

Gift of Health

Our Philanthropy Magazine

July 1, 2022, to June 30, 2023

Special Issue

Annual Impact Report
Impacting Lives through Philanthropy



SAINT MARY'S
FOUNDATION

A Member of Trinity Health

For Donors of
Saint Mary's Foundation

Maria Hassan, DO, pauses to
listen to her patients thanks
to *Commit to Sit*

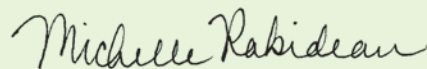
Our **2022/2023 Impact Report** is filled with stories of people — our patients, providers, colleagues and volunteers — who are the heart and soul of our mission. Together, we made a tremendous difference in the lives of our patients — at the hospital, at our community-based offices, in our community and even across the globe over this past year.

Imagine, if there were no donors, no endowment funds, no planned gifts or community partners, none of this great work would have taken place. Thankfully, this and more did happen. Because of your support, we are changing lives and making excellent progress toward our three priority funding areas: Community Health & Well-being, Clinical Excellence and Patient Experience.

What we have achieved and the countless individuals we have helped is incredible. As I think of what is ahead for us this year, I am hopeful. There are many who are in this important work with us — including you! And that inspires us to do just a little bit more and be a bit more for one another and especially for our patients.

Thank you for entrusting Saint Mary's Foundation with your charitable giving during the past year. I hope you'll see among these pages how your support mattered. And that you will envision how you might partner with us, once again, to make a difference in the year ahead.

With sincere appreciation,

A handwritten signature in cursive script that reads "Michelle Rabideau".

Michelle Rabideau, CFRE, MPA
President, Saint Mary's Foundation

Over the past year*, gifts from Saint Mary's Foundation supporters have impacted thousands of lives from every age and walk of life.

757 donors
supported Saint Mary's Foundation

203 new donors
were welcomed to Saint Mary's Foundation

\$2.1 million
awarded to Trinity Health Grand Rapids
to support programs and services

Donors gave
\$65,462
worth of accepted supplies and equipment

\$1,581,486
secured in grant commitments

Third-party event organizers raised
\$42,830
for Trinity Health Grand Rapids

28 Endowment Funds provided
\$141,418
to benefit programs and services

Planned Gifts commitments totaled
\$866,000

Our Community Partners Program secured
\$94,250
in sponsorships and programmatic support

**Fiscal Year 2023 (July 1, 2022, to June 30, 2023)*

Is Saint Mary's a Good investment?

Definitely! Our return on investment (ROI) is a key measure that represents the financial return on each dollar spent raising funds. ROI is an indicator of fundraising effectiveness, illustrating the amount applied toward the bottom line, in relation to the cost. In other words, for every \$1 spent raising funds in Fiscal Year 2022, our return was \$3.16.

Community Health & Well-Being

Through outreach and partner collaboration, Saint Mary's Foundation expanded access to health care, preventative care and education for our underserved and at-risk communities.



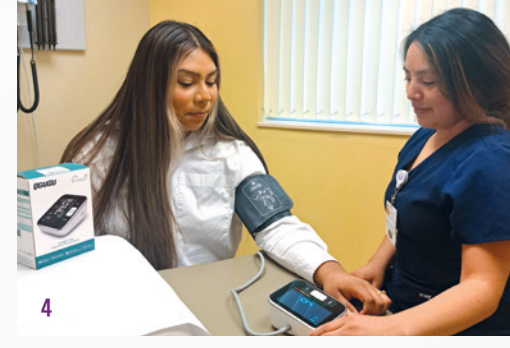
1 Bringing Stroke Education to Our Asian-American Community

Thanks to the Boruta Family Endowment Fund for Stroke Program, 86 area residents from Vietnamese, Mandarin, Nepalese or Burmese/ Karen communities participated in stroke education training. Lisa Guixiu Rives, Chinese community navigator for the Asian American and Pacific Islanders (AAPI) stroke education project and others, helped participants increase their ability to identify stroke risk factors and symptoms, as well as when to seek urgent medical attention if a stroke is suspected. Asian communities are at high risk for stroke and face barriers to care due to factors such as language barriers and cultural differences.

2 Helping Kids Get Ready to Learn

1,041 little patients at our Trinity Health Medical Group community-based offices of Browning Claytor, Clinica Santa Maria and Sparta were equipped with school supplies for their first day back to school.





3 Opening a Crisis Stabilization Unit in 2024

Through the collaboration of Network180 and Trinity Health Grand Rapids, the new Behavioral Health Crisis Center on the hospital campus is expected to open in early 2024. The Center will be a hub that connects people experiencing a behavioral health crisis to the right care at the right time. This special model of care will serve patients throughout Kent County and West Michigan. Saint Mary’s Foundation assisted in securing a \$500,000 grant from the Michigan Health Endowment Fund and a \$250,000 grant from the Trinity Health Preserving our Legacy Fund for this project.

4 Keeping Blood Pressure Under Control

Ninety patients at Clinica Santa Maria have received blood pressure cuffs for home use thanks to the support of Saint Mary’s Foundation.

“High blood pressure in the doctor’s office is important, but what is more important is the blood pressure level day after day in normal life. Home blood pressure cuffs empower the patient to partner with their doctor to understand the most appropriate treatment to prevent retinopathy, kidney failure, heart attacks, and strokes.”

– Dr. David Jasperse, Clinica Santa Maria

5 Removing Food Insecurity & Improving Health Outcomes

By removing food insecurity, our community-based office in Sparta, Michigan, is offering patients an innovative program to address chronic health conditions, such as diabetes and hypertension. Participating patients get enough weekly fresh produce for their family, as well as kitchen items to help them prepare their food. They are trained to track their progress toward their health goals. Twenty-five families were enrolled in the Prescription for Health program this year.

6 Serving Medical Missions Abroad

Through the support of endowment funds, nine Trinity Health Grand Rapids colleagues had the opportunity to serve missions in Bangladesh, Rwanda, and Ecuador. The colleagues received stipends that partially funded trips to four different missions.

“Thank you for the opportunity to go to Bangladesh. I was able to take care of 37 patients, ages ranging from children to adults. This consisted of ENT surgeries, and the need is very great there. Thank you again for helping with this opportunity! Forever grateful.”

– Medical Mission Stipend Recipient

to
ing.



Providing Mobile Mammograms for At-Risk Communities

The new Mobile Mammography Unit is now providing free breast cancer screening services to the most vulnerable at several locations in Grand Rapids and West Michigan. Through the unit's 3D technology, the specially trained technologists and board-certified radiologists are bringing a full-service breast center to women (and men) who might otherwise go without this potentially life-saving screening. The mobile mammography unit is removing barriers and making it easier to be screened, and earlier screening means a better chance of recovery.

2,500 patients are expected to be screened this year.



Clinical Excellence

Our clinical excellence is shaped by our commitment to be a community-based teaching hospital, by our response to the emerging needs of our community, and by our flagship programs including cancer, neurosciences and kidney transplant.



Supporting the Highest Nursing Recognition – Magnet®

Trinity Health Grand Rapids is one of only five Trinity Health hospitals in the nation that has received this prestigious distinction. Magnet®-recognized organizations are known for better patient outcomes, higher patient satisfaction, lower registered nurse (RN) turnover rates, lower patient mortality, lower hospital-acquired infections, higher nurse perception of quality of care, and higher patient-experience ratings. The Magnet® designation is a validation of excellence and the highest quality patient care.

“I am immensely proud of our nursing team’s achievement in earning Magnet® designation for the third time. It is a testament to their dedication, expertise, and unwavering commitment to excellence.”

– Michelle Peña, MSN, RN, NEA-BC
Chief Nursing Officer

Supporting Continuing Education for Nurses

The Jenny Heeren Nursing Education Fund was established in memory of Jenny Heeren, a dedicated Medical Assistant who dreamed of becoming a nurse. She impacted many associates, physicians and patients before her passing in 2011. The annual interest of the fund in her name is used to provide continuing education support for colleagues working toward their LPN or RN degree. This year, three colleagues received a \$1,321 stipend.



Partnering to get Aquablation® Technology

With the support of fundraising efforts from Wolverine Building Group, Trinity Health Grand Rapids is the first and only health system in West Michigan offering Aquablation® Therapy for enlarged prostate. Aquablation® Therapy is an advanced, minimally invasive treatment of lower urinary tract symptoms (LUTS) in men due to benign prostatic hyperplasia (BPH) or benign enlarged prostate.



Celebrating 2,800 Kidney Transplant Patients (above)

Thanks to the support of our community, Saint Mary’s Foundation has provided continuous philanthropic support to the Trinity Health Kidney Transplant Center over the years. In 2023, the Kidney Transplant Center celebrated its 50th anniversary. Since its opening in 1973, more than 2,800 kidney transplants have occurred, improving the lives of not only of the patients but their loved ones and caregivers.

Funding ALS Research

Joel Phillips, DO, Trinity Health Neurosciences in Grand Rapids, and his colleagues, conducted a study funded by Saint Mary’s Foundation. Their findings were published in the *American Journal of Hospice and Palliative Medicine* and titled Advance Care Planning Among Patients with Amyotrophic Lateral Sclerosis [ALS]: Patient Perspectives on Goals of Care Conversations. The study found that physicians should initiate conversations with ALS patients about advance directives and end-of-life care.

Assisting ALS Patients

Thanks to support for the Trinity Health Amyotrophic Lateral Sclerosis (ALS) program from the Daniel and Pamella DeVos Foundation, seven wheelchair ramps were installed at patients’ homes. Additionally, funding was used to transport patients to appointments, to establish the H.E.L.P. (Hauenstein Equipment Loan Program) and purchase equipment to enhance patient care.



Ensuring NICU Newborns Thrive

Our tiniest patients now have access to new weight scales because of support from the Lake Michigan Credit Union (LMCU) Band Together Campaign. The scales enhance daily and routine weighing of newborns and infants to support proper care and treatment. These special scales are designed to enhance accuracy when weighing active infants.



Patient Experience

From music therapy to nurse navigation to improving care coordination to environmental enhancements that promote healing, we put the experience of our patients and their families first.

Caring for Guests at Sophia's House (above)

Sophia's House provides a welcoming, restful space where guests can enjoy a night's sleep, take a break from their loved one's bedside, avoid a costly hotel stay or a long drive home after late-day minor surgery or medical treatment. Over the last year, 871 room nights were made possible through Saint Mary's Foundation.

Creating a Healing Environment through Music (right)

Having eVideon™ in patient rooms, provides our patients with a more enhanced healing environment allowing them space for relaxation, better sleep and a home-like feel while in their hospital room. Trinity Health Grand Rapids' volunteer musicians recorded beautiful piano music for patients to enjoy the eVideon™ program.





Committing to Sitting

Saint Mary's Foundation funded the purchase of special stools for inpatient rooms throughout the hospital. The program, called Commit to Sit, encourages the medical team to connect with patients by sitting down, asking open ended questions and beginning a meaningful dialog. Making eye contact, taking the time to listen, and involving the patient's loved ones are key elements of the program.

“Sitting at the bedside next to our patients allows providers to most effectively listen. Many times, when providers are standing in the room instead of sitting, patients get the impression that we are in a rush. When patients feel this way, they don't think they have enough time to communicate pertinent information about their clinical history. Being able to sit at the bedside not only improves patient safety by allowing effective communication, but it also helps with the patient's overall experience since they feel listened to and more connected to their provider.”

– Maria Hassan, DO, Internal Medicine



Gifting Relaxation to Kidney Transplant Patients

Research suggests that patients who listen to music during recovery report 57-72% less pain intensity, distress, and anxiety than those who do not. Music therapy increases relaxation, diminishes the sensation of pain and promotes healing. Kidney transplant patients are given a portable Bluetooth speaker thanks to a Grand Guys™ grant through Saint Mary's Foundation. Patients use the speakers to listen to calming music during their recovery to aid in faster healing and less pain.

Engaging Volunteers in our Mission of Caring

Trinity Health Grand Rapids volunteers donated 4,082 hours to provide comfort and support for patients and visitors through many of our programs and services. Cuddler volunteers and eucharistic minister volunteers contributed 40% of those hours. Our therapy dogs and their handlers are some of our most popular volunteers.



Lifting Patients' Confidence and Self-Esteem

Saint Mary's Foundation awarded a grant to The Boutique to provide wigs for cancer patients through the Beautiful You program. Beautiful You saw more than 160 cancer patients in The Boutique. 220 breast cancer patients received personalized services for bra fittings in The Boutique.



Encouraging Young Breast Cancer Survivors

With the support of the Rebecca Richardson and the Timothy Beekman Endowment Fund for Young Survivors, 50 comfort amenity bags were distributed to help support young breast cancer survivors. The bags help provide relief, hope and joy through comfort amenities. These items, which have been thoughtfully curated for them, are meant to be a source of encouragement during a difficult time in their lives.

Providing Patients with Comfort Kits

The Patient & Family Advisory Council has assembled 300 patient comfort kits for 2023 and also supplied our emergency locations with patient activity items and individual personal hygiene options.



Special Message Celebrating the 130th Anniversary of Trinity Health Grand Rapids Hospital

A Legacy of Caring

By Sister Mary Rosita Schiller, Religious Sister of Mercy (RSM)

From its very foundation in 1893, Saint Mary's Hospital — now Trinity Health Grand Rapids — has highlighted caring for others. Here are two ways that caring was evident in the early years:

1. As described in *The Quality of Mercy* by Mary Lucille Middleton and Marjorie Allen, three Sisters of Mercy came from Big Rapids on August 18, 1893, to establish the hospital in the residence that Mary McNamara had donated. "The McNamara home was small and inconvenient, but without complaint, the Sisters soon converted the four rooms on the first floor into two wards — one for men, one for women. The bed capacity was 15 patients. By the end of the first year, 69 patients had been cared for. During the first six years, the Sisters did all the nursing, maintenance, laundry and kitchen work." Note the caring visible in the generosity of Mary McNamara and the work of those Sisters whose diverse talents met every need of the building and the sick whom they nursed.
2. December 27, 1898, the *Grand Rapids Evening Press* reported that from August 17, 1893, to August 17, 1898, the five years since the hospital was started, the total number of admissions was 621; "149 were charity patients; over a quarter." The Press brought attention to the care of the poor, as they did on August 6, 1895, when they wrote about the hospital's financial woes and noted, "... there are only eight patients in St. Mary's, a much smaller number than for some time past. Of these four (50%) are charity patients."

The Legacy of Caring continues thanks to Trinity Health Grand Rapids and Saint Mary's Foundation.



Trinity Health Grand Rapids and the Trinity Health Medical Group continue to **care for the medically underserved** at Browning Claytor, Clinica Santa Maria, Family Medicine Residency Clinic, Sparta and through the McAuley Program.



Caring took a new form when Trinity Health Grand Rapids, in partnership with Mel Trotter Ministries, established the Community Partners Medical Clinic to continue providing health care **for people experiencing homelessness**.



We are **expanding behavioral and mental health care** offered at primary care physician offices, Recovery Medicine (addiction services), Psychiatric Medical Unit (PMU), the soon-to-be opened Behavioral Health Crisis Center and the new Southridge Behavioral Hospital under construction.



We're **designing services for Veterans and their families** whose needs are unique because of war-related illnesses, separation, trauma, and PTSD.



Outreach expanding programs include the new Roosevelt Park neighborhood pharmacy, mobile mammography and the Pharmaceutical Access Program.



Our dedicated providers, nurses, health care professionals, and staff members **care for physical, mental, and spiritual ailments of body, mind, and spirit** — from neonates to golden oldies.



Our volunteers **give thousands of service hours** each year delivering flowers, greeting visitors, distributing Holy Communion to patients, visiting long-term patients, assisting patrons of the gift shoppe, wayfinding and much more.

As we celebrate the past 130 years, gratitude abounds. May God continue to bless all those associated with direct caring and those who support these efforts in any way. The systems and programs may change and evolve. May the caring continue into the next century.

Join us in Making an Impact this year!

With you as our partner, we hope to continue our success in healing body, mind and spirit. Our focus this year on our three priority areas will allow us to build a healthier community together. We invite you to partner with us to support your preferred programs and services.



Clinical Excellence

Our flagship programs — including cancer, neurosciences and kidney transplant — rely on the generous support of our community for the high quality, exceptional medical care we provide for our patients.



Community Health & Well-Being

Through outreach, collaboration and programs for those most in need, your philanthropic support can help us increase access to preventative medicine, medical care and health education for our community, especially for those in the most underserved and at-risk populations.



Patient Experience

From music therapy to nurse navigation, to continuously improving every patient's care experience, your support can help us ensure every patient, at every encounter, is served with compassion and the excellence that our healing ministry requires.

Are you a patient of Trinity Health and want to help improve the experience of our patients and guests?

We invite you to join us in making a meaningful difference in the lives of others at Trinity Health Grand Rapids and in our community this year.



To learn more, please contact Alica Woodrick, Stewardship & Donor Relations Officer, at alica.woodrick@trinity-health.org or 616-685-1427,



Scan to Donate



Scan to Volunteer

Saint Mary's Foundation Board of Trustees

Saint Mary's Foundation is fortunate to have the support of these community leaders who bring to our mission their exceptional leadership, professional expertise and connections to the communities we serve.

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TRINITY HEALTH MISSION

We, Trinity Health, serve together in the spirit of the Gospel, as a compassionate and transforming healing presence within our communities.

TRINITY HEALTH VALUES

- Reverence
- Commitment to Those Experiencing Poverty
- Safety
- Justice
- Stewardship
- Integrity



Committed Diversity, Equity and Inclusion (DEI) and other community partners helped advance health equity, promoted food security, and supported our efforts to serve as a **transforming and healing presence within our communities.**

Thank you to our Diversity, Equity & Inclusion (DEI) partners:



SAINT MARY'S FOUNDATION

A Member of Trinity Health

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

Saint Mary's Foundation
200 Jefferson Ave. SE
Grand Rapids, MI 49503

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Interested in becoming a volunteer?
Contact Laura Conners at 616-685-6084
or connerla@trinity-health.org

**Interested in planned gift
opportunities?**
Contact Cathy Skene
at 616-685-1484 or
cathy.skene@trinity-health.org

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

**Interested in your company
becoming more involved?**
Contact Angela Paasche
at 616-685-1426 or
angela.paasche@trinity-health.org

For more information, contact:
Saint Mary's Foundation
200 Jefferson Ave. SE
Grand Rapids, MI 49503
Phone: 616-685-1892

SaintMarysFoundationGR.com

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

Saint Mary's Foundation Earns Candid's Top Honor

Platinum
Transparency
2023

Candid.

Saint Mary's Foundation earned the Candid (previously GuideStar) Platinum Seal of Transparency in 2023!

The Platinum Seal indicates that Saint Mary's Foundation shares clear and transparent information about the foundation with the public. This rating puts us in the top 15% of all Candid seal holders nationally in terms of transparency!



Check out our #NonprofitProfile to see the great work we do for our community. We want to make sure you have the progress updates you need to confidently support our work with trust and confidence.