

Trinity

SUMMER 2016

matters

HOW YOUR DONATION CHANGES LIVES



Thanks to you:

- ▶ Rock Island woman beats cancer
- Emergency staff ready for *anything*
- How your gift made a difference: 2015 Annual Report

News for you!



Thanks to you ...

Trinity donors are an amazing group. Recognizing the ongoing need for equipment, technology, and other critical operating costs, you raised more than \$4 million in cash and planned gifts throughout 2015.

You personify the reputation of Quad-Citians as generous, caring and *there* for your neighbors when they need you. Be sure to review financial information provided on page 11, and see the impact that your gifts make. You are making a difference that will last for generations!

Beyond the numbers, your generosity is reflected in the real people featured in this issue of Trinity Matters. Because you care:

* Sharleen Whitehead could stay in the Quad Cities throughout her cancer treatment. That meant she could continue to work, go to church, and enjoy the support of friends and family.

* Kids like Ethan Nelson-Nuygen could get the emergency treatment he needed when he nearly blinded himself in a fall.

We need you. We value your kindhearted generosity. *You matter to the whole Quad Cities.*

With great gratitude,

Marika Jones
President, Trinity Health Foundation

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“My cancer was a blessing.”

Rock Island woman beats cancer with God, Trinity and YOU by her side

Gratitude, self-care among lessons she shares now



Sharleen Whitehead was finally ready for bed. It had been a long day, working at her two jobs. She couldn't wait to get off her feet.

She sank onto the mattress, turned off the light and rolled onto her stomach. Instead of relief, though, she felt a sudden pain in her breast. >



At Sharleen's "graduation" from radiation treatments, Trinity staff gave her this stone. She says it's perfect: "God and Trinity bolstered my faith that everything would be fine ... and it is."

She sat back up and patted the mattress for the hard bit of something that must have caused it. She turned on the light. Tentatively, she felt the spot on her breast that had hurt.

"I felt a lump, but thought, it can't be cancer," the 61-year-old Rock Island woman remembers. "I just had a mammogram five months ago."

It would be another five months before she would have it looked at.

Lesson #1: "Busy" is no excuse

Sharleen was busy.

Her two jobs – one in Moline and the other in Davenport – added up to 60 hours a week. In between shifts, she watched her grandchildren and took care of friends and family members.

"I was the kind of person who took care of everybody else," she says. "I never took time for myself."

That would begin to change in June, during a visit with her stepmother.

"She worried she had breast cancer," Sharleen says. "It didn't end up being true, but I thought, hmmm. Maybe I should get this lump looked at. She also said – she always

said, but this time I heard her – you are working too much. It's not healthy."

So Sharleen began to scale back her work hours. And she scheduled another mammogram for August.

("Lord, do your part!")

Sharleen's mammogram looked suspicious. It showed a mass that had not been there before. A sonogram was ordered, followed by a biopsy and MRI.

"Waiting for the results of each test was more stressful than anything else," Sharleen says. "But I had my sister – she's an RN – go with me. ➤

She took care of understanding the medical part.

“When the doctor said I had breast cancer, I prayed, *Lord, do your part and I’ll do mine*. Out loud I said, “Okay, what’s next?”

Sharleen’s lumpectomy took place on January 10, and her chemo treatments began shortly afterwards. Radiation followed.

Lesson #2: Create your care team

Sharleen told few people about her diagnosis or treatment.

offered a booklet on breast cancer, I turned it down. My nurse-sister was going to take care of that part. What I had to do was stay positive. Period.”

Sharleen told her closest girlfriends, and they stayed positive with her.

“One of them said, ‘You aren’t going to be bothered by losing your hair, are you?’” she says. “I said, ‘Nope. I’m not my hair and my hair’s not me. I’ll still be the same person.’”

Sharleen had her care team in place. “God, Trinity and my sister would take care of

to work. She shopped for scarves of every color under the rainbow, ending up with one that matched every outfit in her closet.

“I even went to jury duty,” she says. “I lived my life. But I lived it differently. I quit saying Yes to every request. I started taking care of myself. For the first time in my life, I was on the receiving end of help. People cooked my meals, cleaned my house, called me. This was a first for me.”

Lesson #4: Listen to yourself

Although Sharleen *rolled up her sleeves* and *got busy* during her treatment, she also learned to listen to her heart and body. She learned to listen and act upon what she heard.

“I didn’t ever throw up, which so many people do,” she says. “But the third day after my chemo treatment, I always had terrible pain. My blood pressure and blood sugar dropped.

“I tried to go to work, but I realized I shouldn’t. So I always took a few days off around that third day.”

Another realization hit her loud and clear as well: toxic ➤

“What you send out into the world comes back to you. Look at me. After 61 years of giving, somebody gave to me. I wish you donors the joy you have given me.”

For one thing, she didn’t want to worry them. Her grandchildren had already lost one grandmother to breast cancer. She knew they would panic if they heard her news.

For another thing, Sharleen didn’t want to hear anyone else’s horror stories.

“This was my journey,” she says. “When I was

the cancer. I just had to stay positive.”

Lesson #3: Live your life, but accept help!

Throughout her treatment, Sharleen was determined to live her life; to not let her cancer dictate to her.

She attended her grandchildren’s activities and church services. She went

relationships had to be ended.

“When you’re a giver, some people take advantage of you,” Sharleen says. “I would get calls from some of these people asking me for help. I said, ‘I can’t take care of you right now. I have to take care of me.’”

Lesson #5: Bad news can be blessing

Sharleen says she thanks God for her breast cancer.

“I would never go back,” Sharleen says. “My experience taught me a whole new perspective on life. I don’t take anything for granted now. I’ve learned to take care of myself. And I’m able to help others in a new way.”

She offers encouragement and a hug to others who are struggling to accept their diagnosis, and will sit down for a conversation whenever she can. But she hasn’t given up taking care of herself.

That’s a lesson, Sharleen says, that she won’t forget.

Lesson #6: Be grateful for your guardian angels

“The grace of God gave me what I needed when I needed it,” Sharleen says. “Whenever I tried to worry



Sharleen greets one of her Trinity “guardian angels” during a recent visit to Trinity Cancer Center. “Thanks to the donors of this wonderful hospital, I had everything I needed right here in the Quad Cities. Thank you for your generosity. It means so much, to me and every other person going through treatment.”

about anything, here came a solution. My family, my pastor, my friends – the ones I told – gave me all the support in the world.

“And Trinity, those nurses and doctors and donors were my guardian angels. I had the best of everything, right here in the Quad Cities. Thank God I could stay local. I can’t imagine having to travel for my treatment.

“I am so grateful for the generosity of donors like you.

You make Trinity Cancer Center the superb resource it is for the Quad Cities.

“Remember this: What you send out into the world comes back to you. Look at me. After 61 years of giving, somebody gave to me. I wish you the joy you gave me.” 

To learn how you can help, contact Marika Jones at (309) 764-7610 or marika.jones@unitypoint.org. Or to make a contribution, please use the envelope in this magazine!

Why you need a great ED nearby:

Ready for strokes, broken bones, and almost getting your eye poked out



Since opening 12 years ago, Trinity Bettendorf has scrambled to keep up with the rapid growth of the communities it serves. The corridor's population has exploded, aided by new construction family homes, condos and retirement facilities. Patients run the gamut of ages, from newborn to elderly. >

No one sees that better than Bettendorf Emergency Services Manager Krista Nixon, RN, MSN. She says her department has become a critical resource for the community, treating everything from strokes and car accidents to severe allergic reactions and broken bones.

“Our staff has to be ready for anything,” she says, gesturing toward the big bulletin board in the hallway. “We get thank you cards from all kinds of patients. This one is from a 70-year-old woman who was having a stroke. We were able to stop the stroke, and she’s fine today.”

Nixon points to another card. It’s obviously been decorated by a little hand.

“This one is from the family of a 3-year-old who was having a severe allergic reaction to peanuts. By the time we saw her, her lips were swollen and she was showing signs of respiratory distress. She required a lot of care.”

Thank goodness Trinity was nearby.

Freak accidents happen

Lisa Nelson-Nuygen also sent a thank you card. Her 4-year-old son, Ethan, had fallen on a bounce-house stake while playing with his little sister. It had fractured his eye socket.

“Having emergency services available makes all the difference to our family,” she says. “I am beyond grateful to have Trinity nearby. I can’t

look at a pencil today and not think of that accident. You never know what might happen.”

Thank you cards are not unusual, but each is valued highly.

Thanks to you, too

Being prepared for kids like Ethan – and patients with stroke, heart attack, trauma and other unpredictable crises – takes great staff, equipment and space. A severe allergic reaction alone will require three to four full-time staff members, an IV, multiple injections, monitors and even, in the worst cases, intubation.

Your support can make all the difference.

One of the most helpful pieces of equipment in ▶

The Nelson-Nuygen family knows how important it is to have a well-equipped, state-of-the-art emergency department nearby. “You never know what might happen,” mom Lisa says about the accident that almost poked out 4-year-old Ethan’s eye.





“We get thank you cards from all kinds of patients,” Bettendorf Emergency Services Manager Krista Nixon says. “We provide the care, but our donors are right here with us. You make all the difference!”

the ED, for example, is the bedside ultrasound machine. Donors like you put it into the hands that needed it.

“We use it so many different ways,” Nixon says. “It helps us insert an IV into a patient with veins that are difficult to find. It allows us to do a quick scan of the heart or abdomen. We can see whether there’s an obstruction or ectopic pregnancy, for example. These are life-threatening conditions. We are thankful for anything that saves time. In an emergency, time is the one thing we don’t have.”

“We love you!”

Nixon points to another card, this one from a young dad. He had suffered a heart attack. Quick work by the ED got him the help he needed to go home to his family.

“We never know what’s going to come through those doors,” she says. “We really do have to be ready for anything. These cards make us feel so good.”

“It makes us feel good that the Quad Cities supports us and our work,” Nixon

continues. “We need all the help we can get to make sure we have the equipment and technology we need to be ready for you when you need us.

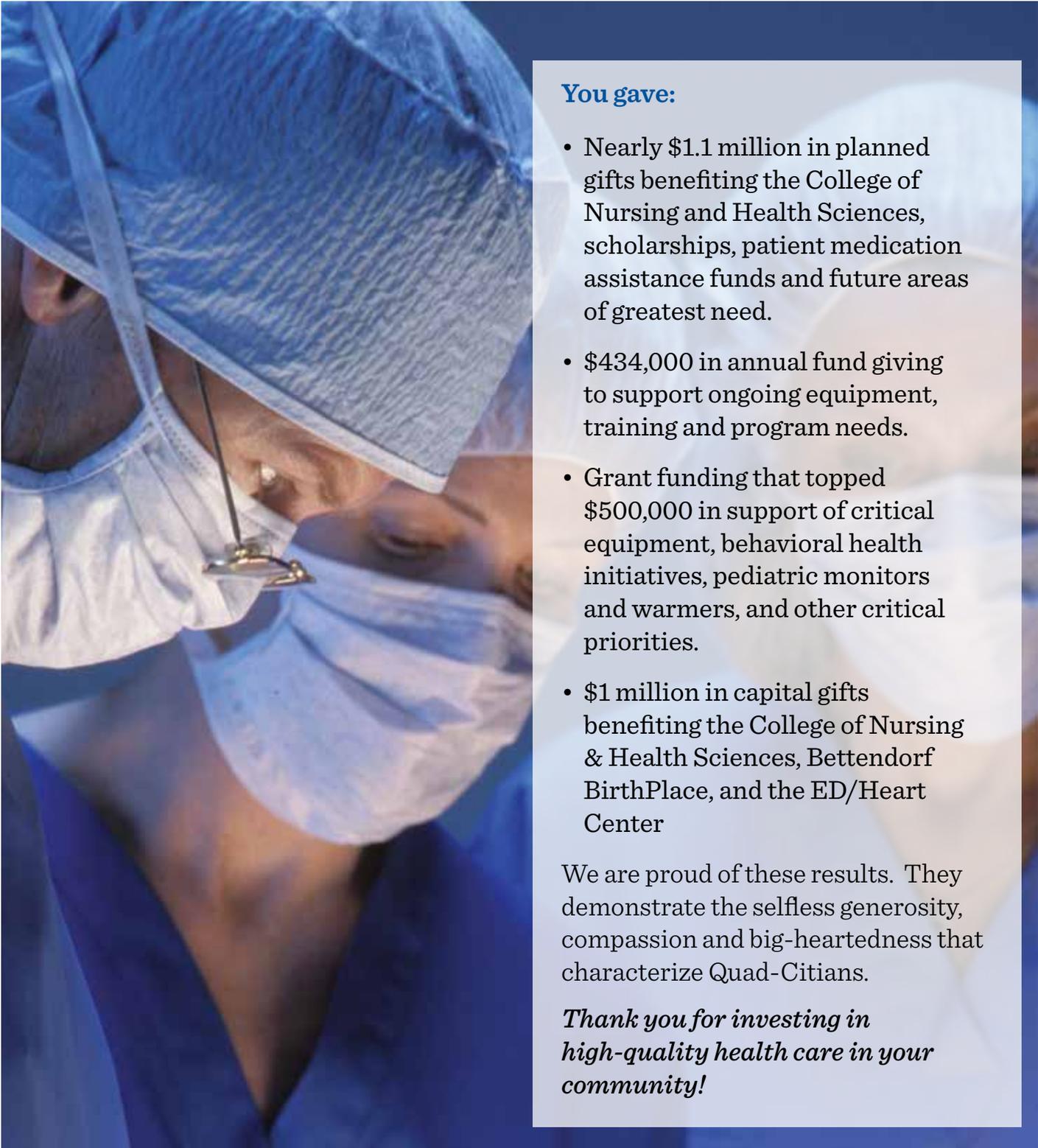
“Our donors are the kindest, most compassionate people. We love you!” 

To learn how you can help, contact Marika Jones at (309) 764-7610 or marika.jones@unitypoint.org. Or to make a contribution, please use the envelope in this magazine!

YOUR ANNUAL REPORT

Thank you for a healthy 2015!

Trinity donors raised more than \$4 million for the facilities, equipment, education, programs and technology necessary to maintain a great medical center.



You gave:

- Nearly \$1.1 million in planned gifts benefiting the College of Nursing and Health Sciences, scholarships, patient medication assistance funds and future areas of greatest need.
- \$434,000 in annual fund giving to support ongoing equipment, training and program needs.
- Grant funding that topped \$500,000 in support of critical equipment, behavioral health initiatives, pediatric monitors and warmers, and other critical priorities.
- \$1 million in capital gifts benefiting the College of Nursing & Health Sciences, Bettendorf BirthPlace, and the ED/Heart Center

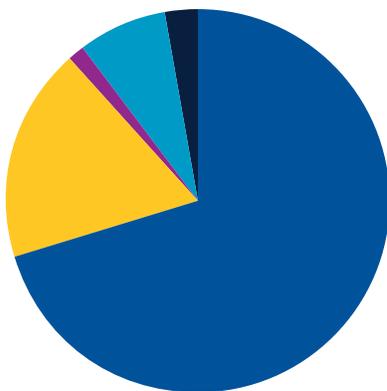
We are proud of these results. They demonstrate the selfless generosity, compassion and big-heartedness that characterize Quad-Citians.

Thank you for investing in high-quality health care in your community!

Your 2015 gift helps you, your loved ones and your neighbors in critical ways. Here are a few specific examples:

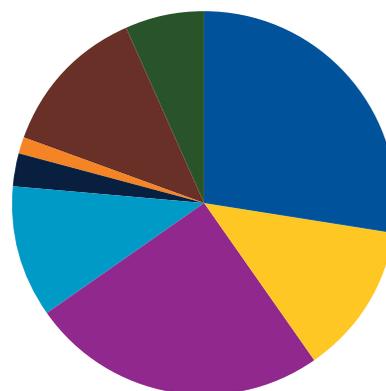
- The peaceful Healing Gardens create a safe outdoor space for inpatients of Robert Young Center for Behavioral Health (100% funded by philanthropy)
- The much-needed Trinity College of Nursing and Health Sciences expansion allows us to educate more healthcare professionals for the Quad Cities (100% funded by philanthropy/grants)
- Scholarships help educate Trinity College students and students from local high schools who study health sciences
- Lifesaving pediatric monitors and radiant warmers protect our tiniest patients
- Medication and medical supply assistance, such as ostomy supplies and insulin, support patients without resources
- Continuing education in such areas as palliative care, treatment methods and medical procedures keeps nurses and staff well informed

2015 Expense Categories
Total: \$1,200,000



- Salaries, Wages, & Benefits, \$858,123
- Purchased Services, \$220,219
- Supplies, \$16,228
- Other Operating Expenses, \$90,194
- Allocations, \$32,485

2015 Fundraising Production
Total: \$4,069,314



- Planned Gifts, \$1.1M
- Grants, \$500,117
- Capital, \$1.0M
- Annual Fund, \$434,964
- Special Events, \$107,439
- Real Estate Gifts, \$62,000
- Investments, \$504,646
- Realized Estate Gifts, \$260,148



Quiet legacy lives on

UnityPoint Health CEO Kevin and Jolene Vermeer established the Lynn Vermeer Youth Development Scholarship to honor Kevin's dad and his "quiet legacy of making a positive impact on people's lives." Kevin says, "Providing scholarships is a perfect way for us to do it.

To anyone who has thought about doing something like this, you can start out small and build upon it. Your gift will live on." Shown with Kevin and Jolene are this year's recipients, from left to right, Daria Guzzo, Rachel Elliott and Dominic Huntley.

Your 2015 Honor Roll of Donors

The individuals, businesses and foundations included on this list have made annual, capital, endowment, memorial, United Way, in-kind, grant and sponsorship gifts to Trinity from Jan. 1 – Dec. 31, 2015. (Pledges are included as part of the recognition level as they are fulfilled.) Please note that due to the volume of

contributions, we are not able to list all of our wonderful donors in this issue of Trinity Matters. Every donor is recognized on the special donor walls at all three Quad-City campuses. Errors and omissions may occur despite our best efforts. If you notice an error or would like to amend your listing, please contact us at (309) 764-7610. ➤

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Dale and Marie Ziegler



Your Trinity news

IMPORTANT UPDATES ON CURRENT TRINITY HAPPENINGS

► **3-D Mammography Now Offered at Trinity**

UnityPoint Health® – Trinity is now offering 3-D mammography for breast cancer screening at its Moline and Bettendorf campuses. This new technology works by capturing multiple slices or images of the breast from several different angles to produce a 3-D image, allowing radiologists to provide a more accurate assessment and diagnosis.

Breast cancer is the second-leading cause of cancer death among women, and statistics indicate one in eight women will develop breast cancer sometime in her lifetime. If this cancer is detected early, a woman's five-year survival rate is nearly 98 percent, according to the National Breast Cancer Foundation.

With 3-D mammography, it is less likely that fine details will be missed because they were hidden by overlapping tissue, blood vessels, ducts, fat and ligaments. Such uncertainty is a leading reason why small cancerous

growths can be missed, while normal tissue can sometimes appear misleadingly suspicious.

Peace of Mind

A recent study published in the Journal of the American Medical Association demonstrated 3-D mammography finds a 41 percent increase in the detection of invasive breast cancers and a 29 percent increase in the detection of all breast cancers compared with conventional mammography.

The use of 3-D mammography has also resulted in as much as a 15 percent reduction in recall rates. This decrease in call backs is expected to reduce the number of patients needing additional imaging for possible changes found on their screening exams.

Clarity in Seconds

3-D mammography complements the standard 2-D exam and is performed at the same time, with the same system. No additional compression is required, and it takes only a few



Don't miss out!

18

OCTOBER 18

Alla Community Symposium

10

NOVEMBER 10

Alla Nursing Symposium

Visit trinityhealthfoundation.org for details

seconds longer for each view. Because 3-D mammography is fairly new, some insurance companies do not cover the additional charge. For this reason, a waiver must be signed prior to the exam.

The Trinity Breast Health Center recommends annual mammograms for women starting at age 40. 3-D mammography is approved for all women who would undergo a standard mammogram for both screening and diagnostic exams.

To schedule an appointment, call (309) 779-5870.



UnityPoint Health Trinity Health Foundation

2121 1st Street A
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Making way for baby!



BirthPlace campaign co-chair Marie Ziegler welcomed donors and staff to a “wall breaking” recently at Trinity Bettendorf.

Donors used golden hammers to knock holes in the wall where the much-needed expansion will take place.

Thanks to donors like Marie, Quad-City families can depend on having superb medical care - from obstetrics to emergency services - when and where you need it.

To learn how you can help, contact Marika Jones at (309) 764-7610 or marika.jones@unitypoint.org.

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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