Trinity TALLOS TO THE PARTY OF THE PARTY OF

HOW YOUR DONATIONS CHANGE LIVES



Your generosity at work



Thanks to your generous contributions toward the new UnityPoint Health – Trinity Heart Center/ED, Quad-City patients and families will enjoy more comfort, privacy and safety for generations to come.

To watch the earth move in real time, visit our website at www.trinityhealthfoundation.com and click on the link at the bottom of the page.

To learn about donating to this important project, contact Steve Wasser at (309) 764-7610 or steve.wasser@unitypoint.org.

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Marika Jones, President Erin Lounsberry, Managing Editor Susan Flansburg, Editor/Writer

Ordinary school night turns into *nightmare*

Rock Island dad credits Trinity ED - and you - with saving his young son



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"I thought, 'he's coming down That's when the doctor with something. He'd better get to sleep early tonight," Jerry says.

Little did he know what kind of a night lay in store for them both.

A racing heart

The evening began like any other. Dinner was made and served. School papers were reviewed. Baths were drawn. But something was clearly wrong with Peyton. Finally, he said he thought his heart was racing.

"I put my hand on his chest and counted 190 beats per minute," Jerry says, "I thought, that can't possibly be right, and tried it two or three more times. We took off for the ER."

Terror ... and relief

Jerry doesn't remember driving to Trinity ("It was probably a pretty fast trip."), but the experience in the **Emergency Department will** live forever in his mind. It's where he went from terror to relief in the space of minutes.

"We were seen immediately," Jerry remembers. "Peyton had all kinds of equipment attached to him. The heart monitor showed he was at 200 beats a minute. The staff was working intensely. I was terrified he would die."

walked over to put his arm around Jerry. "He said, 'We're going to give Peyton some adenosine. Count

since discovered that SVT is relatively under-diagnosed. Trinity's ED responded quickly with the right diagnostic approach and

"You never think you're going to need help like this. It was such a scary night."

-JERRY JONES

backwards from 10. Before you get to one, he'll be fine.' It the right call. It absolutely was amazing. Peyton's heart rate was suddenly back to normal."

Supra-ventricular tachycardia

Peyton was diagnosed with supra-ventricular tachycardia (SVT), a condition that makes the heart race and can result in congestive heart failure. He takes daily medication to control it but is otherwise unaffected by it and rarely mentions it.

Jerry, on the other hand, tears up as he relates the story.

"I come from Chicago, and you don't get this level of care there," Jerry says. "I've equipment. The doctor made could have ended tragically."

You help make stories like these happen

No one exists in a vacuum ... least of all a community hospital. Community support is critical to assure that the latest equipment, technology and expertise are there when you and your loved ones need them. Thanks to your gifts, these pieces were in place for Peyton and his dad.

Jerry says he's more grateful to you than words can describe.

"You never think you're going to need help like this," he says. "It was such a scary night. But because of our incredible ED team,

Peyton was correctly diagnosed and treated faster than you can believe. I went from thinking I might lose him to being home by bedtime.

"This is my chance to thank all of our donors for their generosity," he says. "You may not have personally experienced a benefit from it vet, but vou will. Believe me, we want to maintain an excellent hospital here in our community. For everyone."

Your gifts helped ensure Trinity's ED had the equipment, technology and expertise on hand to treat Peyton Jones.

Thanks to you, Peyton's heart condition was diagnosed and treated immediately, putting him and Jerry back on the golf course ... and out of the ED!



Why Trinity Rock Island needs updating

Trinity's Level II Trauma Center saves lives every day. You and your loved ones can count on this expert help when you need it.

But this extraordinary emergency team - staffed by board-certified physicians – needs your help to be able to continue to provide the level of critical care you rely on.

We need your help as we build a new facility to accommodate everincreasing demand, reduce operational costs and improve patient safety and privacy. We need your help to place critical imaging and diagnostic equipment within reach. We need your help to ensure patients get the best care in an environment that is conducive to healing.

From the hundreds of patients, young and old, who will benefit from your generosity for years to come, thank you!

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AN HONEST AND TENDER LOOK AT

cancer care in the QC

Trinity nurse shares why she does what she does



What draws you to this type of work?

It's a privilege to be able to help people through crises. To reassure them and provide what they need, whether it's education or encouragement or resources.

We can all get cancer. You can get it. It's important to help patients live well, no matter what their diagnosis or treatment. I love helping.

When was the last time you cried about something?

This week. I can always say that. I feel for my patients and their families.

Do you believe in miracles?

Oh, absolutely. We know a fraction of what's out there. Just when you think you know what's going to happen, something else happens.

What has changed over the years in cancer nursing?

Of course, there have been lots of improvements in treatment. New technology has made the delivery of radiation therapy quite precise and much less likely to damage healthy surrounding tissue. Wonderful new chemotherapies and other medications are being developed every day.

How we deliver care has also changed. Trinity's navigation program pairs patients with a team of specialists in nursing, nutrition, case management and exercise. We - I'm the nurse navigator on the team - companion patients from the moment of diagnosis throughout their journey, to help them live well during and after the experience.

How do you help cancer patients live well?

For one thing, we address the anxiety of the unknown immediately. We answer questions, lots of questions. Patients want to know what tests are coming, if they're going to hurt, what the words mean, the side effects of treatment. I tell my patients they can talk to me anytime.

As a nurse navigator, I take the medical side. I attend medical appointments with patients if they wish and help them understand what's going on. I'm there for the whole journey. The social worker helps patients work through obstacles, whether they are financial or homebased. She'll help people find rides to treatment, for example. The dietitian helps patients choose the best nutrition plan for their treatment and works with them to find foods they can enjoy. The exercise specialist helps patients get the

exercise they need without overdoing it. We all connect people with the resources and support they need.

Our goal is to help patients through the process and into survivorship in the best possible way for them. It's a very holistic approach, where we support the needs of body, mind and spirit, both during and after their treatment.

After ...?

Aftercare is an important part of cancer treatment. Survivors need support for some time after their physical treatment plan has ended. We work closely with Gilda's Club to help provide that support.

How do you help patients who are in the end stages of cancer?

I listen and hold their hands. When they're ready, I explain what the dying process is like. I'm a firm believer that if you know what's coming, you're not as scared. They confirm that.

I help them identify their goals. Do they want to be at home or in the hospital? What makes a good day now? What gives them hope?

I lost a friend to cancer this summer. He was in his 50s. He was happy his daughter was pregnant, happy he could teach his son how to drive



Judy Howell treasures these Christmas ornaments, gifts from former patients. She also is grateful for gifts from you. "Thank you for your generosity. It means everything."

before he died. Seeing his children smile and knowing they were prepared to go on in their own lives gave him great hope and happiness.

How has this work changed you?

Oh, I have been so enriched by it. It has made me appreciate the simple things. I have mellowed a lot over the years. I always point out beautiful sunsets to my kids. I want them to savor the simple things too.

You always hear people say, 'Enjoy the journey. It's all you've got.' That's so true. You don't know what's going to happen. We need to appreciate the here and now.

My patients have taught me everything. They have shaped me as a person. They have taught me grace, compassion and determination. I am grateful for every one of them and for this wonderful place, Trinity, that we all call home, at least for a while.

Thank you for helping cancer patients get the comfort, treatment and support they need

Thanks to your generosity, Quad-City patients enjoy more comfort, faster and more precise treatment, ongoing community support and the benefit of their caregivers' continued education.

Your contributions have helped make the following projects possible!

• Remodeling of the Women's Imaging Center, part of the Trinity Breast Health Center, which recently received a threeyear/full accreditation designation by the National Accreditation Program for Breast

Centers (NAPBC), a program administered by the American College of Surgeons.

- Installation of the TrueBeam linear accelerator
- Continued partnerships with Gilda's Club and the YMCA's Livestrong program
- Continuing nursing and staff education

For more information about making a gift to Trinity's Cancer Center, contact Marika Jones at (309) 764-7610 or marika.jones@unitypoint.org. Or just use the envelope in this magazine!

Free colonoscopy saves Moline woman's life

Thanks to your generosity, cancer caught in time There's no such thing as "iust a little blood" in the stool, and 55-year-old Joyce Bryant knew that. But when she discovered the symptom last spring, she had no medical insurance. It wasn't available through her job as a bar manager in Moline. Joyce had no money in her budget for tests, let alone time off from work. Then she learned of a free colonoscopy conducted by UnityPoint Health - Trinity and made possible through your contributions. Joyce made an appointment in April, and the test confirmed her worst fear: she did have cancer and it would require immediate surgery.

Colorectal cancer is the second-leading cancer killer in the U.S. If Joyce had not been screened, her cancer might have spread to the point that her survival rate would have dropped to just six percent.

As it was, the surgery successfully removed all of the cancer. Joyce was able to return to her life within a couple of weeks.

"My family helped so much," she says. "My daughter took me to all my appointments.

My grandbabies gave me constant joy. My nurse

walked me through everything. And Trinity donors gave me my life. You are so good-hearted. I can't say 'Thank you' enough.

"Trinity donors gave me my life.
You are so good-hearted. I can't say 'Thank you' enough."

- JOYCE BRYANT

SIGNS OF COLORECTAL CANCER

These symptoms from the American Cancer Society often indicate other conditions, ranging from infection to irritable bowel syndrome. Contact your doctor if you experience any of them.

- •A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- •A feeling that you need to have a bowel movement that is not relieved by doing so
- •Rectal bleeding, dark stools, or blood in the stool (often, though, the stool will look normal)
- •Cramping or abdominal pain
- •Weakness and fatigue
- •Unintended weight loss

YOU MAY QUALIFY FOR A NO-COST COLONOSCOPY

- •Are you between the ages of 50 to 64?
- Are you without insurance?
- •Do you live in Illinois?

You may be eligible for a no-cost colonoscopy!

For several years, Trinity, along with staff from The Center for Digestive Health, Gastroenterology Consultants, Digestive Disease Specialists and MetroLab have worked together as the Colon Cancer Free QCA Coalition to provide free colonoscopies to a number of uninsured patients in the Quad Cities like Joyce Bryant. In 2013, the American Cancer Society and the State of Illinois awarded a grant to expand this program.

Please ask your provider for a referral to the Colon Cancer Free Screening Program to see if you qualify for a no-cost colonoscopy, or call Trinity at (309) 779-3225 to learn more about the program.

Comforting your loved ones after you're gone

Write love letters for later When Trinity Health Foundation estate planner Eddie Thompson first met Henry and Sally, they were nearly 80. Henry had farmed all his life. He was white-bearded and stooped but hard as nails ... and had no use for estate planning. Henry went along with it for Sally. Sally was cheerful, talkative and had a heart of gold. Eddie learned to care for them both. Recently Henry came to Eddie's office alone. Eddie shares his experience

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Eddie Thompson

You could tell
Henry was sad.
He asked if I knew
that Sally had
passed away. I told
him that I did not
know, and that I
was so sorry. He
sat down and could
not speak for a few
minutes. I noticed
papers held in his
fidgety hands.

Finally, Henry said he had recently gone to their lockbox to retrieve their documents. In the box he found five letters – one to each of their four children and one to him. He read the letter to him from Sally. I choked up as this small, but very tough gentleman read her letter aloud.

After he had gathered his emotions he said, "I did not want to meet with you the first or second time we met you. Sally made me come. In working with my lawyer I found out that you had helped us put together a really good plan, but that is not why I am here.

"I am here because you asked us to write letters to those we love. She did and I refused to do it. I copied the letters she wrote to our children. Each night when I can't sleep and I am so very lonely, I read these letters she wrote in her hand. It is the only thing that eases the horrible pain."

Then he continued, "Our kids love their letters. I recently wrote my letters to my children. Last night I wrote my letter to Sally." Henry stood up and stuck out his hand and said, "Thank you from the bottom of my heart." With that he opened the door and walked out of the room.

What a wonderful reminder that – no matter what the size of your estate – the most important thing you leave behind is your love and caring. Writing heartfelt letters to your children and spouse surely will comfort them forever.

For information about legacy giving from your estate, call us at (309) 764-7610 or email us at marika.jones@unitypoint.org.
You may be eligible for no-obligation estate planning services provided by Thompson and Associates and sponsored by Trinity.

"Our kids love their letters. I recently wrote my letters to my children.

Last night I wrote my letter to Sally."

Caring for the people and charities you love Tip: Plan ahead!

Making decisions about how to divide your resources in your will is a great challenge. You want to care for family and friends, yet also to support the causes and community you care for deeply. How can you navigate these murky waters?

A good estate planner can help you sort through your priorities and take care of those you care for. Estate gifts include:

• A fixed bequest:

This is the gift of a fixed dollar amount to a family member, friend or charity.

A specified percentage:

Many people divide their estate by percentages, leaving a specific percentage such as 10% or 20% to be divided among a named list.

• A gift of a specific asset:

On some occasions, gifts of a parcel of real estate or a block of stock help fulfill a desired objective to give to family, friends or charity.

• Gift in trust:

A trust can provide a surviving family with income for life with the remainder going to charity after the death of the survivor. Alternatively, a trust may provide income to charity for a prescribed number of years with the remainder ultimately going to a family member.



DID YOU KNOW?

Up to 70% of Americans don't have a will. If you die without one, the state will decide on guardianship of your children and distribution of your assets. Be prepared!

You may be eligible for no-obligation estate planning services provided by Thompson and Associates and sponsored by Trinity. Contact Steve Wasser at (309) 764-7610 or steve.wasser@unitypoint.org.

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Lifetime of Caring Cumulative Giving Societies

Thank you to the following donors for their generous contributions over 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. 10, 2013. Outstanding pledge amounts are not included.

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HARRIET S. OLSON

HEALTH TRUST

*ALBERT H. RAUCH

*ELAINE K. SAFFIELD

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QUAD CITY OSTEOPATHIC

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*WILLIAM AND CONSTANCE MARK

QUAD CITY MRI, INC.

*BEATRICE L. SWANSON

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LEADERS (\$100,000 TO \$249,999)

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VAN KAMPEN FUNDS

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Calendar of upcoming events

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



FEB. 15Spirit of Women
Day of Dance



MAY 3
Friends of Trinity

Blossoms and Brunch

24

APRIL 24
Stylin' Against Breast Cancer
Style show and luncheon



Your Trinity news

IMPORTANT UPDATES ON CURRENT TRINITY HAPPENINGS

> Surgery programs garner top rating from Consumer Reports

Consumer Reports magazine ranked UnitvPoint Health -Trinity Rock Island as one of the top 10 U.S. hospitals that score well across a broad range of surgeries in its September 2013 edition. The list of "Hospitals that make the grade" is included in the magazine's "Your safersurgery survival guide" and includes facilities across the country. Both Trinity Rock Island, whose Medicare data includes Trinity Moline, and Trinity Bettendorf also received the highest surgery rating in their respective states.

The magazine's ratings system looks at how high-volume hospitals compare in avoiding adverse events – who died in the hospital or stayed longer than expected for their surgical procedure. The project used Medicare billing claims from 2009-11, covering 2,463 hospitals across 27 categories of commonly scheduled surgeries.

Palliative care program recognized with national Circle of Life Award®

UnityPoint Health has been named one of three Circle of Life Award® winners by the American Hospital Association in recognition of its innovative palliative care program that improves the care of patients with serious or life-limiting conditions.

Part of UnityPoint Health's integrated approach to chronic care management, palliative care ensures access to services for patients with serious illnesses and is provided across all care settings, from the hospital to home. The palliative care team works together to follow the patient and coordinates services in close collaboration with the patient's primary care provider and specialists.

> UnityPoint Health recognized as "Most Wired Health System"

For a second consecutive year, UnityPoint Health was recognized as one of the nation's "Most Wired Health Systems" by Hospitals & Health Networks magazine. The survey measures the level of information technology adoption in U.S. hospitals and health systems across four focus areas: Infrastructure, Business and Administrative Management, Clinical Quality and Safety, and Clinical Integration.

UnityPoint Health received the honor for its adoption of technologies designed to better coordinate and proactively provide care, including new electronic health records, medical imaging and analytics systems as well as a patient portal to make personal health management more convenient for patients. Sign up for the portal at www.myunitypoint.org.

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Trinity Golf Classic Round-up



KWQC-TV6 General Manager Ken Freedman takes a shot at the annual Trinity Golf Classic.

Congratulations to George Patramanis and Robert Escarza, winners of the trip to the 2013 Mercedes-Benz Western Sectional in Hawaii, compliments of Lujack Motorwerks, presenting sponsor of the morning flight at this year's Trinity Golf Classic on Sept. 6. Special thanks also goes to afternoon sponsor and longtime tournament friend McLaughlin Motors. With their support and that of 183 golfers, the Trinity Health Foundation was able to raise more than \$65,000 toward a new family consultation room in the Heart Center/ED expansion.

First, second and third-place winners in both flights included:

MORNING:

1ST - George Patramanis, Stephanie Burns, Robert Escarza, Jamie Crawford (58)

2ND - Tom Tibbitts, Dave Deopere, Paul Rumler, Kerry Skinner (60)

3RD - Andrew Lehman, Rick Berg, Eric Ludtke, Jeff Thomas (62)

AFTERNOON:

1ST - John Riches, Phil Nunn, Dan Jobst, Julie Kirkpatrick (56)

2ND - Melvin Richards, Brian Richards, Paul Rouse, Steve Cottrell (57)

3RD - Andrew Lehman, Justin Peterson, Doug May, Bill Rector (57)