

# Gift of Health

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## Growing Hope

The Hoensheid Cancer Center Celebrates 10 Years

# The Warren R. and Lauraine A. Hoensheid Cancer Center at St. Joseph Mercy Brighton



## *A 10-year Anniversary Celebration*

### **A family of donors helping families**

Ten years after Lauraine Hoensheid cut the ceremonial ribbon opening Livingston County's first full-service cancer center at St. Joseph Mercy Brighton, she returned to a community of fellow donors, SJMHS leaders and staff, and grateful patients. Together, on June 5, 2016, they celebrated the Cancer Center's momentous anniversary and all paid tribute to a decade of support that has greatly benefitted 4,600 patients who were in need of hundreds of thousands of treatments and services.

Lauraine said, "Every time I'm back in Brighton I run into old friends, and even people whom I have never met, who tell me they've needed the Cancer Center for either themselves, their friends or for loved ones. It truly is meaningful when people express their thanks because then I know the Cancer Center is living up to the vision we embraced during the campaign 12 years ago, which was to build a healing place close to home for people who would need it."

In order to take part in celebrating the Cancer Center's 10<sup>th</sup> anniversary, Lauraine and her younger grand-daughter, Hannah, traveled from Florida across country by train, passing through 12 states with 41 stops along the way. Her daughter, Jane Beam, together with her husband, Andy, and older grand-daughter, Olivia, meanwhile chose to come by plane. Making the celebration even more meaningful for the family was the fact that the Beams were at Lauraine's side during the Cancer Center's dedication ceremony on May 11, 2006. They too were donors to the Campaign and named the Cancer Center's healing garden. Lauraine's younger grand-daughter, Hannah, was born May 20 only nine days after the 2006 ceremony.

In 2006, Campaign leaders and donors cut the ribbon celebrating the opening of the Warren R. and Lauraine A. Hoensheid Cancer Center. COVER PHOTO: In celebration of National Cancer Survivor's Day, patients Alicia Petrucci and Ken Richards, among others, were invited to plant flowers in the Growing Hope Garden at St. Joseph Mercy Brighton.

The 10-year anniversary celebration was opened to the community in the afternoon and, together with donors, they celebrated National Cancer Survivors Day. During the spoken program, Lauraine shared with guests her personal motivation for becoming involved in the 2004 Cancer Center Campaign.

“In 2001, when my sister, Betsy, was diagnosed with cancer, I took weekly trips to Chicago to be at her side as a support as she underwent her treatments. I saw the pain and discomfort my sister was in, even on the relatively short three-mile drive to and from the hospital. During these times I often thought about my loved ones, friends and community residents back at home in Livingston County and how their lives would be impacted if they needed cancer care. I realized very quickly that they wouldn’t have the benefit of a hospital or cancer center that was only three miles from their homes, instead they would have to endure long car rides for essential treatments at the nearest cancer centers that were, minimally, more than thirty minutes away.

“In 2004, I was approached by St. Joe’s Livingston and Brighton to take part in the cancer center and campaign feasibility study, to evaluate if Livingston County residents would be able to raise \$5 Million in support of a local cancer center. My answer was, ‘When can we get started?’, as my hope was to inspire the community to join me in this endeavor.”

As the lead donor, the Cancer Center was named in honor of Lauraine and her late husband Warren Hoensheid. At the

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## Thanks to Our Donors

With your gifts, the Warren R. and Lauraine A. Hoensheid Cancer Center has remained a beacon of hope and healing in the community, providing patients with the latest in prevention, detection, diagnosis and treatment, while offering modern radiation therapies, access to clinical trials and support groups. The Cancer Center is part of Saint Joseph Mercy Cancer Network, with locations in Ann Arbor, Brighton, Canton, Chelsea, Livonia and Pontiac, strengthening the expertise and resources available to patients. Since the day the Hoensheid Cancer Center opened, patients in Livingston County have benefitted from advanced cancer care close to home.

For more information about how you can support cancer care services at St. Joe’s Brighton, please contact Katie Rusak, Director of Development, at 810-844-7207 or [Kathryn.Rusak@stjoeshealth.org](mailto:Kathryn.Rusak@stjoeshealth.org).

## Then & Now...



Lauraine Hoensheid (far right) with her family, Andy, Jane and Olivia Beam at the Cancer Center Dedication Ceremony in 2006.



Lauraine Hoensheid (center) with Jane, Andy, Hannah and Olivia Beam at the June 5, 2016, 10-year Anniversary Celebration.

# Thank you to

event, Lauraine graciously recognized and expressed her appreciation to her fellow donors for making gifts to the Cancer Center Campaign that surpassed the \$5Million goal, which had been the largest fundraising goal ever for Livingston County.

The theme of the event, “Growing Hope,” reflects all that our donors have made possible in support of St. Joe’s commitment to going beyond advanced medical treatment. The Hoensheid Cancer Center helps to relieve spiritual, emotional, financial and physical distress caused by cancer through pastoral care, pain management, financial assistance programs and support services. We invite and encourage loved ones into the treatment process, and offer an environment that fosters comfort, privacy, respect and integrity that are essential to a patient’s healing journey.

“It is clear that the Hoensheid Cancer Center is not only a source of pride for St. Joe’s, it is a place built with community support for the community. Our expert staff loves the work they do and our patients rely on them and trust them with their lives,” said St. Joseph Mercy Livingston President John O’Malley, who took this new role September 2016. “I’m so honored to join this team and this circle of donors who have a vision for transforming care for Livingston County families.”



In addition to Lauraine, patients Ken Richards and Alicia Petrucci joined St. Joe’s Health Reporter Lila Lazarus in addressing the guests at the June 5 event.



Physicians and staff attended the event to greet their former patients and other community members. Here Lynn Thomas, RN, Oncology Clinical Coordinator, (right) hugs patient Alicia Petrucci.

# Gifts for Mercy Dental Clinic Reach **At-risk Patients**

*Before coming to St. Joseph Mercy Oakland's Mercy Dental Center, Matt was having mouth pain but unable to communicate it due to developmental disabilities. Many months of pain led to changes in his behavior – the often times shy young man became angry and combative. His doctor recommended psychotropic medications to control his behavior. His sister, knowing he had not seen a dentist, was concerned his teeth may be the source of pain, but did not know where to go. Then she heard about the Mercy Dental Center.*

*It was difficult for Matt to see a dentist because his mouth was so sensitive; even a routine exam was not possible. Fortunately for Matt, the Mercy Dental Center has the capability to provide safe, comfortable care using all forms of sedation including general anesthesia. Matt was able to be seen with the aid of sedation to remove several infected teeth and receive treatment for his other dental needs. His mouth was healthy once again. With his dental pain eased, Matt was back to his good-natured self. And, he can continue to visit the Mercy Dental Center for regular care and enjoys coming to the dentist to keep his mouth comfortable and free of pain.*

*Matt's story reflects the experiences of many of the patients served at the Mercy Dental Center.*



Dr. Craig Spangler, Director, Mercy Dental Center and Dr. Nisha Yusaf, Associate Director, Mercy Dental Center.

With the support of generous donors – including The Jewish Fund, the DeRoy Testamentary Foundation, the Filmer Memorial Trust and the Louis and Nellie Sieg Foundation – St. Joe's Mercy Dental Center has treated a growing number of underinsured and low-income patients, those with developmental disabilities, and children under the age of five years-old with severe dental caries, offering treatments and services to meet complex needs.

Oral health is essential to overall health. Research links chronic oral infections to heart and lung disease, stroke and diabetes. Dental health also has a significant impact on a person's confidence in social and professional settings. Significant disparities exist in oral disease rates and access to dental care among our most vulnerable patients.

St. Joseph Mercy Oakland has one of only four General Practice Residency Programs in the State of Michigan. The program is directed by Dr. Craig Spangler and Associate Director Dr. Nisha Yusaf. The general practice residents, under the supervision of Dr. Yusaf, treat patients in the Mercy Dental Center, providing acute and preventative dental care to vulnerable populations. The residency program has been granted full approval by the Commission on Dental Accreditation for three residents. These residents work alongside 30 local dentists who volunteer their time and expertise as attending dental specialists (instructors/mentors). Since the program started in June 2011, 10 residents have graduated from the SJMO Graduate Dental Residency Program. Several are working in the local community and seeing patients with special needs.

“Another important aspect of our work is educating the community about the importance of good dental health, and the impact of dental health on systemic health,” said Dr. Spangler. “We seek to reach out to patients within the hospital as well as go into the community to places like schools, churches and social service centers.”

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Each year, the clinic sees nearly 500 patients and provides more than 2,500 procedures to the needy in our community. Yet the demand for services consistently exceeds the Mercy Dental Clinic's ability to provide care and there is a waiting list that has expanded to 300 people, many with disabilities who have nowhere else to turn.

Now, thanks to a challenge grant from the Richard E. and Sandra J. Dauch Family Foundation, St. Joe's will be able to expand the dental clinic from three chairs to five chairs, reduce the waiting time and serve more patients in need. Your gifts to the Mercy Dental Center will go twice as far and will be matched dollar-to-dollar by the Dauch Family Foundation. Dr. Spangler summarized the mission of the program by saying, "In opening the Mercy Dental Center in the summer of 2011, St. Joseph Mercy Oakland acknowledged the urgent need to provide dental treatment and preventive care for everyone in the community, while training the dentists of the future to meet the needs of these deserving patients. Our donors make it possible to provide these services to those who are most in need. We are excited that this challenge grant will foster our vision to expand the dental clinic from 3 chairs to 5 chairs and the General Practice Residency program from 3 residents to 5 residents to serve more at-risk patients."

*If you would like to make a gift, please contact Megan Miller, Director of Development at St. Joseph Mercy Oakland, at 248-858-3556 or [Megan.Miller@stjoeshealth.org](mailto:Megan.Miller@stjoeshealth.org).*

### **Saint Joseph Mercy Health System Dental Care for Underserved Patients**

Saint Joseph Mercy Health System has recognized a need for affordable dental health throughout southeast Michigan and has partnered with community organizations in Washtenaw and Livingston County. The Washtenaw County Dental Clinic celebrated its first full year of operation in February 2016 serving 1,987 patients and providing 4,437 dental visits to adults and children who are underinsured and low income at its Haab Health Building location in downtown Ypsilanti. For more information stop by the clinic, visit [www.ewashtenaw.org/smile](http://www.ewashtenaw.org/smile) or call patient services at 877-313-6232. The Livingston County Department of Public Health and St. Joseph Mercy Livingston are collaborating to open a dental clinic in Howell to serve individuals who are uninsured and low income. Construction is underway.

### **Mercy Dental Center recent data collected between January 2015 and June 2016 shows:**

UNDERSERVED PATIENT GROUP	NUMBER OF PATIENTS SERVED	NUMBER OF NEW PATIENTS	NUMBER OF PATIENT VISITS	NUMBER OF TIMES SURGICAL FACILITIES USED
Uninsured and/or low-income patients with limited access to dental care	450	184	2,134	37
People with physical and/or developmental disabilities	90	32	160	23
Infants and children 5 years or younger	67	25	158	15
<b>TOTALS</b>	<b>607</b>	<b>241</b>	<b>2,452</b>	<b>75</b>

**Gifts for Mercy Dental Clinic Make Life-changing Differences**

# A Legacy Gift Makes Life-Changing Differences

## \$2 Million to Support Cancer Care at St. Joe's Ann Arbor

A \$2Million gift from an anonymous donor was given to support cancer care services at St. Joseph Mercy Ann Arbor. Her gift reflects a lifetime of giving. In the 1990s our donor was among the visionaries who made a lead gift to the Cancer Care Campaign and she has continued to support St. Joe's throughout the past nearly 25 years.

In recent conversations, our donor learned about growing cancer care needs in the community and the ongoing progress in treatment options, research and support services. When asked to consider a gift of \$1Million to support the future of cancer care at St. Joe's, she chose to make her best gift of \$2Million.

"Our community's support for cancer care is astounding – donors made it possible to open the area's first comprehensive cancer center in 1993, St. Joe's Robert H. and Judy Dow Alexander Cancer Center," said Philip J. Stella, MD, SJMHS Medical Director of Oncology.

Since then, patient volumes have tripled to more than 3,400 annually. Treatment options have advanced dramatically and with them the definition of comprehensive care, calling for an increase in expert staff.

"We've gone from eight to 15 hematology and radiation oncology specialists and from three research staff to 27, as well as adding surgical specialists for all tumor types, for example," explained Dr. Stella. "We've been recognized as the nation's best community research program; added genetic counseling, multidisciplinary clinics, and a leading da Vinci® surgery program; and we're the home of Michigan's first CyberKnife® and first nurse navigator program. All to improve patient experiences and outcomes."

"We are so grateful to our long-standing donor for making an extraordinary gift of \$2Million and to the many generous donors who support our work," added Stella. "Especially as we look to the future and develop plans that will sustain cancer care excellence at St. Joe's."

**For more information about how you can make a gift in support of cancer care, please contact Katie Elliott, Director of Major Gifts, at 734-712-3919 or [Katie.Elliott@stjoeshealth.org](mailto:Katie.Elliott@stjoeshealth.org).**



Philip Stella, MD

## Sharing a Vision

"For my family and for me, St. Joe's has always been an important place and an important cause," said Judy Dow Rumelhart. "And, as a donor and the Chair of the 1990s Cancer Care Campaign, it means the world to me each time a fellow donor, especially one who partnered in our efforts 25 years ago, makes an investment in the cause – in the patients who will continue to come to St. Joe's Cancer Center seeking the best medical treatment, compassion and hope."





## Leaders, Teachers, Healers

Thomas Oweis, MD

### Tell us a little about yourself:

I was born in Detroit and grew up in Detroit and later in Troy. I have a sister and two brothers, a fiancé and two cats and a lot of close friends. My dad was a welder and my late mom was a bilingual teacher. With Syrian parents, we lived how they lived, working hard. My older brother and I had a couple of paper routes. We didn't really do organized sports, there wasn't much back then. For us playing sandlot ball with friends was more than enough fun.

I was a nerd in high school. I was really just focused on getting good grades and rising to the challenge of getting into medical school. I studied pre-med at the University of Detroit and medicine at Wayne State University, and did my residency at St. John's Hospital in Detroit.

Right after my residency, I joined a general surgery practice in Maumee, Ohio and also did trauma care at Level I Trauma Centers including St. Vincent Hospital and the University of Toledo where I worked as an associate professor teaching trauma care to residents – training in the ER, operating room, and on grand rounds.

I joined the St. Mary Mercy Livonia Medical Staff as the Director of Trauma at the end of 2014 and am now working at St. Mary full time.

### What drew you to becoming a doctor?

(Laughs), the 1970s television show *Emergency* was one of my favorites – the challenges and the way they could “fix” these injured and sick people fascinated me – they were like mechanics for humans. Of course, everything always turned out nice in the end. But, I was young and impressionable, so it really got me interested in trauma care.

Interestingly, in 8<sup>th</sup> grade, I had to take one of those, “what’s your ideal career?” tests, and my results came back as “truck driver.” I knew that was not quite what I was thinking. I was a smart kid and very driven. I did well in school and wanted to challenge myself, I always knew I wanted to be a doctor.

### How did you choose your specialty?

I always loved trauma. It's unpredictable and fast-paced. When you treat a patient, you see results quickly. There is nothing more gratifying than to see one of my patients being discharged from the hospital after coming in with life threatening injuries.

In one case, we treated two college freshman girls who were on their way to spring break; they were driving down I-75 on their way to the airport, and were hit by another car driving in the opposite direction. Three of their friends died on the scene. When the two arrived at the hospital, they were on death's doorstep. We got them stabilized; and they had a lengthy hospital stay. That was in the spring, and by September, they walked onto the football field and were honorary co-captains for the university's home opener.

### How long have you been at St. Mary Mercy Livonia? And, what drew you here? What is unique about the care here?

For me, taking 24 years of experience in surgery, trauma care and private practice and applying that to leading a new trauma program and raising the capabilities of trauma care for an entire community was the logical next step.

What drew me to St Mary Mercy Livonia was an opportunity to take an established community hospital and help mold a service of trauma care for a community in need of trauma services.

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Thomas Oweis, MD, has nearly 25 years of experience providing Level I trauma care and expert surgical care. He joined the St. Mary Mercy team as Director of the Trauma Program in 2014 and played a lead role in the hospital's recent certification as a Level II Trauma Center (see article on page 12). In addition to medical expertise, Dr. Oweis is committed to offering the community services that meet its specific needs, continually improving treatment and outcomes, and reducing the number of preventable traumatic injuries that occur each year. Through a philosophy that embraces trauma care as an art and a science, Dr. Oweis leads his team in stringent data tracking, ongoing education, and personalized, coordinated care, close to home, putting the patient and family at the center.

**Dr. Oweis is among the doctors at St. Joe's who serve as leaders, teachers and healers.**

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With the outstanding engaged administrative leadership, our trauma service has been able to not only become verified as a Level II Trauma Center on our first attempt, but we have been given the tools to better refine the program as we mature.

The hospital understands the needs of the community, especially the elderly population in our area. Not all hospitals can focus their care around the immediate needs of their community.

### **What are your roles at St. Joe's?**

I'm the St. Mary Mercy Livonia Medical Director of Trauma, so I lead the administrative part of the trauma program and coordination of the clinical teams involved in trauma care. I also provide direct surgical care to patients, round on patients, take call and provide consults.

### **What is most important to you about your work?**

Knowing that I'm able to go ahead and maximize care for patients from start to finish - from stabilizing the patient in providing life-saving treatments, to offering ongoing rehabilitation when needed. Becoming a verified Level II Trauma Center requires fulfilling stringent criteria set by the American College of Surgeons (ACS). These criteria define the standards applied to every patient's care. We then track and trend what we do to ensure we continue to improve care and outcomes for our patients.

It's also important to have the program running smoothly and offering the best treatment by coordinating all aspects of care such as imaging and anesthesia; orthopedic and neurologic surgery; blood bank/lab; intensive care; social work; and physical medicine and rehabilitation. Having coordinated care makes things easier on the patients' families, too, who are facing a lot of stress, fear, and change. Having families involved helps alleviate some of the stress by keeping them apprised. Not all outcomes in trauma are positive. Knowing the best we did for the patients and relaying this to family members can help family members cope.



### **What is on the horizon for your program and field of medicine?**

From a direct care standpoint, we are continually tracking our data and making improvements. The ACS uses a Trauma Quality Improvement Program (TQIP) Report to monitor national data and to make sure each Trauma Center follows protocols and makes decisions that meet and surpass standards - that's how we improve outcomes and address issues like rates of infection, reintubation and readmission. Right now, we are focused on pain management in post-operative recovery.

Going forward, I think it's important to continue building on our coordinated care model. We hold regular peer review and leadership meetings and get input from physicians from multiple subspecialties. Rick Ricardi, the trauma program manager, is a HUGE asset for this program.

I also see a big opportunity for education and prevention in the community. Currently we see more patients with blunt rather than penetrating injuries. These are injuries caused by falls and car accidents. We are focusing on two main areas of concern:

First, for our senior patients, we see a greater number of patients in their 80s and 90s who have suffered a fall

and experienced a head injury or broken bones, especially broken hips. Because of this, our injury prevention specialist Maurice Cox has increased the number of “Matter of Balance” classes. We have also instituted the “Car Fit” program for seniors to provide optimal positioning when driving. My vision is to develop a service or partnership to help make homes safer with simple, inexpensive fixes like non-slip rugs, railings and good lighting. This would dramatically reduce falls and, ultimately, critical, life-threatening injuries that lead to costly ER, trauma and inpatient needs.

Texting while driving is the other HUGE problem that leads to traumatic injury. Recently we established ourselves as a ThinkFirst chapter designed to prevent head and spinal cord injuries as a result of texting and driving and also lack of helmet use when participating in sports. One of our goals this year is to get into the high schools to promote safety especially regarding texting while driving.

## **How do you describe the role of philanthropy in the work you do, at the hospital and in our communities?**

Gifts from the community to build the new ER markedly improved the way St. Mary Mercy Livonia can care for patients. Developing the Level II Trauma Center was part of the overall vision for the project – to create a space designed to treat and care for acute trauma patients with much more severe injuries. The generosity of donors made it possible to provide the benefit of trauma care close to home – and that benefit is two-fold really:

First you have quicker stabilization and treatment. In trauma care, we have what is called the “Golden Hour,” because it’s been proven that the chances of survival are higher for patients who are seen and stabilized within an hour.

Secondly, I would say an equally important part of having care close to home is the likelihood of family involvement in care and the healing process. Rehabilitation can take weeks and months, and with coordinated trauma care including rehab, we eliminate travel time for families who want to be with their loved ones every day to give emotional support.

## **If you weren’t a doctor, what is your second choice for a career?**

I always wanted to be a doctor, but my second choice would be a chef. When people come over and I grill or cook something up and they like it, that makes me feel good. Chef Jacques Pepin is one of my heroes.

## **What are your favorite things to do in your “spare” time?**

I like to golf and lift weights. I love hanging out in Royal Oak and Birmingham, there are a lot of great restaurants – one of my favorites is Lockhart’s BBQ. I do the Zoo-de-Mac bike trip every year along with the Biketember Fest with some buddies in the fall.

## **What are your favorite travel destinations?**

I love Chicago. I go to Tampa and Miami every year to go golfing with friends. And, we went to San Francisco and Napa last year and had a great time.

## **What is your favorite movie? What is your favorite book?**

For favorite movie, I’d have to say, probably, “Goodfellas.” My favorite thing to read is a golf magazine – it’s one of the best ways to relax.





## St. Mary Mercy Livonia Named Level II Trauma Center

St. Mary Mercy Livonia has received Level II Trauma Center verification from the American College of Surgeons, enabling the hospital to treat patients who are severely injured with multidisciplinary trauma care.

"This achievement recognizes St. Mary Mercy's dedication to providing optimal care for our patients," said Dave Spivey, president and CEO of St. Mary Mercy Livonia. "As a Level II Trauma Center, we have an around-the-clock trauma team and dedicated trauma surgeons to deliver advanced specialty care quickly, when time is critical. Providing care required of a Level II Trauma Center involves specific clinical expertise, close collaboration between hospital departments and a coordinated partnership with our local emergency responders."

Verified Trauma Centers must meet essential criteria that ensure trauma care capability and institutional performance, including 24-hour access to specialized staff, equipment and training, and other resources necessary to provide immediate care for the most complex cases.

Level II Trauma Centers have the resources and personnel to treat complex injuries beginning in the Emergency Center and extending to almost every area of the hospital. St. Mary Mercy provides severely injured patients with rapid access to in-house specialists in the areas of orthopedics, neurosurgery and complex plastic surgery as well as specially-trained trauma physicians.

What do the verification levels mean? Trauma Center verification levels range from Level I to Level IV with Level I being the maximum ranking. Level I and II have the same care standards for patients; however, Level I facilities treat a higher volume of trauma cases annually and have additional requirements that include trauma research and a trauma residency program.

St. Mary Mercy was granted provisional Level II Trauma Center status in March 2014 in order to demonstrate its trauma program to the American College of Surgeons in its recent verification visit. Since that time, St. Mary Mercy has cared for more than 3,000 individuals with traumatic injuries.

"We see an average of 130 trauma patients a month," said Rick Ricardi, SMML Trauma Program Manager. "Forty-five percent are patients over the age of 80 being treated for a broken hip or head injury caused by a fall. This data drives our focus to improve fall prevention in our community and to understand the unique risks and needs of the senior population."

Many life-threatening injuries are avoidable. Another component of trauma center verification is to provide injury-prevention education to the community. St. Mary Mercy provides education about distracted driving, proper helmet fittings, fall prevention and more.

For more information about St. Mary Mercy's Level II Trauma Center, visit [www.stmarymercy.org/trauma](http://www.stmarymercy.org/trauma) or call 734-655-2771.

To learn how you can make a gift to support St. Mary Mercy Livonia's vital health care services, please contact Sara Stauffer, Director of Development, at 734-655-1580 or [Sara.Stauffer@stjoeshealth.org](mailto:Sara.Stauffer@stjoeshealth.org).

When Minutes Matter

> Your Passion

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# OUR COMMUNITY'S BENEFIT

Your financial support makes remarkable care possible. Visit [stjoeshealth.org](http://stjoeshealth.org), select your hospital and click on Ways to Give.

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St. Joseph Mercy Oakland	248-858-6146
St. Mary Mercy Livonia	734-655-2980



## *Your Legacy*

You can ensure the Remarkable Medicine, Remarkable Care that your family has counted on is available for future generations. Making a gift through your will or trust is a simple and meaningful way to leave 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.





# Be able to enjoy life again.

Throwing a roundhouse kick during a Taekwondo practice was all it took for Lupe Bravo to know something was not right. The kick, which was meant to be a fake, resulted in a torn anterior cruciate ligament (ACL) of his left knee.

“Following the kick, I tried to do the standing splits on my left foot and my whole body wobbled,” Lupe recalled. A magnetic resonance imaging (MRI) scan confirmed the inevitable – Lupe’s ACL injury required surgery.

As an active person, Lupe had experienced other injuries in the past that have led to surgery. The excellent service he received for a previous meniscus repair at St. Joseph Mercy Chelsea made him come back.

“My doctor did great work and I felt confident seeing him again for my ACL repair,” he added.

ACL reconstructive surgery allows the patient to choose between two surgery options: autograph or allograph. After consideration of both options, Lupe proceeded with the autograph surgery which utilized a graft of his hamstring to reconstruct the torn ligament.

Recovery from the surgery took months and required physical therapy. Ten years post-surgery, Lupe is fully recovered and has no limitations or concerns. Although he is no longer practicing Taekwondo, he is able to perform the standing splits yet again. Lupe now enjoys regularly exercising, golfing and stretching.

“The quality on all levels was remarkable,” says Lupe when thinking back to his experience at St. Joe’s. “The doctors walk you through the whole process and the physical therapy helped get me back to my normal life. The whole process was great.”

For more information of the services St. Joseph Mercy Chelsea provides, visit [stjoeschelsea.org](http://stjoeschelsea.org) or call 734-593-6000.

To make a gift in support of St. Joseph Mercy Chelsea and the remarkable medicine and remarkable care we provide, please contact Judy Stratman, Development Director, at 734-593-5373 or [Judy.Stratman@stjoeshealth.org](mailto:Judy.Stratman@stjoeshealth.org).



## #BeRemarkable

Thank you for sharing our vision and mission. Our donors make being remarkable possible. With every new day at St. Joe's, we dedicate ourselves to being a compassionate, transforming, healing presence in the lives of patients. The mission we all share is why we are here – it's what drives us. Our combined efforts are nothing short of remarkable.

At St. Joe's, remarkable is the uncommon blend of extraordinary care and medicine that your gifts support. Your gifts benefit our patients who inspire us to be the best in everything we do.

Be always seeking, bravely fighting, forever hoping...Be Remarkable.

Do you have a remarkable patient story to share? Do you want to see more Be Remarkable stories? Visit [stjoeshealth.org/beremarkable](http://stjoeshealth.org/beremarkable)

# BeRemarkable.



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## Fast Facts

Persistent post-concussive symptoms such as headache, dizziness and anxiety were markedly reduced with the use of prism in eyeglasses for patients who suffer from subtle eye misalignment in conjunction with their initial injury, according to the research of two St. Joe's Ann Arbor medical staff members in collaboration with Vision Specialists of Michigan. For more information, please call 734-712-0050.

St. Joe's Chelsea announced the addition of a Behavioral Health Services Navigator to help educate patients and their families, advocate on their behalf, eliminate barriers and aid in timely access to care. For more information call 734-593-5251.

St. Joe's Ann Arbor is the first hospital in Michigan and one of only 13 in the nation to offer the Pritikin ICR™ (Intensive Cardiac Rehabilitation) Program – a Medicare-approved, evidence-based rehab program. For more information call 734-712-8643.

St. Mary Mercy Livonia launched "Weigh Your Options," a program connecting attendees to reliable tools, information and community activities to help lose weight and gain a healthy lifestyle. Register online at [www.stmarymercy.org](http://www.stmarymercy.org) "Classes and Events."

St. Joseph Mercy Oakland is the first in Michigan to offer the new pain treatment, iovera<sup>®</sup>, to freeze targeted nerves prior to knee replacement surgery providing patients with an immediate, long-lasting, non-narcotic pain relief throughout surgery, post-surgery and rehabilitation. For a referral to a physician offering this treatment, please call 1-800-372-6094.

St. Joseph Mercy Livingston and Brighton colleagues participated in Livingston County United Way Day of Caring. Over two days, more than 40 staff members volunteered in the community.

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

Office of Development  
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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.