

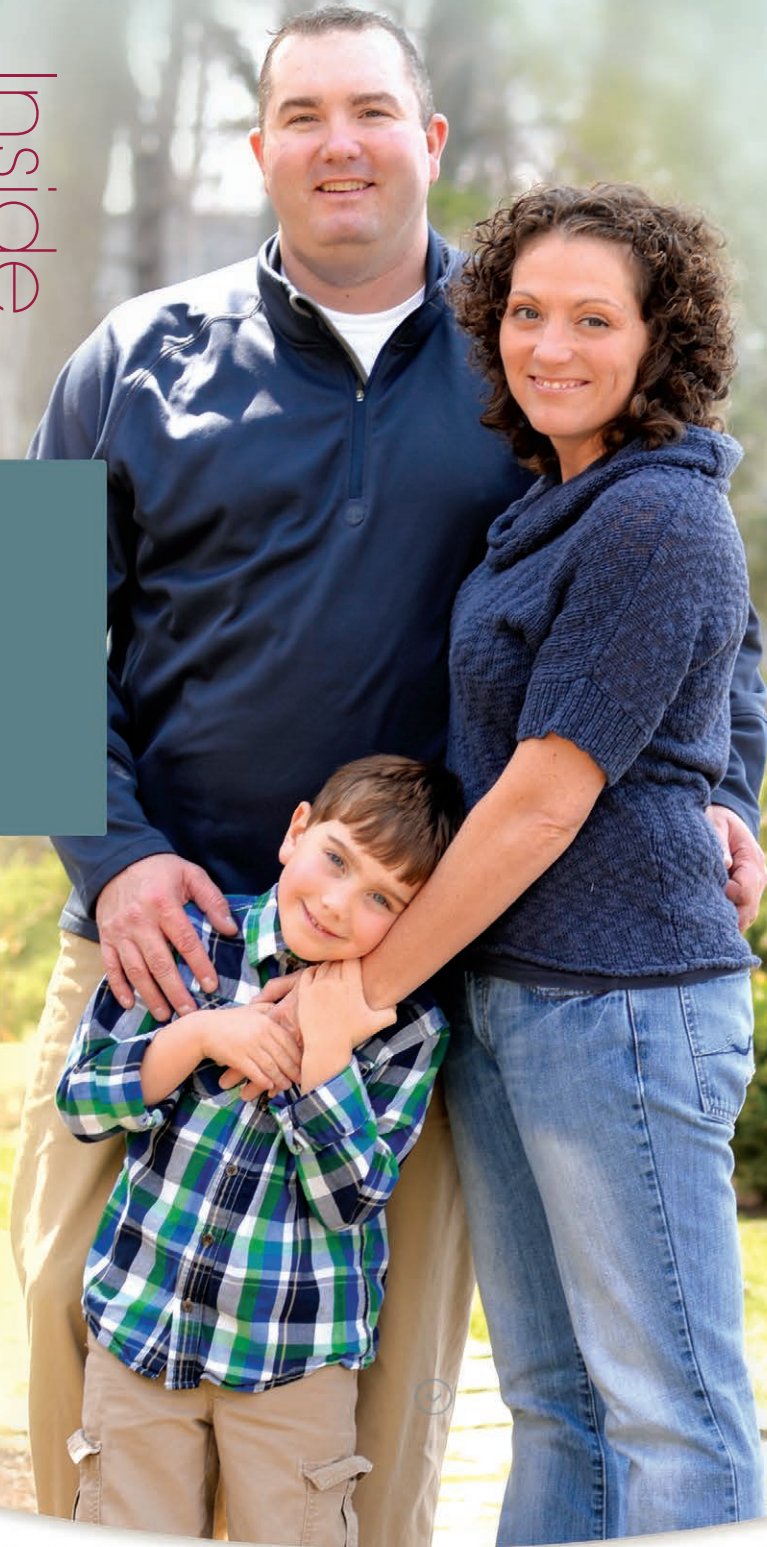
# Gift of Health

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Inside

Worth  
Fighting For  
Patient Stacy Adams

SAINT  
JOSEPH  
MERCY  
HEALTH SYSTEM



# Worth the Fight

On August 1, 2012, Stacy Adams was gearing up for her fourth round of the “red devil,” the epithet given to the aggressive chemotherapy drug, she was undergoing to treat Stage III breast cancer. She had lost her hair, but at age 37, she wasn’t ready to lose her life. Stacy had everything in the world to fight for, and topping that chart was her 3-year-old son, Cooper

Stacy’s husband, Jason “Jay” Adams was there to support Stacy at every single chemo appointment. “He’s my rock,” she beamed. “Jay and Cooper even shaved their heads with me. They came in from swimming and Jay said, ‘it’s time. . .’ He made something that was so hard into this special, loving moment for me.” That was the second time Jay had shaved his head in solidarity – the first was for Stacy’s mom who was fighting terminal brain cancer. “Chemotherapy is a necessary evil,” said Stacy. But she found a silver lining there, “getting to see the girls, my nurses and clinical staff at Chelsea Community Hospital’s Infusion Center. Their medical expertise goes beyond skill, it’s full of heart too. They make you feel completely safe. They even went out of their way to make Jay feel comfortable.”

Eight treatments of chemotherapy over four months were followed by 4 weeks of radiation, and Stacy admits the successive treatments slowed her down a bit. But she never stopped, “It helped to stay focused on the important things in life like continuing to work, taking care of my mom and spending every day we could together, and cheering for Cooper at every single football and soccer game – I didn’t want to miss that. I did not want Cooper to feel the effects of this horrific disease.”

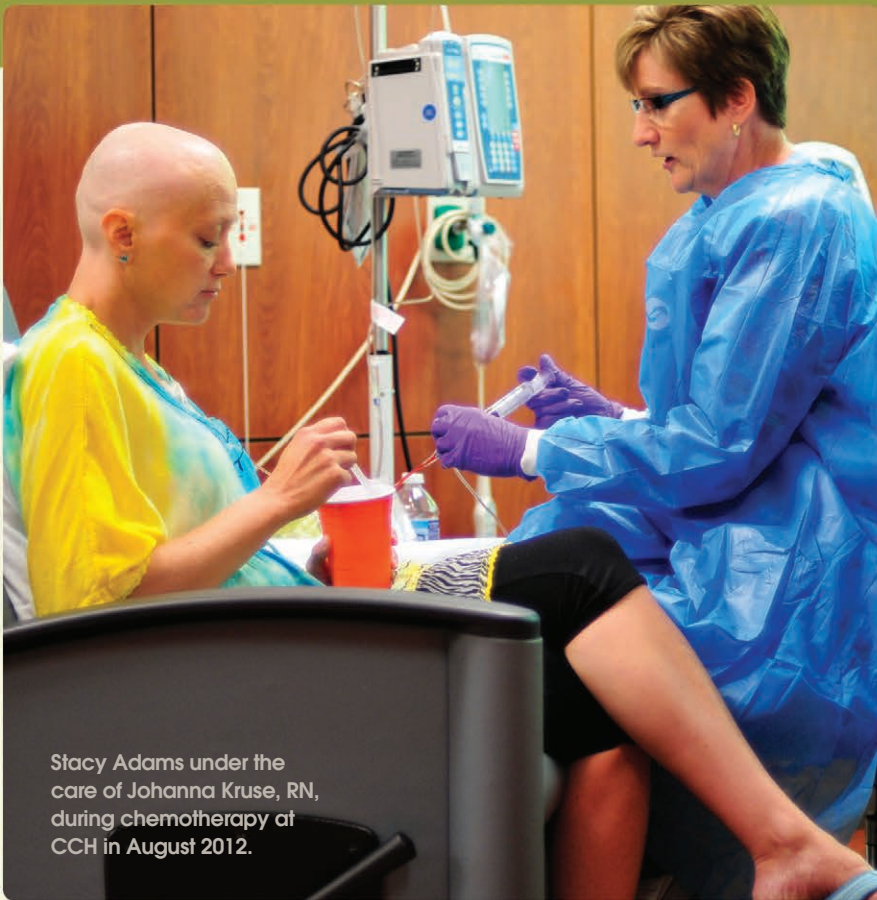
If you ask Stacy about her experience, she’ll tell you, “My cancer gave me more than it took.” She looks past any fear or anger and even past the months of treatment, to the love, support and resources that helped her through. She recalled daily visits from friends and family who brought meals during her painful four-week recovery from a bilateral mastectomy and again nearly a year later following reconstructive surgery, “It’s astounding to feel so loved. Cancer gave me the opportunity to stop, connect with people, and be grateful for what I have.”

Stacy relied on the Cancer Care team and Comprehensive Breast Center at SJMHS. “I’m a perfectionist, and I know the knowledge and passion of the doctors and nurses who cared for me is unmatched. They were thorough, straight forward, kind and included me in the planning process. That was really important to me.” She chose the most aggressive and advanced treatments available to rid herself of the cancer found in her breast and lymph nodes. In 2013, Stacy was declared cancer free.

Stacy isn’t bald anymore and loves the “springs” of curls she’s growing, “I’ve only cut my hair, once, I just want to save every bit of length,” Stacy smiled. Cooper recently told her, “Mommy, it was okay when you were bald, but I like you better with hair.” Her curls are a tangible sign that she beat the cancer, the red devil and all. Today, Stacy and Jay are happy to have life back to normal, happy to be living every moment with Cooper – looking forward to summer on the lake, cheering at all his games, getting him ready for kindergarten and just watching their little guy grow up.



**Patient  
Stacy Adams  
with her son,  
Cooper, today**



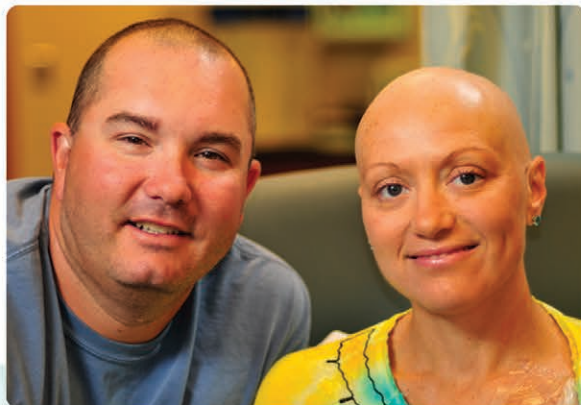
Stacy Adams under the care of Johanna Kruse, RN, during chemotherapy at CCH in August 2012.

## This Happened for a Reason...

Chelsea Community Hospital is building a new comprehensive Cancer Center, scheduled to open December 2014, and your gifts toward the Branching Out Campaign are making it possible. "I feel like it's my calling to give back in some way," Stacy shared. And, she has already begun her journey – she joined the Patient-Family Experience Team to help design the new CCH Cancer Center and served on the Auction Committee raising money for the new facility. In addition, Stacy is training for her second Susan G. Komen 3-Day, 60 mile walk.

"I am a survivor and I know that I owe that in part to the amazing doctors and care providers at Chelsea Community Hospital and St. Joe's Ann Arbor," said Stacy. "I feel good knowing that I'm a part of building the full service Cancer Center right here at CCH. For me, it is about paying it forward and being part of something bigger than your own life. I know that not every patient has the resources and support I did, and having expert care close to home will make all the difference for those in need – it will save lives, and who would not want to be a part of that!"

- Chelsea Community Hospital Cancer Center project [cch.org/ways-to-give-cch](http://cch.org/ways-to-give-cch) or 734-593-5373
- SJMHS Cancer Care 734-712-HOPE (4673) or visit [stjoesannarbor.org/cancer](http://stjoesannarbor.org/cancer)
- SJMHS Breast Health Center visit <http://www.stjoesannarbor.org/breast-health>



Stacy's husband, Jay, was by her side at every chemotherapy appointment.

# Joe's Memory Arts Café



*An international movement has made its way to Michigan with the state's first Memory Café at St. Joe's Huron Woods in Ann Arbor.*

A Memory Café is a social and supportive environment, free of judgment, for individuals with memory loss and their care partners (spouses, children or other caregivers). They can be held at nearly any venue and can be as formal or informal as the founders determine. Joe's Memory Arts Café is a two-hour program offered the second Sunday of each month at Huron Wood's dining hall, transformed to look like a downtown café.

The idea to create the Memory Café came from Janette Ferrantino, donor and member of the patient and community advisory committee.

"When I read about the Memory Arts Café movement, I was inspired," said Ferrantino. "I knew it was a service that we needed in our community so I shared the idea with Susan Pettis, the Director of Huron Woods. In my experience, they are the leading experts at caring for people with dementia. And, they have used their insight to create the amazing Joe's Memory Arts Café that takes the attention off the illness and allows caregivers

and family members to have some fun."

Huron Woods leaders worked with the patient and community advisory group to develop a Memory Café that best meets the needs of local families. The day starts with an informal social gathering, followed by an hour of arts such as music, storytelling and dance led by a guest artist, and then a light supper.

The advisory committee noted special details that would meet this community's unique needs. For instance, music has long been known to trigger memory for those with dementia, so music is a key feature – guest artists foster group participation and guests are provided instruments and encouraged to sing along. Volunteers attend each month to engage guests in singing and dancing. In addition, a "must-have" on the advisory committee's list was serving the meal to the tables to give care partners a deluxe experience.

This innovative approach drew the support of the Ann Arbor Area

Community Foundation's Anna Botsford Bach Fund for Seniors with a gift that helped to make the Café possible. Joe's Memory Arts Café was designed to be a welcoming and comfortable social outing and a supportive place. "We have about 30 guests each month, and many families have expressed how helpful it has been to meet others who are on this journey and to be able to share and learn," said Sandy Schmunk, LBSW, Director of Joe's Memory Arts Café.

"We are grateful to Janette for being a champion for our Memory Arts Café," said Fran Petonic, Vice President for Development. "Her vision and generosity motivated others to support the Café. The Café is an answer to the isolation, stress and obstacles that people with memory loss and their care partners often face – it's a step in changing the way we think about dementia, and in changing people's lives."

---

**To register call Sandy Schmunk, LBSW, Joe's Memory Arts Café Director, at 734-649-6806.**



### St. Joseph Mercy Ann Arbor's New Outpatient Surgery Center opens this June.

Built with your generous support and our commitment to medical excellence, the new Outpatient Surgery Center has been designed to transform patient care. Some of the many enhancements include scope video integration equipment, brighter LED lights that emit less heat and nearly doubling the size of each operating room! Discover why St. Joe's is the place to come for healing body, mind and spirit.

> Your Passion  
> Your Gift

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# ROBOTICS *Revolution*

"For every patient in my care, I ask myself, if this were my mom or my brother, what treatment would I prescribe for them? The da Vinci® isn't always the answer, but when it is, the robot can offer many benefits to our patients," said Dr. Manak Sood, Chair of the SJMHS Robotics Surgery Program.

**Saint Joseph Mercy Health System is the busiest robotic surgery program in the State - last year, we performed more than 800 robotic surgeries across all specialties.**

According to Dr. Sood this volume is necessary to maintaining safety, efficacy and consistency. "One of the first questions our patients asks is, 'how many times have you performed this procedure?', and rightfully so," said Dr. Sood who leads the committee responsible for advancing and regulating the Health System's Robotic Surgery program. "Our surgeons must perform a minimum of 16 to 20 procedures a year to maintain their status in the Robotics Program," Dr. Sood said. "It's just one of our regulations that's fundamental to our goal of advancing patient care."

## **Other key policies instituted by the committee require that surgeons and surgical residents:**

- Undergo strict proctoring that is significantly expanded beyond guidelines set forth by the industry (currently SJMHS is at a point that all new candidates can be proctored internally)
- Meet a minimum monitor time and show progress on the simulator
- Train on the dual robot that is run simultaneously by student and expert
- Be credentialed

"There is a learning curve to acquiring robotic surgery skills. Just like a pilot, we hone some proficiency on a simulator and like an apprentice we gain mastery working alongside highly skilled surgeons," said Dr. Sood. "In addition, we train the entire surgical team not only the surgeons. A new procedure is not introduced until the whole team is ready."

SJMHS mainly uses the da Vinci® Surgical System and is a leader in the development and perfection of new techniques. SJMHS launched the Robotic Surgery Program in 2004, made possible by donors including Dick & Norma Sarns who helped purchase the first da Vinci robot and champion surgeons such as by Department of Surgery Chair Walter M. Whitehouse, Jr., MD, and Hugh Solomon, MD. Initial uses were for urological procedures; in 2006, SJMHS expanded to gynecological surgeries; and in 2008, SJMHS refined cardiothoracic surgeries. The program has continued to grow and be successful at improving the surgical experience and outcomes for patients.

"Our internal regulations go beyond those of the FDA and the vendor," explained Dr. Sood. "We have developed a strong program that benefits our patients in all the ways intended - smaller incisions and less disturbance to bone and tissue resulting in less blood loss, less risk of infection and much quicker recovery times. It's not about what other health systems are doing, cutting costs or market indicators, it's about advancing care and saving lives."

## Renowned Robotic Surgery Specialists

Your gifts for the Robotic Surgery Program helped Saint Joseph Mercy Health System to become one of the select few centers in the world with the infrastructure and expertise needed to take robotic surgery and da Vinci® technology to the next level. In addition, we are home to three renowned robotic surgery specialists who are sought after regularly to present at national conferences.

### **Dr. Manak Sood – The “Robot Bypass”**

Dr. Sood is a leading cardiovascular specialist and one of the few performing the da Vinci® coronary artery bypass surgery, replacing the need for the most common type of open heart surgery,

### **Dr. Robert Cleary – Colorectal Robotic Surgery**

Dr. Cleary is one of the first in Michigan and among the top five surgeons in the country for colorectal robotic surgeries, especially effective in the treatment of rectal cancer.

### **Dr. Paul Hoff – Trans Oral Robotic Surgery (TORS) for Sleep Apnea**

Dr. Hoff specializes in Otolaryngology surgeries and is a leader in Trans Oral Robotic Surgery (TORS) the most current and effective treatment for obstructive sleep apnea. He was recently chosen by the FDA to determine safety and efficacy of robotic surgery for benign head and neck disease.



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## Patient Portal



## Managing Your Health Care Just Got Easier

Saint Joseph Mercy Health System's (SJMHS) Patient Portal is an online tool that allows you to check your hospital test results and access key health information 24 hours a day, seven days a week. This secure website allows you to privately view basic lab results, portions of your medical record, hospital discharge instructions and more. It's free to use, simple to sign-up and completely secure.

Enrollment into the patient portal is currently available when registering for your visit. You will be asked if you'd like to sign up. If you wish to enroll, an email will be sent to you and you will follow the registration instructions in your email.

You can look up your health information from hospital visits at any of our Saint Joseph Mercy Health System hospitals: Chelsea Community Hospital, St. Joseph Mercy Ann Arbor, St. Joseph Mercy Livingston, St. Joseph Mercy Oakland, St. Joseph Mercy Port Huron, St. Mary Mercy Livonia

For more information visit [stjoesannarbor.org/patientportal](http://stjoesannarbor.org/patientportal) to link to your hospital or call 1-800-324-8163

## Your Legacy

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---

Call Fran Petonic, Vice President for Development, at 734-712-4040 for sample language and allow us to recognize you as a member of one of our Legacy Societies.





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**The Reasons You Choose  
Saint Joseph Mercy Health System**

## Fast Facts

- Ted & Jane's Camp Courage, for children and teens who have experienced the death of a loved one, will be held for the sixth consecutive year. Made possible with gifts from the Ted & Jane Von Voigtlander Foundation, the camp served 30 kids in its first year, with attendance doubling to 60 kids in 2010 and growing steadily to more than 75 kids in 2013. This unique two-day camp combines traditional summer activities with age-specific grief support.

For more information about Camp Courage, please contact Claudia Nafsu at 734-327-3224 or [nafsucr@trinity-health.org](mailto:nafsucr@trinity-health.org).

- SJMHS provided 3,078 patients assistance navigating the Healthcare Exchange and sent 84,000 individuals information on the Affordable Care Act and [healthcare.gov](http://healthcare.gov)
- St. Mary Mercy Livonia's Outpatient Diabetes Education Program has received continued recognition status from the American Diabetes Association (ADA) – a voluntary process that assures programs meet national standards for diabetes self-management education. For more information visit [stmarymercy.org/DiabetesProgram](http://stmarymercy.org/DiabetesProgram)
- St. Joseph Mercy Ann Arbor held an open house for the Outpatient Surgery Center on May 10 inviting the community to come see its nine 600-square-foot operating rooms, new technologies including scope video integration equipment & LED lighting; comfortable visitor spaces and beautiful artwork by Michigan artists. The new OSC will offer a healing environment from the moment you enter through recovery.

**For more information,  
please contact us at:**

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Please contact us at 1-855-257-1719 if you wish to have your name removed from lists used to send fund-raising requests supporting Saint Joseph Mercy Health System.