

Gift of Health

Our Philanthropy Magazine

WINTER 2024

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SAINT MARY'S FOUNDATION

A Member of Trinity Health

In this issue of Gift of Health, we celebrate the many ways Saint Mary's Foundation is making a difference at Trinity Health Grand Rapids.

For Donors of
Saint Mary's Foundation

NICU provides compassionate care experience for the VanderWall Family

Page 3

There are few things in life more precious to me than family, all my families—from my own parents and children to our Saint Mary's Foundation team, my hospital family and especially our donor family. This includes you.

Everything we do at Saint Mary's Foundation is for families—ours, yours and every family that comes to us for care.

And, every day our NICU team is caring for young families—like the precious VanderWall family who jumped at the chance to help us raise support for our NICU this year after receiving phenomenal care for their daughter Dani two years ago (page 3).

Family—it is the greatest opportunity we have to serve one another.

Like our new trustees at Saint Mary's Foundation are doing. We welcome Dr. Shannon Armstrong, Linsey Gleason, Bonnie Kopp, Ken Pitchford and Drew Wessell who are eager to serve our mission.

Another way we serve one another is by supporting the best medical care. Dr. Bruce Shabahang, along with many others, is giving hope to lung cancer patients with new technology made possible, in large part, through our Saint Mary's Foundation family of supporters, like you (page 5).

By serving others through your giving, I hope you feel a connection to your Saint Mary's Foundation and Trinity Health Grand Rapids family.

Because of you, Saint Mary's Foundation continues to inspire hope and save lives.



With sincere gratitude,



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

100% of all gifts to Saint Mary's Foundation are used locally to serve the needs of the communities and patients we serve.

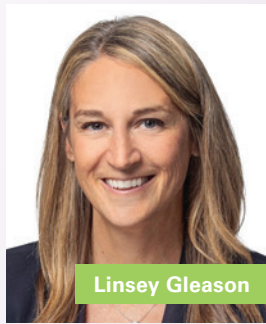
With your help, we can further enhance the remarkable care at Trinity Health Grand Rapids. Together, we can improve the health of our community. Every gift, no matter how large or small, makes a difference in the lives of the patients and families we serve. Most importantly, your gifts (100%) will always stay local to support the programs or projects you intend.

To speak to someone about making a gift, please call us at 616-685-1892.

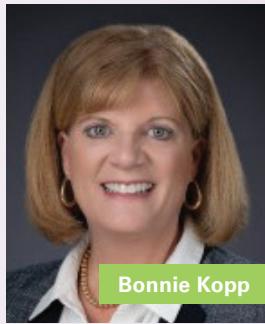




Dr. Shannon Armstrong



Linsey Gleason



Bonnie Kopp



Ken Pitchford



Drew Wessell

Welcome New 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.

Saint Mary's Foundation Board of Trustees

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- Michelle Rabideau, CFRE, MPA

A special thank you to Dr. Jill Onesti for her service as a Saint Mary's Foundation trustee.



Our Team Family Welcomes Baby Micah!

Congratulations to Alica Woodrick and her husband Jason on the birth of their son. Little Micah is a wonderful addition to our Saint Mary's Foundation family.



Born at just 1 lb. 1 oz., Danielle VanderWall spent 128 days in neonatal intensive care before going home.

A Big NICU Celebration

We are sharing a huge celebration about a tiny baby who was surrounded by great heroes from our Neonatal Intensive Care Unit (NICU) for her first 128 days.

Now two-years old, Danielle VanderWall started off small. Lovingly called Dani, she was born on Jan. 5, 2022, at 25 weeks and six days gestation. She was 15 weeks early and weighed one pound and one ounce. Dani was only 11.25 inches long. She is one of the smallest and most fragile newborns to be cared for by our NICU team.

“We love to tell people that Trinity Health Grand Rapids NICU is amazing and can take babies of any size and gestation as long as there is no surgical need,” said Laura and Jacob VanderWall, Danielle’s parents.

Danielle stayed at the Trinity Health Grand Rapids NICU for 121 days and was transferred to a nearby hospital for a feeding tube placement surgery. The additional seven-day stay made her NICU journey 128 days long.

How is Dani Now?

Dani is 24 months old and happily thriving – living a big life! At home, in Jenison, Michigan, she holds her own with her twin 4-year-old brothers, Marcus and Jackson.

“We owe all of her success to the amazing labor and delivery team at Trinity Health Grand Rapids, who kept her in the womb for two and a half weeks and got her everything she needed before being born. We are thankful for the amazing NICU team at Trinity Health who saved her life many times, and then helped her thrive. Without them and the power and grace of our great God, our little girl would not be here today.

– Danielle’s Parents

“We are so thankful for the friendships we formed with the NICU nurses. They treated us like family and loved on our girl when we couldn’t be there. They still treat her with so much love when we get to see them.”

How Was Their NICU Experience?

Laura and Jacob couldn’t have asked for a much better experience at Trinity Health Grand Rapids, saying the NICU has the “best staff.”

“The doctors, neonatal nurse practitioners, physician assistants, nurse manager, nurses, respiratory therapists, physical therapists, occupational therapists, speech therapists, social workers, and everyone else who helps the NICU run so smoothly are truly the best of the best,” they said.

“God knew we needed each and every one of them in our lives. We are so thankful they were blessed with the talent to keep the tiniest humans alive, even when it looks like death is near. May God continue to bless the phenomenal work they do.”



GIVING TUESDAY

NICU Campaign Update

The VanderWall family’s gratitude for little Dani’s care in the NICU inspired their participation in our 2023 campaign for the Trinity Health Grand Rapids NICU.

We are grateful to the VanderWall family for allowing us to share their story, which has inspired many others to support our NICU families. **We’re pleased to share that \$167,651 has been raised for the NICU and other programs through Giving Tuesday and year-end efforts that featured little Dani.**



CANCER NETWORK

Leaders, Teachers, Healers

The Best Diagnostic Technology for Early Lung Cancer is Now at Trinity Health Grand Rapids

Trinity Health Grand Rapids now has state-of-the-art lung cancer detection technology—the Ion Robotic-Assisted Bronchoscopy. More patients who may have lung cancer are getting a confirmed diagnosis earlier, leading to advanced care and improved survivability. Three providers—Bruce Shabahang, MD; Paul Harris, DO; and Eric Geiser, MD—are providing this best-available diagnostic procedure for patients suspected of having lung cancer.

Dr. Shabahang shares his views on the new Ion Bronchoscopy technology.

More Answers for Lung Cancer Patients

One of the things missing at the Lacks Cancer Center was diagnostic capabilities in terms of finding out who has cancer and who does not. So, we started the lung screening program that helped bring in many patients who are potential candidates for developing cancer.

Through the program, we started seeing these patients and presenting their cases at our weekly tumor board meetings. Then, we decided there must be an easier way to biopsy the nodules and masses that were found on their lung screening CTs.



Trinity Health Grand Rapids now has the latest and best technology for diagnosing early-stage lung cancers in the periphery of the lung – Ion Robotic Bronchoscopy Technology.

We were doing a lot of electromagnetic navigational bronchoscopies for diagnostic purposes. We were making good progress, but our diagnostic yield was around 67%, which is obviously not ideal.

We looked around the country and it seemed the Ion Robotic Bronchoscopy was the gold standard for reaching these lesions. We started asking Trinity Health Grand Rapids for the Ion technology and the accompanying Cone Beam CT scanner. We were asking for a big-ticket item.

Making Wishes Come True

Our West Michigan Regional Cancer Network, in partnership with the University of Michigan Health-West and Trinity Health Muskegon, helped to facilitate the request process. We asked for the Ion Bronchoscopy and our wish came through. We also asked for the Cone Beam CT scanner, an essential component that goes with it, and received it as well thanks to Saint Mary's Foundation.

Better Results

The beauty of the Ion Bronchoscopy biopsy is that it has about a 92% accuracy rate for diagnostic yield, which is significantly better than the 67% that we were getting before.

We can go down to lesions as little as 6mm, even lower. So, it allows us to look at earlier cancers when they are smaller because the machine is so accurate. We have very good access to almost every region of the lung.

So, our go-to now in terms of our first modality that we choose for patients is the Ion.

A Suite Symphony

During the procedure, there is a symphony of people working together in the operating suite— anesthesiologists, CRNAs, radiology technicians, pathology, cytopathology technicians, endoscopy staff (they are very pleasant, by the way) and nurse assistants from the operating room.

It is like a symphony. Everyone knows the next step, and we follow it in a very logical fashion. It is music, not chaos. This team gives 110% and they want to see that 92% diagnostic yield because they take it personally when we do not get an answer.

The Diagnosis

It is a great feeling when I can tell a patient, 'I will have an answer for you on the day of the Ion procedure,' and turnaround after two to three hours and give it to them. It allows us to plan ahead and go onto the next step, which is either resection (taking out the cancer), radiation or chemo, or whatever modality we choose. But without the diagnosis, it is hard to move to the next step.

We are staying up there with the latest technology available, and I am happy because I hate to ever see us behind in any type of technology, whether it is the Da Vinci Robot or the Ion Robotic Bronchoscopy. We need to be right there with other health systems.

Dr. Bruce Shabahang, Trinity Health Medical Group and West Michigan Cancer Network, has been a practicing cardiothoracic surgeon in Grand Rapids for 27 years. He has been with Trinity Health Grand Rapids (THGR) for the past 17 years. In 2006, he developed the thoracic oncology program at Lacks Cancer Center. Today, he is part of the team that is providing new hope for lung cancer patients through the highly specialized Ion Bronchoscopy procedure, made possible, in large part, thanks to Saint Mary's Foundation.



Leaders, Teachers, Healers continued >

Medical Excellence Because of You

The Ion Bronchoscopy technology and Cone Beam CT scanner cost \$906,796 of which Saint Mary's Foundation was able to provide \$373,796. This was only made possible thanks to supporters like you.

Dr. Shabahang's Gratitude

We are extremely grateful to our donors. Where else in this world can you ask for this much and have it available the next day? You can imagine that feeling of gratitude I had when I learned the funds were there.

I am proud to be part of this institution where patients come first, everything else follows, and that is thanks to the donors because we would not have been able to do it without your help.

When we asked Dr. Shabahang what it means to him to be a part of Trinity Health Grand Rapids, he said,

"I am known for spending much time at Trinity Health Grand Rapids. People often ask me, 'Don't you have a family?' and I say, 'Yeah, I have another family. I have my wife and children, but I have a family here, too. This is my family—my Trinity Health Family.'"

About Lung Screening

Annual lung screening is recommended for those who are 50 to 80 years of age and who have had at least a 20-pack-per-year history of smoking, for people who are still smoking, and for those who have quit within the past 15 years.



Volunteer Spotlight

Susan Reeder has been volunteering at the Gift Shoppe for about 11 years. She chooses to volunteer with Trinity Health because she worked in the kitchen here when she was in community college. She felt like she was surrounded by kind and compassionate people in this work environment and knew she wanted to eventually come back to volunteer. Reflecting on her time volunteering at Trinity Health Grand Rapids, Sue stated, "It does not matter how much time you put into volunteering, it will always be fulfilling especially at Trinity Health."

For more information on volunteering at Trinity Health Grand Rapids, please contact Volunteer Services at (616) 685-6084.

Emergency Medicine Resident Receives Grant for Global Medicine Experience

Stephanie Coallier, MD, a 4th-year emergency medicine resident at Trinity Health Grand Rapids (THGR) and Trinity Health Muskegon (THMU), spent three weeks in Nepal last fall to explore a future career in international medicine thanks to a \$10,000 Saint Mary's Foundation Global Health Initiative grant.

Stephanie and her husband, Nolan, a 3rd-year family medicine resident at THGR, visited hospitals in Rukum and Palpa, Nepal. Upon completing their residencies in 2025 and training in the Nepalese language, the Coalliers plan to serve long term in Nepal.

While there, the Coalliers attended rounds with the local providers who serve 30 to 40 patients per day. The hospitals have a wide range of services from internal medicine, outpatient care, OB, surgery, vision and dental care. We asked Stephanie to share her experience.



Stephanie and Nolan Coallier, residents at Trinity Health are pursuing careers in global medicine, thanks, in part, to a grant from Saint Mary's Foundation. They visited Chaurjahari Hospital in Chaurjahari, Rukum, Nepal, and United Mission Hospital in Tansen, Palpa, Nepal.

How does emergency medicine differ in Nepal?

The hospitals we visited have smaller emergency departments. To compare them, they would be like a rural critical access hospital with an emergency department here. Emergency physicians are not quite as common there yet. Oftentimes, their emergency rooms are run by physicians who are training to become generalists.

What were your overall impressions?

We saw that there was a lot of room for growth in emergency services especially in the two hospitals we visited because they are just getting started with their emergency departments. Going to Nepal gave us confirmation that this could be a place where we could go and help. It was really encouraging. The Nepalese people are generous. They don't have a lot, but they are very kind.

How did your trip to Nepal impact you?

*This trip has made a huge difference for us in our careers and figuring out where we are going to be able to serve in the future. It was life-changing and helped us determine the course of our careers. **Thank you so much for making this experience possible!***

How does medical care differ in Nepal?

It was a lot more rural. Patients often walk for two days. The hospitals provided fantastic care to their patients. They have limited resources, but still did much with the little they had.

What challenges do they face?

They have tropical diseases they deal with. While there, we were seeing a lot of dengue fever.



Emergency entrance at Chaurjahari Hospital in Chaurjahari, Rukum, Nepal



Special Estate Gifts Received

A total of more than \$200,000 was received from the Marvin C. Veneklasen estate to benefit the programs and services at Trinity Health Grand Rapids.

A planned gift of \$164,946 was received from the estate of a couple, Gary and Diane Van Dongen, who were grateful patients as well as longtime volunteers of our Lacks Cancer Center.

Planned Giving

As we enter a new year, now is a great time to plan for your charitable giving for 2024. There are so many ways that you can ensure support to patients, families, providers and caregivers now and beyond your lifetime.

Options to make a gift from your IRA, shares of appreciated stock, or from an already established Donor Advised Fund can provide immediate support to our mission and the health of our community. Including Saint Mary's Foundation in your estate plans will have an impact on the future and can leave a legacy of support.

I would be happy to help you explore these and many other ways that your generosity can have an impact now and for generations to come.



Including Saint Mary's Foundation in your estate plan is easy. If you are interested in learning more, please contact Cathy Skene at 616-685-1484 or cathy.skene@trinity-health.org.

Grants

Saint Mary's Foundation Receives \$500,000 Donation to Support Neurodegenerative Disease Research – Secchia Family Foundation made a \$500,000 gift to establish an endowment to support research for neurodegenerative disease. Researchers from the **Trinity Health Hauenstein Neurosciences and MSU College of Human Medicine Translational Neuroscience** will jointly conduct the research. The Secchia Family Foundation gifted an additional \$25,000 to kickstart this year's research efforts.



Our Neighborhood, Our Health Grant Awarded – Trinity Health Medical Group – Clinica Santa Maria received a \$50,000 grant to address health concerns that impact the Roosevelt Park community and neighborhood.

Ryan White Funding Secured – Since 1990, the **McAuley Program at Trinity Health Grand Rapids (THGR)** has received federal funding to provide medical care for those with HIV/AIDS. Currently, over 1,300 patients from 12 West Michigan counties receive exceptional medical care from our Infectious Disease providers. The Ryan White grant for \$138,499 will cover the partial cost of medical care for persons affected with HIV/AIDS throughout 2024.



\$25,000 Grant from Amway – A grant to support the **Prescription for Health program** was awarded from Amway. This program will support families at our Trinity Health Medical Group community-based offices of Clinica Santa Maria and Sparta that are committed to improving their health. To support goal achievement, participating families will receive fresh produce biweekly as well as education and other tools to maintain a healthy lifestyle.

Engaging with You

Saint Mary's Foundation hosted several engagement events in 2023 focused on telling our stories and showcasing the impact of philanthropy.



Some members of **Grand Groups** participated in a hands-on art therapy session to learn more about this program offered to patients.



At our **Emeritus Physician and Nurse Luncheon** nearly 40 attendees learned the latest about Trinity Health Grand Rapids from President Matt Biersack, MD; Chief Medical Officer Brandon Francis, MD; and Chief Nursing Officer Michelle Peña, MSN, RN, NEA-BC.



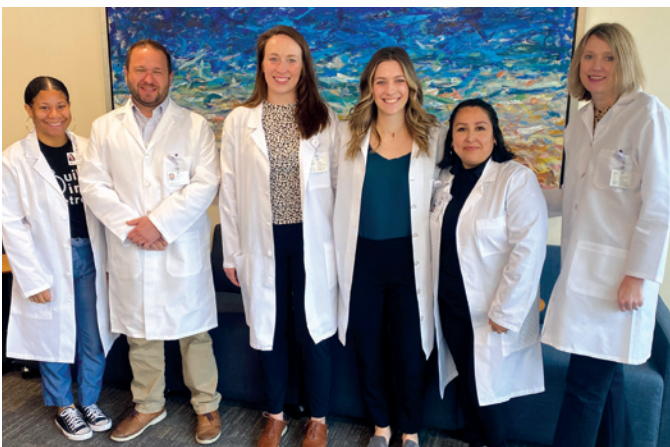
Up on the Roof attracted more than 200 individuals who learned about the impact of our new mobile mammography unit. The unit is providing free preventive breast care services to the underserved throughout Grand Rapids and enhancing early detection, promoting equity and decreasing mortality.



At a special donor appreciation event called **Gratitude**, 150 lead supporters learned about the difference philanthropy has made at Trinity Health Grand Rapids over the past year.



Vine & Vinyl, breakfast edition, brought music to life and showcased the remarkable care our patients receive at Trinity Health Grand Rapids. The stories shared by Rev. Mark C. Przybysz, Dr. Herman C. Sullivan, and Dr. Andrew Jameson highlighted the impact of Trinity Health Grand Rapids.



Trinity Health Grand Rapids (THGR) recently graduated eight participants in the **up next** program that informs and engages emerging community leaders with THGR and encourages future volunteer leadership. Up next participants donned lab coats during one of their sessions.

Community Efforts

Creating Healthy Hearts

The Trinity Health Grand Rapids cardiac team recently launched the **Pritikin program, an intensive cardiac rehabilitation program** that is clinically proven to provide comprehensive rehabilitation care for patients who have undergone a cardiac procedure and those who have had a cardiovascular event. Thanks to \$2,520 in support, Saint Mary's Foundation has been able to provide cooking equipment and supplies for the program. Participating patients receive interactive dietary education, a balanced eating plan, and cooking classes from Chef Bryan Nader in a kitchen at the Wege Center. Additionally, the program includes safe, effective exercise and a healthy mindset that fosters beneficial behaviors that empower patients to take control of their health.



The Pritikin program is led by Sarah Simon, Clinical Manager Cardiac Cath Lab (not pictured), and supported by (left to right) Jackie Needham, RN; Sidney Schering, Dietitian, Kaitlyn Manshaem, Exercise Physiology Technologist, and Chef Brian Nader.

Lake Michigan Credit Union Band Together – Grand Rapids

Every year, LMCU members and employees raise funds through the **Band Together Campaign to benefit pediatric programs serving children in Michigan and Florida hospitals**. This year, their fundraising efforts raised \$11,000 for the Trinity Health Grand Rapids (THGR) Neonatal Intensive Care Unit (NICU), which will help to provide new positioning aids for the unit and developmental care for THGR's smallest patients.



Community Partners

During the last year, thanks to our incredible community partners, we were able to transform the health of our community—helping sustain essential programs that meet our patients’ and neighbors’ needs. These partnerships equip our teams to work toward community health and well-being, clinical excellence and an exceptional patient experience.

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Buist Electric
CareLinc Medical Equipment
Consumers Energy Foundation
Create My Tee
Custer Inc.
Davenport University
David & Carol Van Andel Family Foundation
Diocese of Grand Rapids
Dominican Sisters of Grand Rapids
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Fifth Third Bank
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Ken Ferris Construction

Kent District Library
KM Online Marketing
Lake Michigan Credit Union
Mary Free Bed Rehabilitation
Meijer
Michigan State University College of Human Medicine
NOODLEPIG
Rockford Construction
Skytron
SpartanNash
Steve & Amy Van Andel Foundation
Triangle Associates
UM Health-West
Van Andel Institute
Varnum LLP
West Michigan Surgical Specialists
Wolverine Building Group



Gold Coast Doulas

Thank you to Gold Coast Doulas for donating a birthing stool to our **Trinity Health Grand Rapids Birth Center**.



Rabideau Named Top Leader in Michigan

Women We Admire announced *The Top 50 Women Leaders of Michigan for 2023* and Michelle Rabideau made the list. The list included other women leaders highlighting various sectors, including manufacturing, agriculture, the automotive industry, health care, tourism and technology.

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.*

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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.*



President Matt Biersack, MD, and Sister Rosita Schiller sit with the new statue of Catherine McAuley who is the foundress of our health system.

***Come Sit Awhile* with Catherine McAuley**

In September, Trinity Health Grand Rapids celebrated Mercy Day to commemorate the opening of the first House of Mercy in Dublin, Ireland. To mark this special occasion, a new, life-sized bronze statue of Catherine McAuley, entitled *Come Sit Awhile*, was installed and blessed. Located on the main campus, it was created by Australian artist Gael O'Leary and funded through Saint Mary's Foundation.