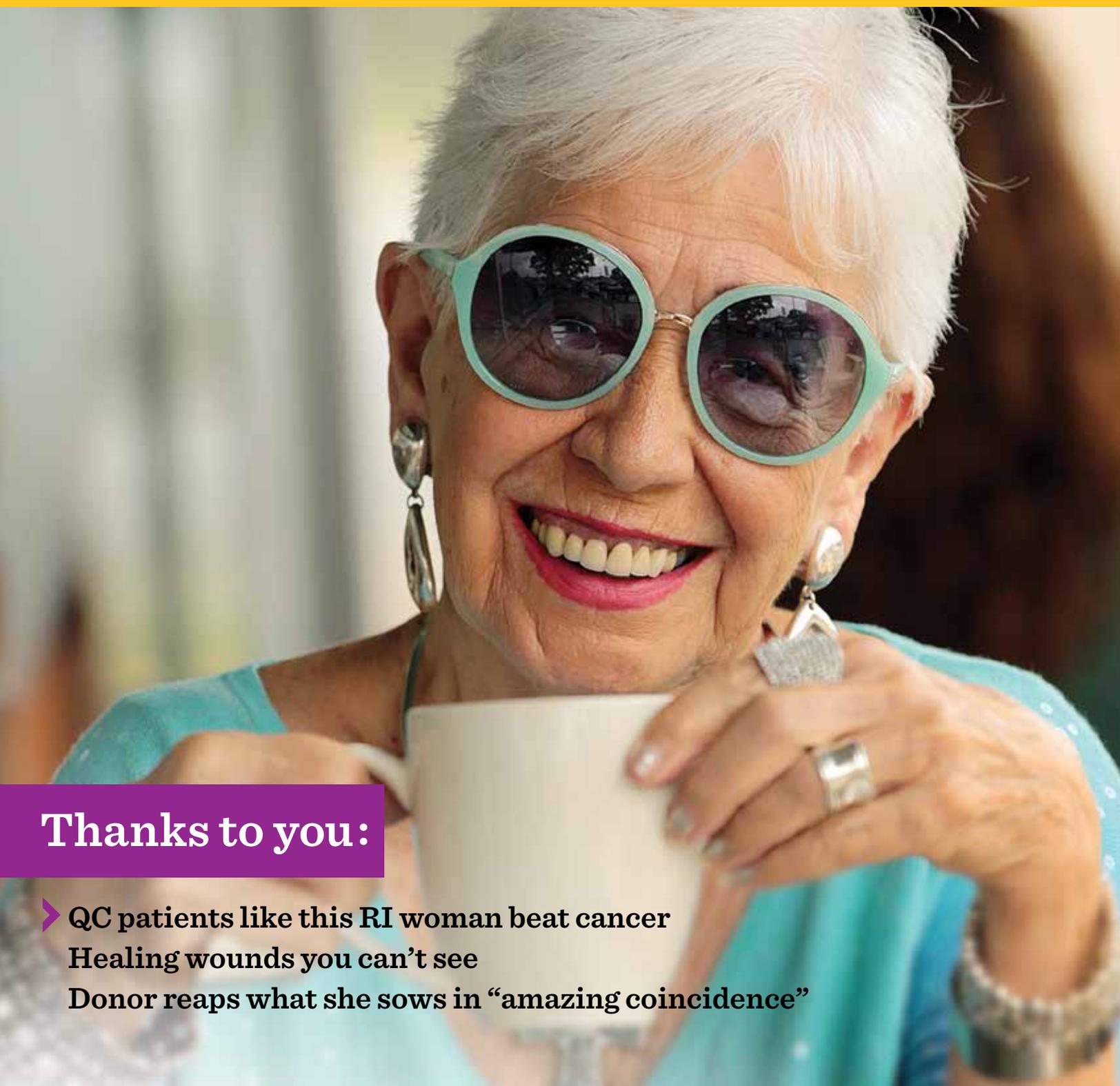


Trinity

AUTUMN 2016

# matters

HOW YOUR DONATION CHANGES LIVES



## Thanks to you:

- ▶ QC patients like this RI woman beat cancer  
Healing wounds you can't see  
Donor reaps what she sows in "amazing coincidence"

## News for you!



### Thanks to you ...

This issue of Trinity Matters really shows the incomparable value of YOU, our wonderful donor. You have changed – and saved – so many lives!

Thanks to you, Robert Young Center patients now have a safe and secure garden

where they can go to sit, stroll or play. Where nature can help heal their invisible wounds. Where they can get therapy, as Mary Petersen says on page 6, without a pill.

Thanks to you, cancer patients like 84-year-old Clara Delle Thompson can receive first-rate treatment right here in the Quad Cities ... and get back to their lives.

Thanks to you, worthy students can earn scholarships to study health professions. Your gift works after they graduate, too: When new nurses serve in Quad-City hospitals and clinics, they help relieve the nursing shortage that threatens us all.

Our tiniest patients would thank you if they could, from the safety of the cozy Sleep Sacks your gift provides.

Finally, the support you give young parents as they welcome their newborns into the world deserves thanks from everyone in our community. Your generosity is helping secure a wonderful future for the entire Quad Cities.

We need you. We value you. *You matter to all of us.*

With great gratitude,

A handwritten signature in black ink that reads "Marika V. Jones". The signature is fluid and cursive.

Marika Jones  
President, Trinity Health Foundation

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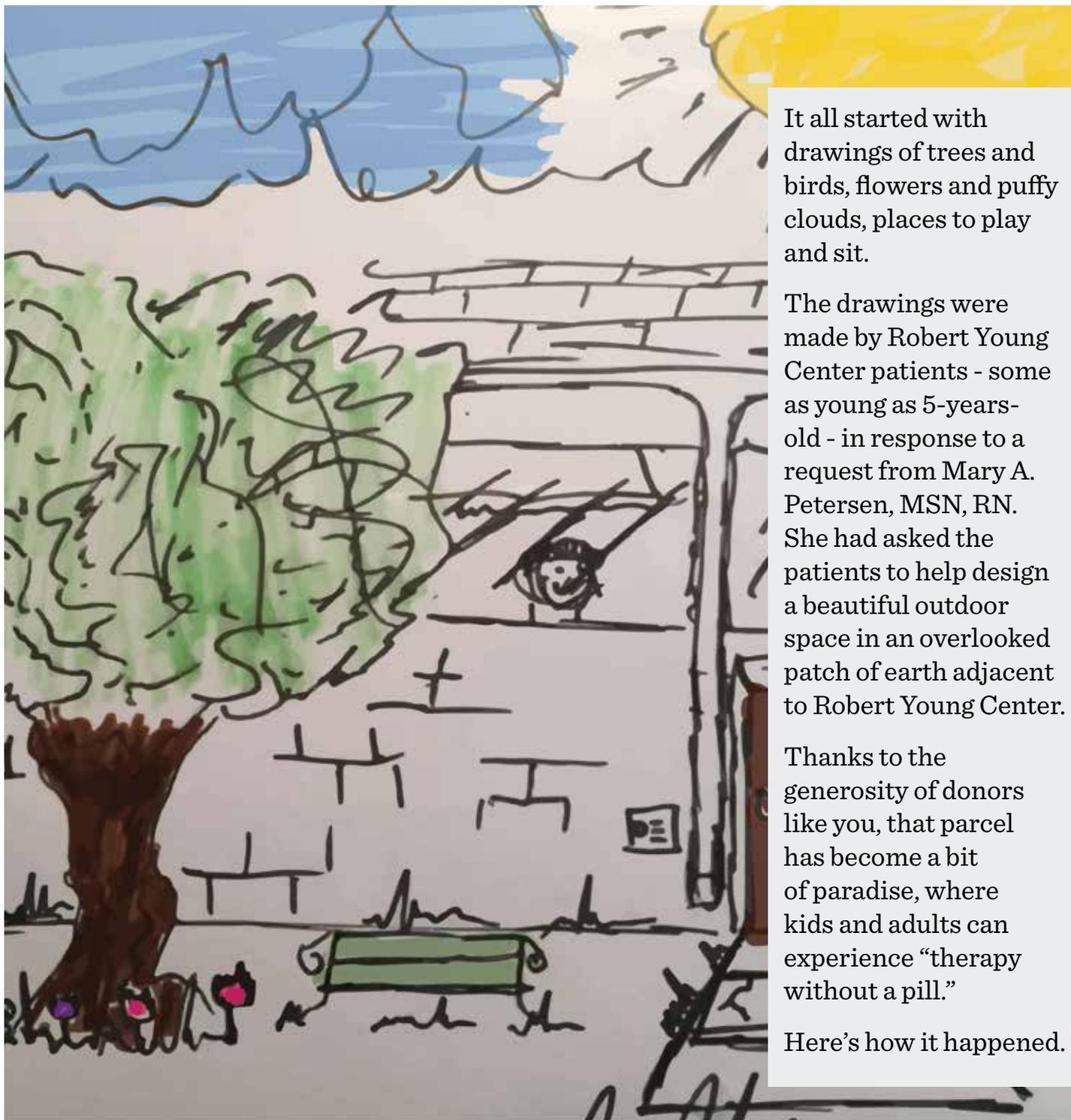
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*Dreamed by children ... created by you:*

# Garden helps heal wounds you can't see

Thanks to donors like you, a once-scrubby patch of land has become a place of hope and healing.



It all started with drawings of trees and birds, flowers and puffy clouds, places to play and sit.

The drawings were made by Robert Young Center patients - some as young as 5-years-old - in response to a request from Mary A. Petersen, MSN, RN. She had asked the patients to help design a beautiful outdoor space in an overlooked patch of earth adjacent to Robert Young Center.

Thanks to the generosity of donors like you, that parcel has become a bit of paradise, where kids and adults can experience “therapy without a pill.”

Here's how it happened. [▶](#)

**“This is the first time I’ve been outside in a month.”**

Mary A. Petersen, MSN, RN, stopped and looked back. Her patient was standing still, eyes closed.

“What’s the matter?” Mary, director of Behavioral Health Services, asked.

Shelly (not her real name) was being discharged after recovering from the acute phase of a behavioral health disorder that had challenged her most of her life.

“This is the first time I’ve been outside in a month,” Shelly smiled. “I want to enjoy it.”

**Thanks to you, patients like Shelly now have a place to be outside.**

Mary couldn’t quit thinking about what Shelly said. *What would it be like to be indoors for days or even a month? To not feel the sun on your skin? Or fresh air in your lungs?*

She reviewed studies on the impact of nature on mental health. She confirmed what common sense told her: that being surrounded by nature decreases stress levels in a healing environment.

*In other words, nature heals.*

*Talk therapy often takes place under the pergola in the Healing Garden. Stone slabs create a natural surface for writing or drawing with chalk.*



Mary began to imagine a Healing Garden. A place where children and teens, Veterans, parents and elders could find help healing their invisible wounds. *How could she do it?*

Then she thought of our caring and compassionate Trinity donors and knew she wouldn’t be alone in her effort to make it happen.

### **Your gift of hope**

Open since August, the Robert Young Center Healing Garden welcomes some of the most vulnerable patients into their own private and secure paradise.

Thanks to you, group therapy now includes sunshine and gentle breezes. Birds, butterflies and the soothing sound of splashing water. ➤



*Large stones offer seating throughout the garden, for patients and the occasional sparrow.*

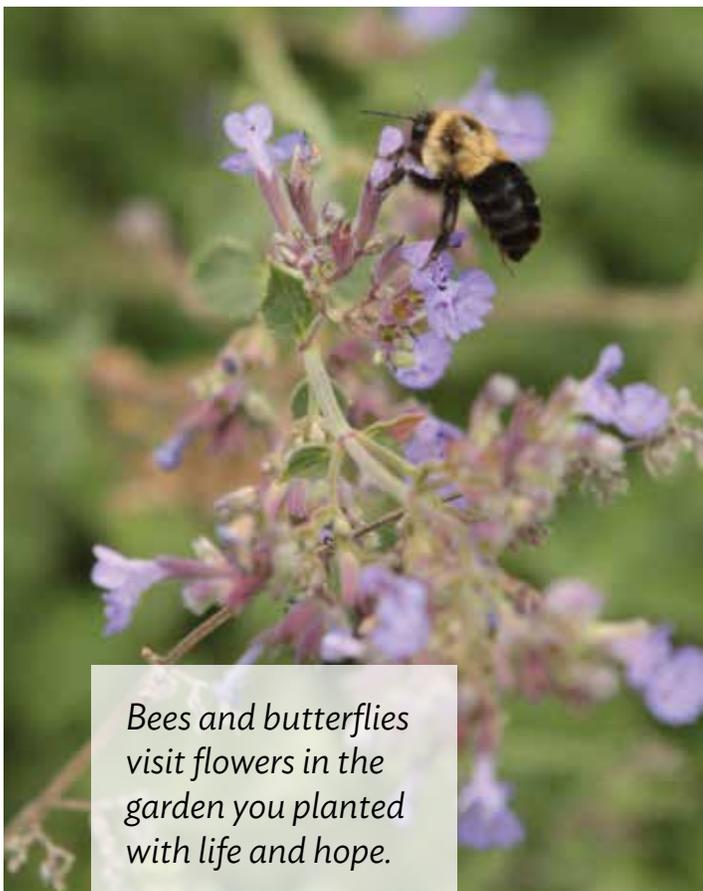
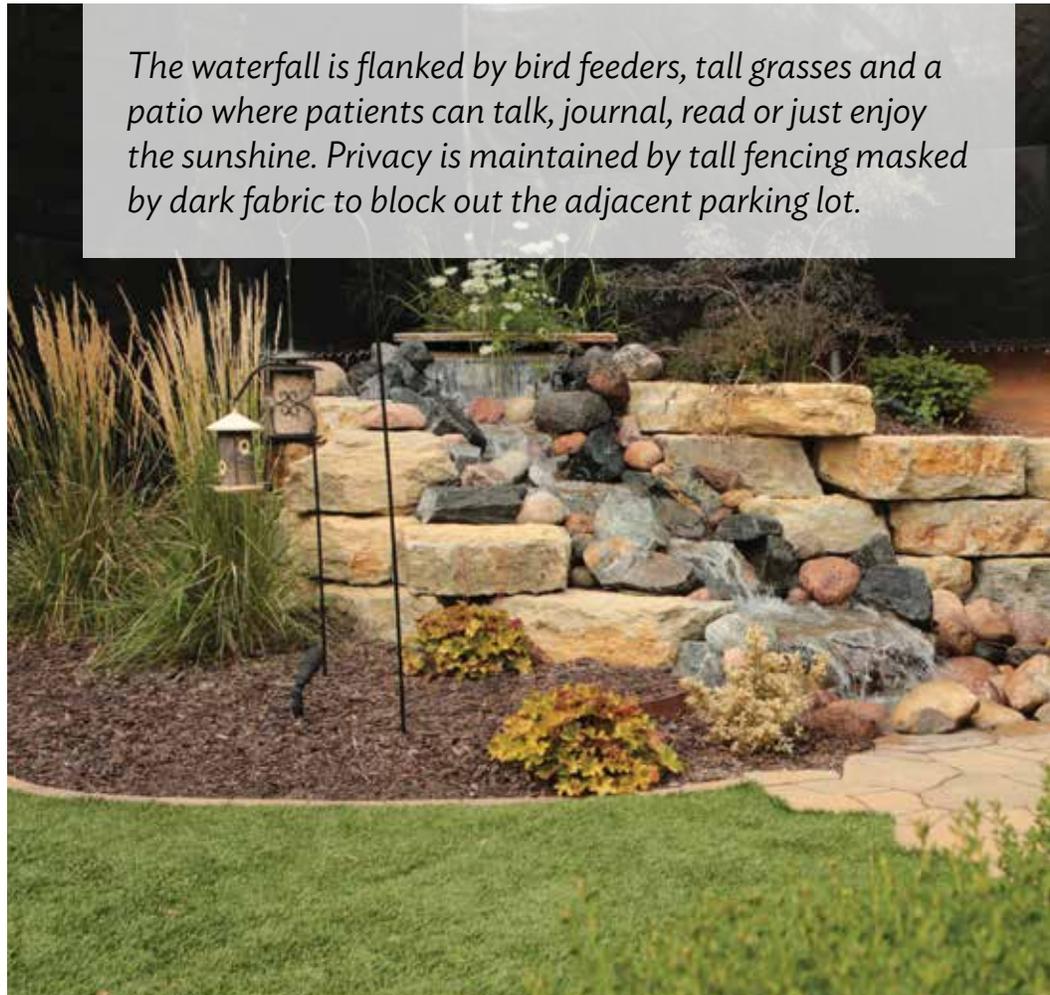


Nature is therapy, Mary says, *without a pill.*

“Whether patients just sit on a bench and journal or participate in yoga, being in nature helps them develop tactics for staying well after they are discharged,” Mary says. “Nature nourishes body, mind and spirit. *Hope.* Thank you for your amazing gift.” 

*For more information about Robert Young Center’s Healing Garden, contact Marika Jones at [marika.jones@unitypoint.org](mailto:marika.jones@unitypoint.org) or (309) 764-7610. Or to make a donation to any Trinity program, use the attached envelope!*

*The waterfall is flanked by bird feeders, tall grasses and a patio where patients can talk, journal, read or just enjoy the sunshine. Privacy is maintained by tall fencing masked by dark fabric to block out the adjacent parking lot.*

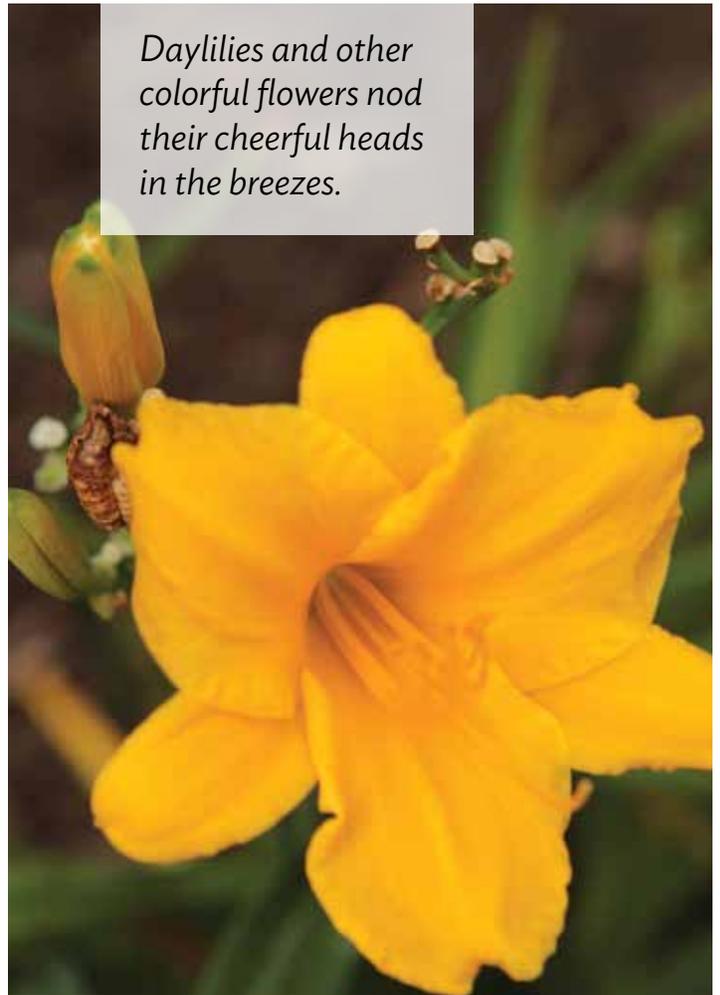


*Bees and butterflies visit flowers in the garden you planted with life and hope.*





*Daylilies and other colorful flowers nod their cheerful heads in the breezes.*



*A path winds through the garden along the lawn, bridging conversation areas.*

*Donors like you made all the difference to this Rock Island woman!*

## Thanks to you, QC cancer patients get great care here

*Your support keeps Trinity Cancer Center first class, so you don't have to leave home for treatment*



Clara Delle Thompson's smile precedes her into Rock Island's Cool Beanz. She's just now getting out and about after several months of cancer treatment. So today, although still "a little rickety," she's ready for some socializing.

At 84, Clara Delle not only captivates her friends with her warmth, but with her style: she wears polka dot glasses inside, turquoise-rimmed sunglasses outside; silver rings that are nearly as long as her fingers; short and stylish white hair; leggings and fringed boots. >

Clara Delle's energy is legendary. She serves on boards, holds membership in many community organizations, attends fundraisers for causes she believes in. She plays in two bridge clubs.

When Clara Delle retired as a Rock Island County court reporter at 81 years of age, a newspaper article quoted her as saying, "I plan to run until I run out of breath."

Trouble was, she nearly did just that last fall.

### **Busy schedule takes dangerous toll**

"I hadn't had a colonoscopy in at least 10 years," Clara Delle says today over tea.

"I was always too busy. Then I started having some symptoms that I was a little concerned about. I finally had one. They found a mass."

It wasn't small, either.

### **Kind, caring, effective treatment**

Before surgery could take place, Clara Delle had to have both chemotherapy and radiation therapy to shrink her tumor.

"This was not the hard part for me," Clara Delle says. "I really appreciated the staff

at Trinity's Cancer Center. So kind and caring. And can you believe it? I never lost my hair. I never got sick. I was just a little tired."

By February 24, Clara Delle's medical team had judged her to be ready for surgery.

They ended up taking out 20 inches of her colon. Recovery took longer than she wanted.

"I had to pace myself at first," she says. "But I am very happy with my experience."

### **Your support maintains first-class facility**

Your generosity helps ensure that Trinity Cancer Center remains first-class, ready for patients like Clara Delle. Ready for you.

"Imagine having to drive an hour or more every day for radiation," Clara Delle says. "Or having to move into a hotel room for a couple of months. You won't know how much that means unless you get cancer yourself."

Clara Delle herself is a donor.

"God says, *Feed my sheep*," Clara Delle says. "We must support quality medical care for one another here in the Quad Cities."

Clara Delle has finished her tea. She glances at her watch,

pushes her chair back and smiles. It's time for lunch and a couple of competitive games of bridge. After the past year, it's nothing she can't handle. 

*To join Clara Delle in her support of Trinity patients and programs, use the attached envelope. To learn more about any giving opportunity, contact Marika Jones at [marika.jones@unitypoint.org](mailto:marika.jones@unitypoint.org) or (309) 764-7610!*

### **How you make a difference in QC cancer care:**

Thanks to donors like you, the latest cancer equipment, technology and programs serve all Quad-Citians:

- **Digital Tomosynthesis** helps detect breast cancer earlier than ever, when it is most effectively treated.
- **High-energy radiation** targets tumors with pinpoint precision, sparing healthy tissue.
- **Screenings help** detect cancer early in those who cannot afford to pay for them.

*Donor reaps what she sows*

## RI donor, scholarship winner reconnect in hospital room

Paying it forward creates “amazing coincidence”



Carol Horstmann, 81, got what she had coming to her this year.

Following a cardiac procedure at Trinity Heart Center, she was admitted to a patient room. There, she received care from a nurse she helped educate.

The nurse was Bailey O'Brien, RN, recipient of the scholarship Carol and husband, Jim, established at Trinity College of Nursing and Health Sciences. >

Bailey, who graduated from Trinity College in 2014, says the scholarship made all the difference to her.

“Trinity’s nursing program is very challenging,” she says. “There’s no way I could have worked full time while I was in school. I’m extremely grateful to Carol and Jim.”

### “Amazing Coincidence”

Carol says it was she herself who turned out to be the fortunate one.

“The fact that Bailey was my nurse was an amazing coincidence,” she says.

“She was kind and caring and wonderful. She has become a great nurse.”

### *You never know when you’re going to need help.*

Today, Bailey works in the Emergency Department, a place she loves for its energy and intensity.

“You don’t know what’s going to come through the door,” she says. “Chest pain, broken bones, strokes.

“I see people at their most vulnerable. They don’t always understand what’s going on. I explain what we’re doing, and that our great team is here to help.”



*Carol Horstmann, left, paid it forward by helping fund Bailey O'Brien's education.*

Carol says she’s happy to have helped put such an excellent and compassionate nurse into the Emergency Department. *Because you never know when you’re going to need help.*

### **Carol uses cath lab she helped build for Quad-Citians**

While Carol was helping fund Bailey’s education, she also was raising money to build the Friends of Trinity Cardiac Cath Lab.

Although she worked to build it for the whole community,

Carol ended up having her own cardiac procedure there.

“It’s a wonderful resource for the community,” she says. “I’m proud to have helped build it and fortunate it was there when I needed it.”

### **Counting on your help**

Students like Bailey depend upon the generosity of donors like Carol.

“It’s amazing that there are people like Carol and Jim in the world,” she says. “I’m extremely grateful to them, and to all Trinity donors. I’m ▶

working here today partly because of you.”

Carol smiles.

“What was the chance of my benefiting from the scholarship or the Friends of Trinity Cath Lab? I

nationally - as well as in the Quad Cities - by educating health care professionals to serve you when you need it.

---

*“It’s so gratifying to help someone else. What was the chance of my benefiting from it? I certainly don’t give money or time for a reward. But it happened.”*

---

“I love serving the Quad-City community,” she says. “It’s so gratifying to help other people.”

Carol helps through her service with Friends of Trinity, as well, where she works to raise money for other scholarships and hospital needs.

“Friends of Trinity is one of my favorite organizations,” she says, “because its work benefits so many others. It helped me, too!

certainly don’t give money or time for a reward. But it happened.”

### **Your gift matters!**

Scholarships at Trinity College of Nursing & Health Sciences are funded entirely by your philanthropy, with 100% of your contribution going directly to students.

We can’t do it without you!

Your gift helps address the nursing shortage that looms

By giving today, you and your loved ones will benefit tomorrow! 

*To join Carol in her support of health care students, or to make a gift in support of patient care, please use the attached envelope.*

*To learn how you can make a difference by getting involved with Friends of Trinity, call Sarah Hill at (309) 779-2343.*

*To hear more about our 29 existing scholarships – or to establish your own – please contact Marika Jones at [marika.jones@unitypoint.org](mailto:marika.jones@unitypoint.org) or (309) 764-7610.*

## **Offering support, encouragement**

In establishing their generous scholarship, two longtime Quad-City volunteers and philanthropists – Carol and Jim Horstmann – offer encouragement and support to students pursuing health care careers.

The James D. & Carol H. Horstmann Annual Scholarship for Trinity College of Nursing and Health Sciences is awarded every year to a student who is attending or plans to attend Trinity College of Nursing and Health Sciences. Call Lenore Knock at (309) 779-7720 for more information about the scholarship.

# TRINITY HEALTH FOUNDATION

## Lifetime of Caring Societies

We honor and recognize our most generous benefactors who display a deep and abiding commitment to our mission and to the health of our community.

### Principals (\$500,000+)

Drs. Richard A. and \*Paula Y. Arnell  
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In honor of their parents:  
William & Rose Ellen Nicholson,  
and Arthur & Connie Meyers  
Roseann L. Powell  
Dr. Sanjeev and Mrs. Sanjana Puri  
Quad City Osteopathic Foundation  
Mike and Sara Thoms Family

### Visionaries (\$250,000 to \$499,999)

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Blanche Schutjer  
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Victoria Wing, J.D.  
Dale and Marie Ziegler  
  
\*Deceased  
As of 7.30.16

## TRINITY HEALTH FOUNDATION

# Trinity Legacy Society

Trinity Health Foundation's Legacy Society was established as a way to recognize, honor, and show appreciation for those dedicated individuals who have made arrangements to create a lasting legacy of hope by including Trinity Health Foundation in their estate plans or through a planned gift arrangement. Membership in the Legacy Society is open to all. Any deferred gift qualifies the individual for membership in the Legacy Society.

---

Anonymous (5)

\*Dr. Louis C. Arp

\*Minnie Babcock

Lynn Batcher

John and Raidine Benoit

Robert and Doris Blackburn

Robert and Julie Blew

\*Henry H. and Dorathea C.  
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\*Ella Bowman

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Todd L. and Jane

Meyers Nicholson

In honor of their parents:

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Nicholson, and Arthur &  
Connie Meyers

\*Harriet S. Olson

Roseann L. Powell

Robert and Mary Jo Pulford

\*Elaine K. Saffield

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Robert and Dorothy White

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## YOUR TRINITY NEWS

# QC babies need you

➤ *This is what a baby boom looks like.*

The numbers are astounding: A little more than 10 years ago, just 100 babies were born at Trinity Bettendorf BirthPlace. Last year, 796 precious bundles were delivered there.

That's a lot of joy!

We love the fact that the community is growing and thriving. But Bettendorf BirthPlace was not built for this kind of boom ... and is running out of room.

*Will you chip in to help fund a much-needed expansion?*

The future of our Quad-City community is being born every day. Please help give this chubby-cheeked future a warm and wonderful welcome.

[Here's how your gift matters:](#)

Your support will add critical triage rooms and post-partum suites for moms in labor and recovery.

It will redesign the Neonatal Special Care Unit to care for the growing number of newborns who



*Stacey and Ian Happ welcomed Holden into the world at Trinity BirthPlace. Thanks to you, he went home in this soft, comfy Sleep Sack, a safe alternative to loose bedding. Help keep newborn babies like Holden safe with your \$9.00 gift today!*

need a little extra help at birth.

It will include an area just for twins, often our tiniest and most vulnerable patients.

**Make a difference to young families now!**

Thanks to generous and kindhearted people like you, we have raised \$1.25 million for the project. But we have another \$250,000 to go.

*Can we count on you to help?*

Help young Quad-City families welcome their new babies – and our shared future – into the world!

➤ *Safely swaddled by you!*

When Trinity nurses wanted to make sure the babies they delivered sleep safely at home, they reached out to you. And you delivered!

*Your \$9.00 donation wrapped a newborn in the safe, soft, cottony warmth of your generosity.*

Sleep Sacks provide a safe and secure alternative to loose bedding.

Each comes with a card that shares your name, so new parents know the love and care that you send with your gift.

From all 300 young families who have benefited so far, thank you. You have given them the best beginning!

*For more information about BirthPlace or Sleep Sacks, contact Marika Jones at [marika.jones@unitypoint.org](mailto:marika.jones@unitypoint.org) or (309) 764-7610. Or to make a donation to any Trinity program, use the attached envelope!*



# UnityPoint Health Trinity Health Foundation

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## Golfers help raise funds for BirthPlace



*Studio 483 and Cannon Design representatives Jeff Dismer, Tony Hepner, Deborah Sheehan and Tony Coraggio enjoyed a great day on the links. Thanks for your generous sponsorship of this fun community event!*

A little rain didn't stop the more than 170 golfers who participated in the 2016 UnityPoint Health Golf Cup, Fri., Sept. 16 at TPC Deere Run.

Participants raised an estimated \$70,000 – after expenses – for a new Labor and Delivery Room at Trinity Bettendorf BirthPlace.

Special thanks go to our chair, Justin Peterson of First Midwest Bank, along with members of the 2016 golf committee, our wonderful volunteers and our indispensable sponsors. They include McLaughlin Motors, SEI, Southeast National Bank, The Sedona Group, Metro MRI, Advanced Radiology, Advanced Imaging Centers and many other generous organizations and businesses.

Thank you! See you next year!

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](mailto:foundation@unitypoint.org), fax at (309) 764-3854 or in writing. Please allow 4-6 weeks for us to honor your request.

### CONTACT US

2121 1st Street A  
Moline, IL 61265

309.764.7610

### FIND US ONLINE

[www.trinityhealthfoundation.com](http://www.trinityhealthfoundation.com)