

Trinity

WINTER 2016

Tribute

HOW YOUR DONATIONS CHANGE LIVES



UnityPoint Health
Trinity Muscatine Foundation



Thanks to you...

Your generosity has made an extraordinary difference in our community. Patients rely on hometown health care when life turns upside down. Your giving is the reason Trinity Muscatine is able to provide high-quality medical care to our neighbors, friends and family when it is needed the most. Thank you!!

These days, Trinity Muscatine must rely on philanthropy in a significant way. Our razor-thin operating margins mean we need your help more than ever to acquire some of the sophisticated equipment and technology our patients must have to stay here, in their home town, for their treatment.

As we enter the holiday season, I want to thank you for the joy your generosity has made possible to patients and families in the Muscatine area. From the children and elderly helped by the AccuVein visualization unit to cardiac patients benefiting from the VersaCare cardiac monitoring system – and many, many more – let me wish the joys and blessings of the season to you and yours.

With gratitude,

Holly Thomas-Koehler
Director
Trinity Muscatine Foundation

Local Investments. Local Impact.

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If you've ever had an accident, you know how life can change in an instant.



Muscatine business owner back to work *Thanks to you, new emergency and surgical departments are ready for accident victims.*

Cliff Lanfier climbed his ladder, as he does more times than he can count in a year. Owner of Muscatine's Lanfier Construction, he often works up high while building and remodeling homes throughout the area.

What should have been a simple climb back down, however, turned dangerous when he "missed a few rungs" and fell to the ground.

Worse than he thought

Like lots of rugged guys, Cliff insisted he didn't need medical attention.

"I knew right away I broke some ribs," he says. "I've had broken ribs before. Takes a few days to recover, is all."

Not this time.

Cliff was sure he'd heal on his own. But after four days at home, he still couldn't catch his breath or even get out of bed on his own. ("It took 25 minutes to get him out of bed," Cliff's wife, Laurie, says.)

In fact, he seemed to be getting worse rather than better. After spending the night perched on a stool next to the kitchen counter, head propped on pillows to help him breathe, Cliff agreed to go to the hospital.

It wasn't a minute too soon.

Thanks to you, new high-tech emergency department standing by

Laurie loaded Cliff into the car and drove him to the new, state-of-the-art Trinity Muscatine Emergency Department that area donors helped build.

There, thanks to the latest imaging equipment and technology now available within the department, Cliff was diagnosed with lightning speed.

X-rays showed a life-threatening situation. The fall had broken four ribs and punctured a lung, causing severe pain, shortness of breath and pooling of blood. Cliff needed immediate surgery.

For her part, Laurie didn't have much time to worry.

"It all happened so quickly," she says. "It took only minutes from when Cliff had the X-rays to when he got wheeled in for surgery."

Cliff might not have known it at the time, but he was about to have an operation in one of the most up-to-date surgical suites in the area.

Potentially fatal complications averted

Cliff's punctured lung had been filling with blood, explaining why he couldn't breathe. Working quickly in the newly expanded, state-of-the-art surgical area, Dr. Ramesh Kumar placed a tube into Cliff's lung to drain the blood

Thanks to you, Dr. Kumar was supported by excellent lighting, imaging equipment and technology. He could work with the precision and efficiency needed to avert the dangerous complications that can occur with a punctured lung.

"I stayed in intensive care for six days," Cliff says today. "Everyone I met anticipated my every need. I don't know how it could have been any better."

"I'm so grateful to have a great hospital right here in Muscatine. There's no reason to go anywhere else."

Accidents like Cliff's could happen to you

Falls like Cliff's are a leading cause of unintentional injury mortality nationwide, and 43 percent of fatal falls in the last decade have involved a ladder (Centers for Disease Control).

Fortunately for Cliff, fully equipped state-of-the-art emergency and surgical departments were nearby.

That's thanks to donors like you.

"We are so grateful to all of the donors who supported these projects," Erika Hayes, RN says. "Having increased space and the newest technology makes a real difference in the services we can provide right here in Muscatine."

Indeed, you can be sure they will be ready for you if you ever need help like Cliff did.

What your generosity provides

The emergency room was originally built in 1979 to treat an average of 3,500 patients per year. By the time you helped us break ground on the expansion, we were treating nearly 15,000 patients annually in the same space!

You accomplished two vital goals with your support. For one, you expanded treatment areas to serve the dramatic increase in patients who need help. For another, you enhanced patient privacy and efficiency of what we call "patient flow."

In other words, you helped improve the entire emergency process.

The same is true of the six state-of-the-art operating rooms that your support helped to build. Improved lighting, computers, ultrasound equipment and technology provide better working space and tools for the surgeons, nurses, technicians and other medical professionals who we all depend upon.

Thank you, from everyone who benefits from your generosity!

Your gift matters!

Your gift helps keep expert health care in your backyard. For more information, contact Holly Thomas-Koehler at holly.thomas-koehler@unitypoint.org or (563)264-9225. To make a donation, please use the attached envelope in this magazine.

Your Trinity Muscatine News



Trinity Muscatine recognized for excellent maternity care

In an effort to help prospective parents find hospitals that deliver quality, affordable maternity care, Wellmark Blue Cross and Blue Shield announced that UnityPoint Health® — Trinity Muscatine has been designated as one of the first hospitals to receive the Blue Distinction® Center+ for Maternity Care designation, a new designation under the Blue Distinction Specialty Care program.

Nearly four million babies are born in the U.S. annually, making childbirth the most common cause of hospitalization. This new Blue Distinction Centers+ for Maternity Care program evaluates hospitals on several quality measures.

Blue Distinction Centers+ for Maternity Care, an expansion of the national Blue Distinction Specialty Care program, are hospitals recognized for delivering quality, affordable specialty care safely and effectively, based on objective measures developed with input from the medical community. To receive a Blue Distinction Centers+ for Maternity Care designation, a hospital must also meet requirements for cost efficiency.

"We are pleased at this recognition. Our dedicated staff works tirelessly to care for our community and provide quality services to our patients and their families," said Trinity Muscatine president and CEO Jim Hayes. "Congratulations to the physicians, advanced practice nurse midwives and the OB staff who help make our maternity care one of the best."

For more information, visit unitypoint.org/muscatinefoundation or call (563) 264-9225. Your gift will make a difference for generations to come.

Catching your - and your daughter's - cancer in time

Muscatine women need your help!



Lois Landon still chokes up when she remembers her young Muscatine neighbor. She had lost her battle with breast cancer decades ago. It was tough to witness.

She'd left three school-aged children behind.

Lois' neighbor had been diagnosed too late. The cancer had already gone into her bones by the time it was found. Nothing could stop it.

Lois was haunted by grief not only for her neighbor's children, but for her own young family as she imagined them having to bury *her*.

"The cancer wasn't caught in time," Lois says. "She didn't have a chance. I decided then and there to do everything I could to stay healthy if possible."

Early detection saves lives

Thank goodness for mammograms. An early version of them existed in 1913, but it wasn't until 1966 that a study showed they could reduce breast cancer deaths by a third.

In 1969, film-based mammography was invented.

In 1976, mammograms were recommended by the American Cancer Society.

Technology is evolving

Tomosynthesis 3D mammography can detect breast cancer at an earlier stage with higher quality images, and fewer false-positive results. With more than 2,400 mammography exams completed each year at Trinity Muscatine, having this state-of-the-art technology makes an immediate and lasting impact on saving lives.

The standard of care is changing

Using the 3D mammography, multiple images of the entire breast are taken. This allows health care professionals to see through layers of tissue and examine areas of concern from all angles. This leads to earlier and higher detection rates—and saves lives.

Patients deserve a high-quality choice in their health care. Offering the latest technology in Muscatine means patients and their families can remain close to home—where we know it's best for them to heal.

Early detection means better outcomes, and your philanthropy can change lives.

By 2000, digital mammograms began to replace film, producing better quality images that could be stored on computers and shared among doctors more easily.

In 2009, the results of the early study were confirmed by the American Cancer Society. Deaths from breast cancer had been reduced by 30 percent thanks to early detection and treatment.

Your chance of getting breast cancer still high

One in eight women will get invasive breast cancer in her life. That number could include you, your daughters, your granddaughters, because the most common risk factor is being female.

Although detecting breast cancer at its earliest, most treatable stage reduces the chance of death, it's still the second-most common cause of cancer deaths among women. On average, one woman will die of breast cancer every 13 minutes.

Those numbers are unacceptable.

Muscatine especially hard hit

We don't know why for sure, but the rate of detection of late-stage breast cancer here in Muscatine County is higher than in other nearby areas. Your loved ones, friends and neighbors are getting diagnosed too late for early treatment.

We know how to look for your breast cancer at its earliest possible stages ... but we need your help to pay for the equipment to do it.

We need the entire community to pitch in to help

Thanks to people like you, Muscatine is now halfway to being able to pay for the latest breast cancer imaging equipment, and halfway to getting Muscatine women diagnosed as early as possible. Can you make a gift to help get us all the way there?

cover the cost of this amazing new technology. We need your help to find cancer at earlier stages than ever.

Will you join the effort to help Muscatine women get diagnosed – and on the road to treatment – at the earliest possible stages?

Save the lives of your loved ones, neighbors

3D Mammography – also called digital breast tomosynthesis – is the most amazing imaging technology available today. It reveals the existence of cancer cells earlier than ever.

Following the same patient procedure as traditional mammography, 3D takes multiple images of the breast from all angles. Studying each image, thin layer by thin layer, radiologists can really see what's going on deep inside breast tissue, where cancer likes to hide.

"3D Mammography detects 41 percent more invasive breast cancers than traditional mammography," Trinity Muscatine lead imaging technologist Kelli Fountain says. "It allows us to see masses associated with cancers and precancerous cells much more clearly. Fine details are more visible."

The upshot: it's easier to detect if something is wrong.

But we can't do it without you. Use the attached envelope to make your gift. Do it for your own health ... your mom's ... your daughter's.

"Imagine losing your mother or daughter"

At age 81, Lois has seen a lot of friends and acquaintances battle breast cancer.

"Breast cancer is so widespread, it's unreal," Lois says. "Early detection, that's the key right there. It's why I never miss a mammogram."

In fact, Lois hasn't missed one in 40 years ... ever since her young neighbor lost her life.

"It was so sad," she says. "I felt for her mother, too. Oh, my. Imagine losing your daughter to breast cancer. Or your mother."

If there's one thing Lois wishes she could make all women understand, it's this: *Your life could depend upon early detection of breast cancer.*

That's why she's so enthusiastic about 3D Mammography in Muscatine.

"Not everyone can drive an hour for a test," she says. "We need to come together to make sure that Trinity Muscatine can take care of us here."

To join the fight for early detection of breast cancer, use the attached envelope or contact Holly Thomas-Koehler at (563) 264-9225 or holly.thomas-koehler@unitypoint.org

Your gift helps keep expert health care in your backyard.

Trinity Muscatine Friends

A rich history of giving back



First named Muscatine General Hospital Auxiliary, the volunteer organization, now Trinity Muscatine Friends, was founded in 1954 with the opening of the new hospital at 1518 Mulberry Ave. The first project for the Auxiliary was a gift of \$8,000 to air-condition the second and third floors of the new building.

Trinity Muscatine Friends continues that tradition today and into the future by giving people a way to get involved and support quality, local health care for all. As a membership organization of more than 300 members, TM Friends provides volunteer and financial resources to the hospital. Trinity Muscatine Friends strives to

- encourage use of Trinity Muscatine hospital by the community,
- provide services to staff and patients,
- and meet the equipment needs of the hospital through fundraising activities held throughout the year.

“We are grateful for the continued support the Friends have provided over the years,” says Jim Hayes, president and CEO of Trinity Muscatine.

“Their service to the hospital is unmeasurable.”

In 2015, the Trinity Muscatine Friends supported the hospital in a number of ways. Examples include the purchase of an Advanced Life Support ALS trainer to train clinical staff, equipment assistance to New Horizons for their work with the youth of the community, televisions for the emergency department exam rooms and the purchase of four wheelchairs. The Friends also partnered with the Trinity Muscatine Foundation’s effort of financially supporting the purchase of the Tomosynthesis 3D mammography unit. This financial support was made possible by the many fundraising events held throughout the year, a new annual giving campaign launched in March 2016 and the Window Box Gift Shop.

“The Friends are all committed to supporting the great work Trinity Muscatine does day in and day out. We all enjoy being a part of serving the health care needs of the community in whatever way we are able,” says Susan Cory, Trinity Muscatine Friends board president.

Along with supporting the hospital’s small equipment needs, the Friends provide service to patients, families and staff of Trinity Muscatine through programming such as:

- **Information Desk:** Located in the main lobby, trained volunteers provide assistance to patients, families and visitors.
- **Health Education Fund:** Interest-free loans are made to students who need help in pursuing degrees/certificates in health-related fields.
- **Continuing Education:** Scholarships for Trinity Muscatine staff members to enhance and/or increase their skills.
- **Pediatric Plush Program:** Trinity Muscatine Friends provides a stuffed toy for pediatric patients. Approximately 350 toys are given each year.
- **Spoons for Newborns:** Provide ‘silver spoons’ for babies born at Trinity Muscatine, with an engraving welcoming them to the world. Approximately 400 are distributed each year.
- **Grounds Beautification:** Volunteers help maintain plantings and window boxes at the main entrance.
- **Community Health Fair:** Trinity Muscatine Friends volunteers assist with registration.

- **Scholarships:** Two \$1,000 scholarships will be awarded this year to area high school seniors, college students, relatives of Friends volunteers and dependents of Trinity Muscatine employees.
- **Employee Appreciation Day:** Trinity Muscatine Friends hold an Appreciation Day celebration for employees, handing out goodies and lots of thank yous.

An ongoing goal of the Friends is to increase community involvement in local health care delivery through volunteerism and financial support. Any community member that has a passion for volunteering is encouraged to become a member of the Trinity Muscatine Friends. Membership is affordable, just \$10 a year! Members receive a quarterly newsletter, the opportunity to volunteer in one of the many services or fundraising events offered and most importantly, the opportunity to support quality local health care.

If interested, please stop by the Window Box gift shop, located just inside the hospital lobby, or contact Susan Cory at scory@machlink.com for additional information.



Enjoy
20% OFF
at the Window Box.

As a donor to the Trinity Muscatine Foundation, we invite you to visit our Window Box gift shop.

Supported by the Trinity Muscatine Friends, 100% of the revenue benefits hospital programs and patient care.

Hospital Services Focused on *You*

At UnityPoint Health –Trinity Muscatine, we're committed to getting you healthy – and keeping you that way. That's why our expert physicians and staff take a personal approach to the care we provide, coordinating your care at the doctor's office, in the hospital and with services you receive at home. Our goal is to keep you and your family informed and involved in every step of the health care process.

We're pleased to offer you a vast network of doctors, nurses and other health care professionals who put you at the center of your health care experience.

Our services:

- BirthPlace (maternity care)
- Cardiac rehabilitation
- Cardiology clinic
- Full-service emergency department
- Full-service laboratory
- Infusion center
- Medical/surgical intensive care unit (ICU)
- New Horizons (outpatient chemical dependency services)
- Occupational medicine
- Pain clinic
- Public Health services
- Radiology services (MRI, CT scan, nuclear medicine, mammography and gastrointestinal lab)
- Sleep center lab
- Surgical suites

For more information on our services, departments and specialties, visit unitypoint.org

Beyond the hospital

UnityPoint at HomeSM

Home is where healing can best take place. Whether you are learning to manage a chronic illness, returning home from the hospital or rehabilitating after an injury or surgery, UnityPoint at Home will work with your doctor to continue the level of care necessary to restore your health, well-being and independence from the comfort of your home. Our nurses and therapist are trained and certified in chronic care management and will coordinate the services you need to reach your goals.

UnityPoint HospiceSM

When the time comes for end-of-life care, UnityPoint Hospice provides comfort and support that allows patients and families to remain focused on living every moment together. Hospice is not a place, but instead it is a philosophy of care that addresses the physical, emotional, social and spiritual needs of every family, even following death. The hospice team works closely with the patient's family and doctor to ensure their goals are met and their choices are respected, providing the best possible quality of life.

Robert Young Center for Community Mental Health

The Robert Young Center (RYC) is proud to be one of the area's most experienced mental health care providers, offering a full continuum of behavioral health services including outpatient therapies, inpatient psychiatric services, partial hospitalization, continuing care and chemical dependency treatment services. As an established and financially viable behavioral health facility, RYC has been rated the nation's best practice in providing care coordination through its integration of behavioral and physical medicine.

Learn more by calling (309) 779-2031

Community and Patient Services

Trinity College of Nursing & Health Sciences

Trinity College has become the community leader in developing knowledgeable health professionals since its establishment in 1994. Offering personalized attention and convenient access to the hospital facilities at Trinity Rock Island, Trinity Bettendorf and Trinity Moline, students receive a well-rounded practical education.

The college offers four programs:

- nursing
- radiography
- health sciences
- respiratory care

At Trinity College, students learn how to surround patients with care at every point.

Learn more at trinitycollegeqc.edu

Trinity Muscatine Public Health

Trinity Muscatine Public Health provides health education, wellness and outreach activities for individuals and groups within Muscatine County and the surrounding area.

Trinity Muscatine Public Health (TMPH) is contracted by Muscatine County to provide essential public health services for the residents of Muscatine County, working in coordination with the Muscatine County Board of Health. We also have a number of programs to provide additional health related services to residents in Cedar, Louisa and Muscatine Counties.

Learn more about Trinity Muscatine Public Health by calling (563) 263-0122 or go online at unitypoint.org/muscatinepublichealth

New Horizons

The New Horizons staff is dedicated to improving the quality of life for our clients and their families by addressing chemical dependency issues in a confidential and caring manner through prevention, assessment and comprehensive outpatient treatment services.

New Horizons, a department of Trinity Muscatine, has been providing chemical dependency services in Muscatine since 1985. We have grown from one counselor to 11 full-time staff, which includes two prevention specialists.



Virtual Care

Health care when and where you need it most. Getting sick is never convenient, but getting care should be. Virtual care by UnityPoint Clinic[®] and MDLIVE offers another option for people to see a doctor, in real time, by phone or secure online video, 24 hours a day, 365 days a year. Virtual care doctors and advanced practitioners can diagnose, recommend treatment, prescribe medication and send to the pharmacy of your choice. You do not have to be a current patient of UnityPoint Clinic to take advantage of this service.

Call toll free (888) 727-7339 or go online at mdlive.com/unitypoint

Patient Portal

MyUnityPoint is a patient website that allows you to conveniently manage your personal health online. In addition to allowing you to request appointments, send messages to your care team, view lab results and access your medical records online, the portal is designed to make refilling and renewing prescriptions as fast and efficient as possible – even when you're on the go.

Sign up today at myunitypoint.org

Stay Connected with Trinity

Learn more about Trinity's services and upcoming events or to find a doctor or clinic. You also can sign up for Trinity's mailings and monthly e-newsletters, register for classes, contact a Trinity staff member and more. Plus, Trinity's website also offers our emergency department and Express Care wait times for unexpected situations when health care needs can't wait for your doctor's office.

Visit Trinity's website at unitypoint.org



Jim Hayes
President and CEO
Trinity Muscatine Hospital
Trinity Muscatine Foundation



John N. Beckey
Chairman of the Board
Trinity Muscatine Foundation

Dear Friends,

2016 has been a year of reflection for the Trinity Muscatine Foundation Board of Directors. We recently wrapped up the last strategic planning session which maps the direction the Foundation will take over the next three years. A great deal of time was spent considering what was right for the hospital and community and then creating a plan of action that will positively impact not only the providers and staff at Trinity Muscatine, but our family, friends and neighbors.

The plan we developed is designed to strengthen the Foundation and in return, support the delivery of high-quality health care to our community. The next few years will be spent rebuilding the Foundation; strengthening relationships and collaborating with our community partners with one purpose in mind – to continue to deliver world-class health care right here to Muscatine.

As you browse through the Trinity Tribute magazine, we hope it will show how your dollars are put to work each day to help those at their most vulnerable. Your support is shaping the hospital's future and leaving a legacy for years to follow.

Best regards,

Jim Hayes

John N. Beckey