

Gift of Health

Our Philanthropy Magazine



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for donors of
Saint Mary's Foundation

WINTER 2021

BeRemarkable.



Celebrating 15 Years
of Mercy Health
Lacks Cancer Center
at Saint Mary's
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Strategic focus for 2021

Kim Clarke, Partner at Varnum, LLP, and Chair of Saint Mary's Foundation



While I know many of us were eager to say goodbye to 2020, one bright spot for me was beginning my appointment as Chair of the Saint Mary's Foundation on July 1. I am honored to follow in the footsteps of many committed leaders like Craig Datema, Rachel Mraz, Deb Bailey, Jud Lynch, Joe Schmieder, Dr. Paul Farr and Dr. Bill Passinault. I definitely have big shoes to fill, but I also know we have one thing in common: a personal story that deeply connects us to Mercy Health Saint Mary's.

My story with Mercy Health Saint Mary's started at birth when I was the sixth of eight children born to Bob and Mary Brown. However, the first connection I remember was a 10-day stay for hip surgery on Halloween when I was 10 years

old, and my gratitude for the amazing team that guided and encouraged me through recovery. From a farming community northwest of Grand Rapids, we and our neighbors would travel past other medical facilities to select Mercy Health Saint Mary's to care for us through illnesses, disease and injuries. As I reflect on instances of care for me and those close to me, certainly excellent medical care was always received, but the most impactful part of the experience was the comprehensive care and compassion for each patient's body, mind and spirit.

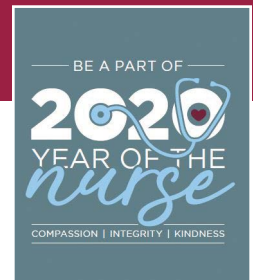
2020 provided the opportunity to tell the stories of our health care heroes and the very reason why Mercy Health Saint Mary's exists. While the World Health Organization (WHO) declared 2020 as the Year of the Nurse, I think most would agree it became the Year of Health Care Heroes.

Every colleague at Mercy Health Saint Mary's — from the nurses to radiology and lab techs to housekeepers to security staff — stepped up in a big way to care for our community. And, so did you!

Because of your support, we established a COVID-19 Response Fund and a Colleague Emergency Assistance Fund. These funds came to aid the most critical needs of our hospital and our staff — thank you!

By supporting Mercy Health Saint Mary's in 2020, you joined our health care heroes and added a connection, and now have a story to tell.

Thank you for being part of our story and a part of our family of supporters. Here's to a healthy 2021 filled with gratitude and hope.



Gratitude for Colleagues and Community Response

2020 presented many new and some unforeseen challenges, unlike any in my 27-year history with Mercy Health Saint Mary's. Despite the unknowns we have been facing, our nursing staff and colleagues have demonstrated resiliency, never wavering in their commitment to care for our patients, our community and each other. I am proud of our team.

It is fitting that the World Health Organization (WHO) named 2020 as the Year of the Nurse. While last year was different from what any of us may have planned, the commitment and dedication exhibited by our nurses to rise and demonstrate extraordinary steadfastness in their chosen profession and calling continues to be nothing short of remarkable.



Like our colleagues, you continue to answer our call. I'm humbled by the outpouring of generosity from you, our family of supporters, throughout COVID-19. From PPE supplies to meal donations, your thoughtfulness makes a lifelong impact. Thank you for being a part of our mission to improve the health of our community.

Michelle Peña, MSN, RN, NEA-BC

Chief Nursing Officer, Mercy Health Saint Mary's

Our Colleagues' Response to Your Generosity

In fall 2020, Mercy Health Saint Mary's reached our peak in terms of daily COVID-19 inpatients: 77. Your encouragement through meal and snack donations kept our colleagues equipped to serve the needs of our patients.

- *"It is so nice that people care enough to send us snacks. This act of kindness alone refreshes my spirit today."*
- *"Wow! This is amazing! Lunch won't be for a few hours yet, so this protein bar will carry me through. There are not enough ways I can say thank you right now."*

up next

A PROGRAM OF SAINT MARY'S FOUNDATION



In December our **up next** alumni launched the inaugural "Up Next Alumni Health Care Heroes Holiday Snack Drive" — to spread Christmas cheer and give back to our colleagues. They collected and donated individually wrapped snacks that were distributed to front-line colleagues.

Lacks Cancer Center *Celebrates!*

Last year, Mercy Health Lacks Cancer Center celebrated its 15th anniversary —

15 years of providing remarkable cancer care in our community!



Lacks Cancer Center, Grand Rapids, Michigan



Prior to 2005, cancer care in our community was fragmented, and cancer patients waited weeks for a diagnosis and treatment. Our goal was to create a one-stop approach making it easier and quicker for patients to receive care. Philanthropic support helped make that possible.

Over the past 15 years, we have achieved extraordinary results. Early detection and survival rates along with quality-of-life outcomes have improved thanks to the award-winning care provided by our oncologists, surgeons and staff. Recently, Lacks Cancer Center reached a major milestone — the one millionth patient touchpoint!

To further strengthen our cancer programs, in 2020, Lacks Cancer Center joined the Cancer Network of West Michigan. This network allows for greater collaboration between Mercy Health, Metro Health and Michigan Medicine for treating cancer patients, accessing advanced treatments, clinical trials and research.

In the months ahead, Lacks Cancer Center staff, with the help of the Saint Mary's Foundation, hope to relaunch a mobile mammography program to reach women (and men) who might not otherwise have the means to get to their screening mammogram appointments.

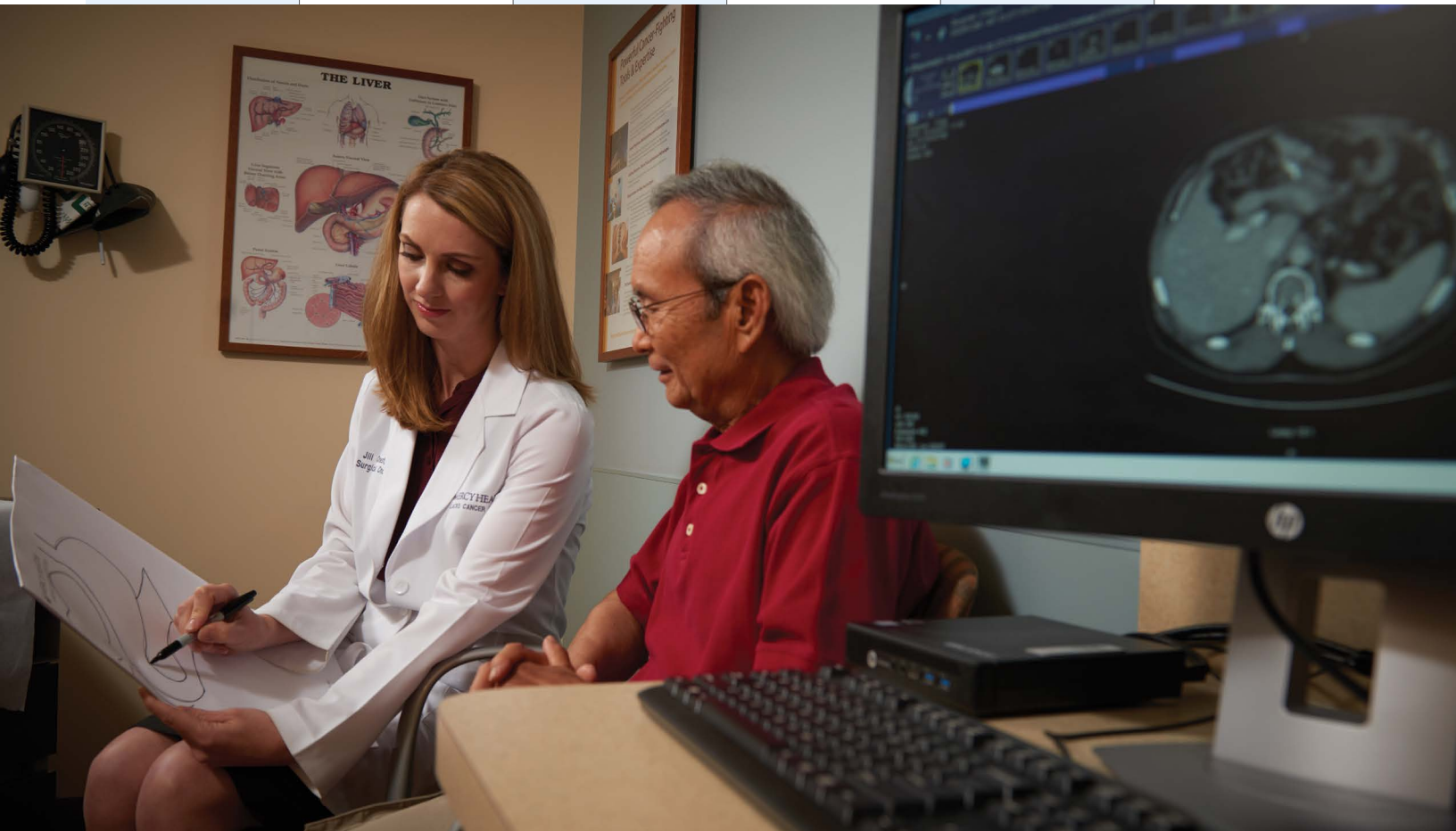
Providing renewed hope for our cancer patients and remaining committed to the best cancer care available anywhere is at the heart of our healing mission. Our community can have peace of mind knowing they and their loved ones have access to top-notch cancer care close to home at Lacks Cancer Center.

Thank you for an amazing 15 years! We are immensely grateful for our community's support.

A Decade of Health and Growth

The scope of the Lacks Cancer Centers' programs has grown since first opening, and growth will continue as we seek to meet the needs of our patients and their families. Over the last decade:

2010	2013	2015	2015	2018	2018
Our nationally accredited Comprehensive Breast Center opened. It is staffed by fellowship-trained breast surgeons and radiologists and is an American College of Radiology Breast Imaging Center of Excellence and a Certified Quality Breast Center of Excellence.	Since the Lung Cancer Screening program began, we have screened more than 3,600 high-risk patients, diagnosing 112 lung cancers with over 65% diagnosed at an early stage.	Lacks Cancer Center is the only program in West Michigan to have CyberKnife®, a pinpoint-precision technology that results in fewer radiation treatments for patients.	Infusion Services on 2 Lacks opened and has grown from serving 5 to 22 patients per day.	The evidence-based Enhanced Recovery program was implemented to help prepare patients for surgery, resulting in fewer days in the hospital for many patients.	The Incidental Lung Nodule program focuses on patients with concerning lung nodules. Since inception, 55 patients have been diagnosed with lung cancer.



Dr. Jill Onesti, Surgical Oncologist, and patient

From the start, Thomas Gribbin, MD, Mercy Health Lacks Cancer Center Medical Director, shown with a patient, along with Kenda Klotz, RN, former Clinical Services Director, held fast to a vision to create a place of hope and healing for cancer patients. This dream is a reality, and thousands of patients have benefited as a result.



Mercy Health Saint Mary's Breast Center of Excellence

Our exceptional Breast Center team continues to prove this program is among the best in the nation. We are pleased to share with you their most recent achievements and recognitions:

- Certified as a quality breast center of excellence as recognized by the National Quality Measures for Breast Centers (NQMBC) — the only one in Michigan
- Successfully participated in a national trial of reduced protocol breast MRI
- Opened a reduced protocol MRI screening program for select patients — the only site in West Michigan to do so
- Developed a cancer collaborative between Lacks Cancer Center, University of Michigan and Metro Health
- The only program in the region with two fellowship-trained, dedicated breast surgeons and a fellowship-trained breast imager
- Comprehensive risk assessment with 3D screening mammograms as a standard of care
- Consistently recognized as one of the top three practices for patient satisfaction in the Mercy Health West Michigan region



Stephanie Crace, Mammography Ultrasound Tech

On the cover, Main photo: Jessica Keto, MD, Surgeon. Inset photo from left to right: Jamie Caughran, MD, Surgeon; Jennifer Rollenhagen, MD, Radiologist; Jessica Keto, MD, Surgeon; Katie Bouwhuis, RN, Nurse Navigator; and Madisyn Gray, PA- C, High Risk Coordinator

Lacks Cancer Center Care Team Helps Patient Overcome Lifelong Fear

"The biggest thing for me was not the cancer itself," Charles Coughlan recalled. "It was the needles. I've been to a licensed psychologist about my phobia. I can't listen to people talking about needles; I can't watch needles being used on a TV show; I can't even see a cartoon with needles."

Coughlan's cancer journey began when he found a bump on his neck while he was shaving. Charles' primary care physician (PCP) thought it could be an infection, so the PCP prescribed an antibiotic, but over time, it didn't reduce the lump. That's when Coughlan saw an Ear, Nose and Throat (ENT) specialist, who performed a biopsy.

"About four days later," said Coughlan, "I got a call from the doctor saying that the biopsy results had come back, and it was cancer. At that point, I didn't hear much more because my head was spinning. I was a bit confused. My ENT called it something I'd never heard before: squamous cell cancer."

Coughlan's ENT referred him to Mercy Health Lacks Cancer Center, where he was welcomed by a care team* that helped him to cope with "a terrifying fear of needles" he has had his entire life. Having to face blood tests and chemotherapy was extremely troubling for him.

Medical Oncologist Jared Knol, MD, explained to Coughlan that chemotherapy could improve his survival rate by about 10 percent.

"That's when I said, 'I don't know if it's really worth doing it.' I considered not doing it because of my fear of needles," he explained.

But Coughlan had given his daughter, 24, his word that he would do his best to beat the cancer. He also has a young grandson to consider.

Coughlan and his entire care team at Lacks Cancer Center worked hand in hand during his treatment, but he credits his ability to complete chemo to Mercy Health Nurse Navigator Rachel Overmyer.

"I love nurse Rachel to pieces. She worked so hard to make everything easy for me. I could never thank her enough."

Nurse navigators coordinate care among the various specialties so that patients can spend their energy on getting better.

Together with Coughlan's chemo nurses, Overmyer and Coughlan were able to come up with a plan that allowed him to successfully complete six chemo treatments and 35 radiation oncology treatments.

The night before chemo, Coughlan would sleep only a couple of hours so that when his driver dropped him off for treatment, he could spend the time during chemo sleeping. "I wouldn't even be conscious during the chemo. They would just wake me up when it was over. It was fantastic."

He also took an anti-anxiety medication to help him relax. The chemo nurses arranged for Coughlan to receive his treatment in a private room. He also wore a mask to cover his eyes so he wouldn't see the other patients with their IVs when he was walking to his room.

"My chemo nurses were gentle, patient, loving and compassionate," Coughlan recalled. "They sprayed my port area to numb it. They got me a warm blanket, dimmed the lights and gave me a button to call them. Then they'd let me rest. I had wonderful nurses throughout my treatment. I can never put into words how much I appreciate them."

In addition, Coughlan had radiation treatments five days a week for seven weeks. Overmyer coordinated care with Derek Bergsma, MD, and other members of the Radiation Oncology department, as well as Dietitian Amy Bragagnini and Speech Therapist Jared Host.

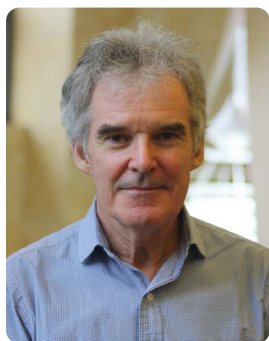
"There was a point when my throat was pretty messed up from the radiation. I could hardly eat or drink, and I lost 26 pounds in a couple of weeks. I had to get IV fluids twice a week," Coughlan said. "Amy helped me a lot, but sometimes we'd just talk about her time in Ireland (Coughlan's birthplace) to take my mind off things."

It's not often that a doctor and a dietitian agree to "prescribe" a patient one carton of Häagen-Dazs® ice cream per day, but that's precisely what happened to Coughlan.

About his speech therapist, Coughlan said, "Jared was really nice and coordinated with Nurse Rachel. He helped with the mouth rinses. For a while, it was difficult to speak, and my throat felt like sunburn on sunburn."

Today, Coughlan's throat is much improved. He has some of his taste back. He says he can live with that because he can "live." A man with a mission, Charles is exercising and eating a variety of solid foods, and doing all he can to keep his promise to his daughter.

**Rachel McCuddy, RN, medical oncology nurse; Dawn Mosqueda radiation oncology; and Kristin Zoller, radiation oncology*



Coughlan sums up his appreciation for the team at Lacks Cancer Center in this way:

"As a young kid, the greatest thing you experience is Santa Claus. The way that the people at Lacks Cancer Center have managed to help me get through these chemos and blood draws — it is better than Santa Claus. I can't believe they got me through my extreme fears."

Leaders, Teachers, Healers



Tell us a little about yourself

I am a Michigan native who enjoys all four seasons when we get them. Any extra time I have is spent with the most important people in my life, my family and close friends. I enjoy golf and watching my MSU Spartans on the field or the court. I recharge my batteries near water. Lake Michigan is one my favorite places to spend time. My family is nothing short of amazing and the foundation upon which I try to build a legacy. Growing up, I always knew I wanted to do something impactful that would touch lives and possibly generations. It was not until I landed in health care that I realized my noble purpose.

I have been completely humbled by the outpouring of recognition from the West Michigan community and beyond. You don't set out to take a road less traveled to receive recognition, you just keep in mind that your purpose on earth is to impact as many lives as God sees fit.

Tell us about your career and what you currently do for Mercy Health.

In my seven years working for Mercy Health, I have been able to build collaborative relationships that have helped develop nationally recognized hiring practices and workforce development programs. I advanced the Evidence-Based Selection Process across our region that led to a significant increase in diversity hiring, from 18% to 38%. It is a joy to serve the West Michigan community by helping to develop a diverse and highly competent health care workforce through strategic community partnerships.

Building on our hiring practices, in 2017, I was privileged to help create the Evidenced-Based Career Coaching program. And, I worked in partnership with The SOURCE, West Michigan Works!, Metrics Reporting and the W.K. Kellogg Foundation to create the first Mercy Health

Shana Lewis, SHRM-SCP

Executive Director, Talent Acquisition
Trinity Health Michigan and National [Michigan/Florida/Georgia]

Career Development Center and Services team. Career Development Services is designed to advance workforce equity across all job families and remove barriers for our colleagues and those in the shadow of our hospital who are seeking career opportunities with Mercy Health.

As my former mentor would remind me, "Everyone belongs somewhere, it is our responsibility as professionals to help them get to where they belong."

Why do you choose to work for Mercy Health?

Simply stated, the people and the culture. From the leadership and throughout the organization there is a culture of caring, faith, and compassion. I knew I wanted to be a part of it from my very first interview.

What advice would you give to someone thinking about a career in health care?

Health care is a calling to serve others, whether as a nurse, a clinical support role, in Human Resources, other administrative roles or leadership. If, you believe health care is where you belong, there is no better place to work alongside caring, compassionate and committed individuals.

What has been your proudest moment?

One of my proudest moments was being invited to the White House by both the Obama and Trump administrations to share the Medical Assistant Apprenticeship program. This program was created by Mercy Health in partnership with community partners, it was the first nationally recognized program of its kind. The program significantly increased the percentage of diverse colleagues within the Medical Assistant (MA) occupation at Mercy Health.

I believe there are several new proud moments to come; based on our success at Mercy Health, Trinity Health, the parent organization of Mercy Health, has asked that I scale the Workforce Development Programs concept



Shana Lewis, shown here second from the left, with her nieces and nephew, says her family members are the most important people in her life.

across their 22-state footprint. The opportunity to lead this work with a purpose to advance workforce equity nationally, is amazing. It is important for the people of West Michigan to know that our innovations here are having a national impact.

What motivates you during challenging times?

People motivate me. This includes our patients, colleagues and those we have yet to hire and serve in our communities. I am also motivated when we ensure our patients have the most competent, compassionate and diverse colleagues to care for them, and when our colleagues, those serving in entry-level roles who need support on their career journey, receive the support they need. And last, it is those in our communities, especially the traditionally marginalized populations, who need help finding a way to their noble purpose in health care who inspire me.

Favorite quote or words to live by?

My personal favorite is from scripture: Philippians 4:13 "I can do ALL things through Christ who strengthens me." I have leaned on this scripture hundreds of times in my career and personal life.

How You Can Give + Benefit



OUTRIGHT GIFTS

Making a direct gift of appreciated stock, property or other assets is one of the easiest ways to give. You can benefit from a tax deduction and also avoid capital gains tax.

DONOR ADVISED FUND

By making a gift of your assets to a Donor Advised Fund (DAF), you can make grants each year to support your favorite causes and receive tax savings.

CHARITABLE LIFE INCOME PLANS

Funding one of these plans can help you create a stream of income for you (and a spouse) or your heirs, generate tax savings and make a gift to us.

UNITRUST AND SALE

Similar to the gift and sale, this strategy can provide you with tax-free cash and lifetime income while making a charitable gift.

GIFT & SALE

If you don't want to give away your entire asset, the combination of a charitable gift and sale can help you sell your asset tax-free, receive some cash and make a charitable gift.

CHARITABLE LIFE ESTATE

This option allows you to give your personal residence, farm or ranch to charity and reserve the ability to remain living there for your life while receiving tax savings.

ESTATE GIFTS

There are a number of ways you can make a charitable bequest or beneficiary designation gift, remove an asset from your estate and leave a lasting legacy.



Learn more about how you can leave a legacy and support our mission while still preserving your income. Contact Michelle Rabideau at (616) 685-1889 or rabideaa@MercyHealth.com.

YOU MIGHT BE SURPRISED AT WHAT YOU OWN



What types of noncash assets do you own? A gift of any of these assets can provide you with benefits (such as income and tax savings) and help further our mission.

- CDs and money market accounts
- Securities, such as stock, bonds and mutual funds
- Real estate, such as commercial, rental, farm, ranch and vacation homes
- Life insurance policies
- Tangible personal property, such as art, coins and collectibles
- Retirement accounts

Saving Little Fighters in the NICU

When Brent and Angelina Densham of Grandville consider what might have happened without the Saint Mary's Neonatal Intensive Care Unit (NICU), not once, but twice, waves of emotion overtake them, then immense gratitude.

She's Not Crying

It was August 2, 2014 and Angelina was full-term with their first child. The pregnancy was normal, and they expected a typical delivery, until labor began. After two long hours, and baby not moving, Dr. Kathryn Born, from Mercy Health Physician Partners OB/GYN, presented options to an exhausted Angelina and Brent — forceps or a C-section. Forceps were chosen and it wasn't long before Lola Maria was born, weighing 8 lbs. 13 oz.

She was blue. Sounds of newborn cries failed to fill the room. The medical team went to work immediately. Before Brent could cut the cord, Lola was whisked away to the NICU with difficulty breathing.

The Longest Four Hours

The time from Lola's birth until Angelina and Brent could see her were the longest four hours of their lives. When they were finally allowed into the NICU, Angelina saw her daughter was now pink, with chubby cheeks and fluffy hair, and she was wrapped in a blanket. Upon seeing her, Angelina knew Lola would be fine. Lola was in the NICU for four days and got a little better each day.

Rockford Construction's Charitable Heart Award

In September, Angelina Densham, office coordinator for Rockford Construction, won their Charitable Heart award. She chose to direct the \$939.00 gift to the Saint Mary's Foundation for the Neonatal Intensive Care Unit (NICU).

Angelina said, "When I won the award, I knew exactly where I wanted the funds to go. We love Saint Mary's, and we're so thankful. They saved both our babies!"



Brooks Densham, just hours old, begins body-cooling treatment

Remarkable Care

All the nurses thought of every detail, from purple bows in Lola's hair to decorating her bassinette.

Brent admits to being overwhelmed as a new father. Sensing his hesitation, Nurse Jan got him right into it and said, "They're sturdy, you're not going to break her." Nurse Jan's encouragement was more than expected and a part of the compassionate care and the "something more" that Brent valued.

After three days, Angelina faced being discharged without her daughter. The staff stepped in and allowed her to stay an extra day so that mother and daughter could leave together. Best of all, Lola got to room with Angelina on the last night.



Left to right: Jane Alolod, Clinical Services Manager, NICU; Brent and Angelina Densham; and Tom McGovern, Chief Operating Officer, Rockford Construction.

A Memorable Experience

Angelina thinks fondly of this moment and credits the staff for giving her time with Lola before coming home. “They didn’t have to do it. It was really nice,” she said.

When the new family arrived in their driveway at home, Brent knew this was what they had prepared for — bringing Lola home, and the quick actions of Dr. Born and the NICU team made it possible.

He’s Not Moving

Three years later in July 2017, Brent and Angelina were once again expecting. Everything about this pregnancy was normal, too, and they were excited to have the birth experience they wanted. On a Friday afternoon, three-weeks shy of full term, Angelina was told it wouldn’t be long. She was glad to hear Dr. Born was the physician on call that weekend.

When Sunday came, Angelina realized baby wasn’t moving much. Normally, he moved a lot. To see if she could stir him, she tried sounds and sweet drinks, but nothing worked. She went to the hospital for a non-stress test. Two hours later, he still wasn’t moving.

Angelina needed an ultrasound. She asked Brent to find a sitter for Lola and come to the hospital.

During the ultrasound, baby’s heart rate was going up and down, and Angelina began to have strong contractions. All the while, baby was still not moving, and the cause had not been diagnosed. By this point, Dr. Born was there and everything moved rapidly.

When Brent arrived, they told him it would be a couple hours, but immediately changed that to, “We need to get him out as soon as possible.” Brent said, “I went from the parking lot to scrubs in about 15 minutes.”

From Pink to Blue

Moments later, on July 2, Brooks Allan was born by C-section, weighing 7 lbs. 13 oz., and his cries filled the room! Brent cut the cord. To their relief, Angelina and Brent thought, “Great! He’s normal!”

As the nurses began to clean him, Angelina and Brent shared a moment of joy over their healthy son. Within seconds, Brooks turned blue.

The medical team at Brooks’ side tripled and activity intensified. Brent left Angelina’s side, to be near Brooks.

The Longest Four Hours

Like Lola, Brooks was whisked away to the NICU. Each time Angelina and Brent asked to see him, the reply was, “they’re working on him.” Again, it was the longest four hours of their lives.



A few hours after delivering her son Brooks, Angelina Densham meets him for the first time during a brief stop on his way to a life-saving treatment at another medical center.

Steven Gelfand, MD, FAAP, Regional Medical Director of Newborn Medicine, came to Angelina’s room and said, “We need to sit down. We’ve been working on him for a long time. His cord was in a true knot and wrapped around his ankles. Every time he kicked, it made it tighter. We don’t know how long he was without oxygen.”

Dr. Gelfand went on to say Brooks needed a body cooling treatment that would allow his brain to heal. The catch was it had to be started within four hours of birth. They had started the procedure, but Brooks would have to be transported to Helen DeVos Children’s Hospital.

Although Angelina had only seen him for a second after his birth, they agreed, wanting him to have the best chance at life. As Brooks lay in an incubator, prepped to be transported by ambulance, the nurses stopped by Angelina’s bedside so that she could see him off.

Brent and Brooks

When Brent arrived at DeVos, his son was being hooked up to the cooling equipment, monitors and an EEG. Reflecting on the reality of the moment, that had happened so quickly, Brent recalls being alone with Brooks for the first time. “It was just me and Brooks,” Brent said. “He was unconscious and shivering. I just wanted to hold him. And, I was scared about how Angelina was doing.”



Angelina, Brent and newborn daughter Lola shortly before going home.

Brent spent the next two and a half days traveling between the two hospitals. When he returned to the Birth Center to see Angelina, the nurses often marveled, saying, “It’s remarkable she trusted her motherly instincts and knew something was wrong.”

Brooks’ treatment required that he be on a cooling mat for three days with only a diaper. He couldn’t be picked up or held. After three days, his body temperature would be raised slowly.

Mother-Son Reunion

With her baby at another hospital, Angelina was anguished and worried, concerned it would be difficult to bond with Brooks. She said, “the Saint Mary’s staff knew the last place I wanted to be was there without my baby. They came and checked on me often, and Dr. Gelfand came to ask how Brooks was doing. They made sure I was comfortable, and let me out early.”

After three days, Angelina was able to join Brent and hold Brooks. Brent shared his relief and said, “When I finally saw Angelina holding him for the first time, and they were back together, and all in one place, it was reassuring, but I wasn’t sure if everything was going to be okay.”

Brooks was in the hospital for thirteen days and did well. However, his prognosis was unclear. An MRI showed a spot in his brain that might indicate difficulty walking and developmental delays.

Had it not been for the quick actions of Dr. Born, Dr. Gelfand and the entire NICU team, the outcome could have been devastating.

Angelina said, “Life would have been very different without Saint Mary’s right now. Everyone is so thoughtful. Never once, in either situation, did we feel like a burden on the staff.”

Little Fighters

Today, Lola and Brooks are doing well. Last year, Brooks graduated from Neurodevelopment and proved he is a typical little boy. They said he was not going to do the things a child his age should do, but he does. He’s smart, speaks well, walks and dresses himself. He took longer to crawl and walk, but now the Denshams can hardly keep up with him.

Brooks is sweet, loves to snuggle, can be bossy and rough, but considerate at the same time. He and Angelina now share an impenetrable bond.

Lola is sweet, dramatic and theatrical. She loves to talk, sing, dance and draw pictures. She has tons of empathy for others.

Both kids are full of energy, exertion and ability. They have a new game — they look at each other, square up and say, “Let’s fight!”

Without doubt, they have been fighters since the moment they were born.



Little Fighters, Lola and Brooks Densham, are healthy and happy today. The Densham family, left to right, Angelina, Brooks, Lola and Brent.



Thank you to those who joined us for our second virtual Vine & Vinyl event, presented by Michael and Lynette Ellis! The event brought music to life and showcased the remarkable care our patients receive at Mercy Health Saint Mary's. The stories shared by Bryant and Audrey Mitchell, Gregory Foster II, Amy Merlington, and Dr. Steven Gelfand highlighted the impact of the Mercy Health Saint Mary's Neonatal Intensive Care Unit (NICU).

Upcoming 2021 Vine & Vinyl Events

February: Heart & Vascular • **April: ALS** • **June: Clinica Santa Maria**
September: Breast Center • **November: Epilepsy**

Vine & Vinyl is a unique storytelling experience complemented by a curated dining cuisine, paired with beer and wine and an accompanying album — all to enhance the story. In 2021, we will host five virtual Vine & Vinyl events. Each event delivers a different experience and story. We hope you can join us.

For more information on the 2021 Virtual Vine & Vinyl events, contact Angela Paasche at 616-685-1426 or angela.paasche@mercyhealth.com

NICU Read-a-Thon



Out of 39 participating NICUs across the nation, as measured by the number of books read to each baby per day, Saint Mary's came in fifth place! Our read-a-thon was a major success! Over a 10-day period, 179 reading tickets were tallied from 16 participants! The top five families won a Dr. Seuss wall decal like the one shown here. This will not only provide them with a memory of our NICU, but it

will also remind them to read frequently to their baby after discharge. The babies are the true winners! Thank you for being so supportive of this initiative. The next read-a-thon is planned for September 2021!

"I believe our read-a-thon will kick-start a culture of ongoing reading to our NICU patients," said Dr. Steven L. Gelfand, MD, FAAP, Regional Medical Director of Newborn Medicine.

"I plan to hold similar events in the future and next time I'm going to add a competition between the nurses! I very much appreciate the Foundation's help in bringing this wonderful event to our families and supporting the NICU."

Through generous donations to our Reach Out and Read program, the Saint Mary's Foundation purchased 80 board books for birth to six months and 250 bilingual and Spanish books toward the read-a-thon event. We were honored to support this nationwide, multi-NICU read-a-thon to celebrate and encourage shared family reading and improve the NICU experience during this difficult and isolating time of COVID-19.

A NICU read-a-thon is a friendly reading competition between NICUs. Our read-a-thon's goals are to encourage family reading, support infants and families and build NICU morale. Hospitals compete with each other for the greatest family engagement, and the winning hospitals receive prizes.

Remarkable Partnerships

Community partnerships have never been more important than during this unprecedented time of COVID-19. As the impact of COVID-19 grew, so did a need for more personal protective equipment (PPE) and other resources. We are grateful for the community partners and our family of supporters who answered our call.

The Heroes Among Us

In the midst of the COVID-19 pandemic, CareLinc Medical Equipment and WOODTV eightWest teamed up to benefit the four area hospitals, including Mercy Health Saint Mary's. The initiative focused on the heroes behind the masks and shed light on the impact COVID-19 is having on our health systems. They featured several physicians and nurses who are working on the front lines, as well as patients who have survived. In October, Saint Mary's Foundation was granted a portion of the proceeds, \$26,000, for our COVID-19 Response Fund. Thank you to everyone who supported the Heroes Among Us campaign. Special thanks to CareLinc, eightWest and WOODTV8!



Mike Damstra, President, CareLinc; Jordan Carson, co-host, eightWest; Michelle Rabideau, President, Saint Mary's Foundation; and Dr. Hyung Kim, President, Mercy Health Saint Mary's

Pennies for Parkinson's

Each year, Saint George's Peter and Paul's Aid Society raises funds for Parkinson's research through the Pennies for Parkinson's event. The 2020 event could not be held due to the pandemic. Yet, undeterred, they still raised a remarkable \$6,539.17!

"We were fortunate enough to have people who have contributed their change, checks and cash to this fundraiser. We never expected to raise the amount of \$6,539.17.

Please accept our gift to be used for Parkinson's disease research at the Hauenstein Neuroscience Center.

Next year's event will be held on September 11, 2021.

Thank you for all that you do."

Supporting Heroes *One Dance at a Time*



Left to right: Jeff Bennett, Michael Ranville, Dr. Hyung Kim, Dr. Matt Biersack

In summer 2020, in response to the first COVID-19 surge, Jeff Bennett and Michael Ranville created a virtual community wide dance competition fundraiser called "The Groove." The event created a space for laughter and movement during an unsettling time. Dances were submitted digitally and included a donation to the West Michigan Hero Fund. The virtual competition raised over \$250,000, which was distributed to Grand Rapids-based hospitals and clinics. This fall, Jeff and Michael presented a \$55,000 check to Dr. Hyung Kim, president, and Dr. Matt Biersack, chief medical officer, for the Saint Mary's Foundation COVID-19 response fund.

An advertisement for the West Michigan Hero Fund and Mercy Health Saint Mary's. It features the logos for West Michigan Hero Fund and Mercy Health Saint Mary's. Below the logos, the text reads "Download. Dance. Donate." and "It all supports West Michigan's heroes." At the bottom, there is an image of a smartphone displaying the "Groove" app logo, which is a stylized white 'G' on a red and orange gradient background.

Host a Third-Party Fundraiser

To learn more about how your company can get involved, contact Angela Paasche at 616-685-1426 or angela.paasche@mercyhealth.com

SAINT MARY'S FOUNDATION

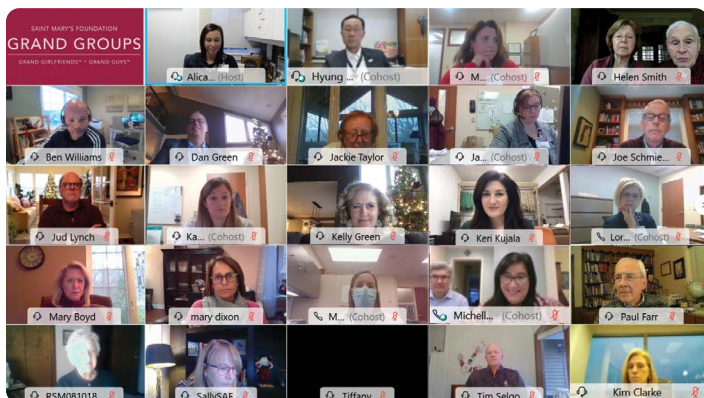
GRAND GROUPS

GRAND GIRLFRIENDS™ • GRAND GUYS™



The 2020 Grand Girlfriends™ and Grand Guys™ grants were announced at the first virtual Grand Reception on December 8, 2020. We are pleased to announce the projects and programs the Grand Groups' members selected to fund in 2021.

- The Birth Center received \$18,300 to purchase and gift each newborn an embroidered **Mercy Health sleep sack** upon discharge. Each year, approximately 2,000 babies are born at The Birth Center. These garments promote proper sleep safety, help prevent sudden infant death syndrome, and improve the overall patient experience.
- The Neonatal Intensive Care Unit (NICU) was awarded \$3,130 to purchase **Dr. Brown's bottle systems** for infants. This grant, based on an evaluation from a speech language pathologist, will provide resources for families who may be unable to afford or have access to this specialized bottle-feeding system. The system provides a more consistent flow for infants and results in a greater overall rate of milk transfer, infant intake and reduction in feeding times; thereby conserving the precious energy reserves that premature infants need to grow and mature.
- The Critical Care Unit was awarded \$4,832 to purchase **Primo, Inc. wedges** to turn patients from side to side. Hospitalized patients are vulnerable to pressure injury for many reasons, but immobility is one of the largest factors. Frequent turning to offload pressure is the most important intervention nurses can perform to reduce this risk.
- The Endoscopy Department was awarded \$4,762 to purchase a **vein finder** for use during endoscopy procedures. Venous access in endoscopy patients is often difficult as they are typically dehydrated due to their pre-procedure preparations.



Grand Groups virtual reception, December 8, 2020

The Grand Girlfriends™ and Grand Guys™ groups were created to bring women and men together to support programs and services that improve health and enhance the lives of people served by Mercy Health Saint Mary's.

With a one-time \$1,000 commitment, members of Grand Girlfriends™ and Grand Guys™ create an endowment and choose how to direct the interest earned on the group's pooled resources through an annual grants award process.

For more information on becoming a Grand Girlfriend™ or Grand Guy™, please contact Alica Woodrick, at alica.woodrick@mercyhealth.com or 616-685-1427.

In the Spotlight: Our Corporate Partners

Custer Supports Our Founders' Day Celebration



On August 18, Mercy Health Saint Mary's celebrated Founders' Day. Over the past 127 years, we have dedicated ourselves to being a compassionate, transforming and healing presence in the communities we serve. With the support of Custer, a local workplace design company, we were able to show gratitude to our remarkable health care heroes, who inspire us to continue to live out our mission and improve the health of those we serve.



On Founder's Day, more than 4,356 Mercy Health face masks and freshly made donuts from Marge's Donut Den were distributed to Mercy Health Saint Mary's colleagues.

Our Top Priority: Safety



Mercy Health Saint Mary's and Wolverine Building Group are committed to keeping our teams and community safe. This is our Top Priority. In December 2020, 500 Stay Safe Kits were distributed to our family of supporters. The kits included Mercy Health BeRemarkable face masks, hand sanitizers and tissues. The Kits were made possible by the thoughtful support of Wolverine Building Group.

#GivingTuesday December 1, 2020



We are grateful for our friends at Lake Michigan Credit Union (LMCU)!

In December 2020, LMCU supported our #GivingTuesday efforts for the third year in a row. On #GivingTuesday, with your generosity, we met our match and surpassed our goal. You helped us raise more than \$40,640! Thank you for your remarkable support!

Local Companies Answer Our Call

In November 2020, with support from Ferris Coffee & Nut Co. and SpartanNash, hundreds of individually packaged snacks were distributed to our colleagues at Mercy Health Saint Mary's. The snacks made a remarkable impact, and provided our colleagues with an extra energy boost.



Len Radecki, Manager Clinical Services, Hauenstein 3



Save the Date! Nana's Run - May 1, 2021

Since 2013, more than \$2 million has been raised to help patients and their families with the diagnosis and treatment of ALS through Nana's Run. In 2021, the Daniel and Pamella DeVos Foundation will present the eighth annual Nana's Run on Saturday, May 1, 2021, with proceeds benefiting the ALS Association Michigan Chapter and the ALS Clinic at Mercy Health Neurosciences. Athletes of all abilities, walkers and runners are welcome at the 5K race. Information regarding the run/walk can be found at www.nanasrun.com

Saint Mary's Foundation is dedicated to building relationships that inspire financial support from the community to advance the mission of Mercy Health Saint Mary's.

Interested in becoming a volunteer?
Contact Rachel Jonaitis at 616-685-1898 or
rachel.jonaitis@mercyhealth.com

Interested in planned gift opportunities?
Contact Michelle Rabideau at 616-685-1889 or
rabideaa@mercyhealth.com

Interested in becoming a member of our
Grand Groups program?
Contact Alica Woodrick at 616-685-1427 or
alica.woodrick@mercyhealth.com

Interested in your company becoming
more involved?
Contact Angela Paasche at 616-685-1426 or
angela.paasche@mercyhealth.com

If you do not wish to receive information from
Saint Mary's Foundation in the future,
please call 616-685-1892.

Are you interested in receiving a total
giving statement for 2020? You may
request one by contacting 616-685-1892
or foundation@trinity-health.org.

**For more information
please contact us:**

Saint Mary's Foundation
200 Jefferson Avenue SE
Grand Rapids MI 49503
Phone: 616-685-1892

SaintMarysFoundationGR.com

BeRemarkable.

SAINT MARY'S
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Grand Rapids, MI 49503

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Fast Facts

COVID-19 Vaccine Facts and Myths

- **FACT:** People Who Have Gotten COVID-19 May Still Benefit from the Vaccine

Those who were sick with COVID-19 may be advised to get the vaccine. It is unknown how long someone is protected from getting sick again after recovering. The amount of immunity you get from an infection, called natural immunity, varies from person to person and may not last long.

- **FACT:** COVID-19 Vaccines Will Not Cause You to Test Positive on COVID-19 Viral Tests

You won't test positive on viral tests used to see if you have a current infection after getting the vaccine. However, some antibody tests might show you had a previous COVID-19 infection. This is because your body develops an immune response to the vaccine.

- **FACT:** Getting Vaccinated Can Help Prevent Getting Sick with COVID-19

The vaccination helps protect you by creating an antibody response without making you sick. To learn more about how COVID-19 vaccines work, visit [cdc.gov/coronavirus/2019-ncov/vaccines](https://www.cdc.gov/coronavirus/2019-ncov/vaccines).

- **Myth:** mRNA Vaccines Change Your DNA

The mRNA never enters the nucleus of the cell where DNA is located. Instead, the cell breaks down and gets rid of the mRNA when it is finished using the instructions on how to create the protein to trigger your immune system response.

For more information about the COVID-19 vaccine, please contact your health care provider or visit www.MercyHealth.com/vaccine.