I can to keep the Quad Cities healthy and strong.

How are you doing that?

From my perspective as a doctor, one of the most important ways to do so is to support and maintain a great Emergency Department. I have sent countless patients there over the years. And I have done so with confidence and pride.

I could share many stories with you, but two stand out for me.

The first one concerns Billy (not his real name), a young patient of mine from years ago. Billy was a little boy when I met him, vibrant and happy. He developed a rare condition that landed him repeatedly in the ED. The care Billy – and his family – received was top of the line. It underscored my commitment to helping make the ED the best it could possibly be, for every family who would ever need it.

The second story is my own. When my wife, Susan, fell and fractured her skull, I needed to get her the best care available, fast. At the ED, all I could do was pace while the staff assessed her and reassured me.

This time I was not only proud of Trinity, but experienced a family member's gratitude for the expert care the ED provided. Thanks to Trinity, Susan was discharged with no complications.

Make a new gift before Dec. 31 to Trinity's ED and Heart Center, and Dr. Paul and Susan McLoone will match it dollar-for-dollar up to \$25,000. Please fill out and return the attached envelope or visit www.trinityhealthfoundation.com to double your gift today!

You and Susan have made a very generous offer of support for Trinity's new ED and Heart Center.

Susan and I believe that a strong community needs a first-class hospital. While Trinity Rock Island provides top-of-the-line medical care, the facility is 42 years old. It's in critical need of updating.

The new ED will accommodate increasing demand and reduce operational costs. It will improve patient safety and privacy. It will keep critical imaging and diagnostic equipment within reach.

Susan and I are so committed to this project that we will match all new ED and Heart Center gifts received by Dec. 31. We invite you to join us in this investment in your hospital and your community! 

YOUR TRINITY HEALTH FOUNDATION

Lifetime of Caring

Cumulative Giving Societies

Thank you to the following donors for their generous contributions throughout the years. They have, over the course of their lifetimes, displayed a deep and abiding commitment to the health and well-being of the Quad-Cities. Your leadership, compassion and dedication inspire us all. Thank you! Please note that the levels below reflect gifts received as of Sept. 9, 2014. Outstanding pledge amounts are not included.

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BOLD NAMES DENOTE NEW DONORS IN
RECOGNITION LEVELS FOR 2014.



Calendar of upcoming events

UNITYPOINT HEALTH – TRINITY IS PROUD TO PRESENT OR SUPPORT THE FOLLOWING COMMUNITY EVENTS:

23

NOV. 23

Quad City Arts Festival of Trees
Military Day

13

DEC. 13

Boys & Girls Club
Winter Ball

19

APRIL 19

Opening of Trinity Rock Island
Heart Center/Emergency Dept.



Your Trinity news

IMPORTANT UPDATES ON CURRENT TRINITY HAPPENINGS

▶ *Trinity partners with Bright Pink breast and ovarian cancer program*

The Trinity Cancer Center is now a proud partner of Bright Pink, the only national non-profit focused on the prevention and early detection of breast and ovarian cancer in young women ages 18-45, while also providing support for high-risk individuals. Bright Pink aims to strategically educate, equip and empower women to be proactive advocates for their breast and ovarian health by reducing their risk for these diseases or detecting them at early, non-life-threatening stages.

Being a partner means having a specially certified Bright Pink Ambassador embedded in the Trinity Cancer Center to lead community Brighten Up workshops, a signature Bright Pink activity designed to ground participants in the basics

of breast and ovarian health, introduce them to early detection techniques, and equip them with life-saving knowledge. Immediately following the workshop, participants receive access to tools that can help them assess their personal level of cancer risk and develop an action plan in partnership with a doctor they trust.

▶ *Two new grant awards announced*

The Trinity Health Foundation is proud to announce it has begun taking applications for two new grant awards:

The Kenneth Moburg Administrative Fellow Award has been established to provide financial assistance to persons who are engaged in graduate study leading to either a master's or doctorate degree in some aspect of health-care administration. Candidates for this award must be either an employee or the child of an employee at

UnityPoint Health – Trinity and be an active member of a recognized faith community.

The Granger Westberg Pastoral Care Award has been established to provide financial assistance to persons who are seeking to prepare for a chaplaincy ministry in a health-care setting, and who are accepted and enrolled in an accredited clinical pastoral education program as a means of achieving that goal.

Both awards were established by the Lutheran Hospital Association of America and INTERHEALTH, an association of faith-based healthcare systems. For more information about the awards and the men for whom they are named, visit www.trinityhealthfoundation.com and click on "Apply for a scholarship." Deadline for application is Jan. 30, 2015. Call (309) 764-7610 with further questions. 



UnityPoint Health Trinity Health Foundation

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Our cup runneth over



Winning morning flight foursome Dr. David Deopere, Dennis Duke, Kerry Skinner and Paul Rumler pose with the UnityPoint Health Cup.

Congratulations to Team Iowa for their win over Team Illinois to capture the team trophy in the inaugural Ryder Cup-style UnityPoint Health Cup golf tournament. With the win the team – captained by UnityPoint Health President and CEO Bill Leaver – ensures that the trophy will reside at the Bettendorf or Muscatine campus for the next 12 months.

With the support of 175 golfers, Trinity Health Foundation was able to raise \$70,000 after expenses toward the new Crisis Stabilization Unit Living Room in the new Heart Center/Emergency Department. The CSU Living Room will provide a safe haven, dignity, privacy and respect to patients experiencing a behavioral health crisis.

First and second-place winners in both flights included:

MORNING:

- 1st – Kerry Skinner, Paul Rumler,
Dr. David Deopere, Dennis Duke
- 2nd – Bobette Patterson, Paul McLoone,
Greg Lehmann, Alan Johnson

AFTERNOON:

- 1st – Dan Huber, Andrew Lehman,
Doug May, Justin Peterson
- 2nd – Bryan Brahm, Michael Comp,
Craig Thatcher, Leanne Thatcher

Trinity Health Foundation is grateful for the support we receive from our friends and the community. If you wish to no longer receive our requests for charitable support, please let us know by calling (309) 764-7610. You may also contact us by email at foundation@unitypoint.org, fax at (309) 764-3854 or in writing. Please allow 4-6 weeks for us to honor your request.

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