

FALL 2018



saints
FOUNDATION

NEWSLETTER

FEATURE STORY

**Patrick
Ouellet**

SHARES HIS NEAR
DEATH EXPERIENCE

"YOUR DONATION
SAVED MY LIFE."





WHAT'S INSIDE



PG.10



PG.11



PG.9



PG.12



PG.5



PG.6

EVENTS

Spirit of the Saints Gala
Saints Golf Classic
Earn Your Scrubs
Lights of Love

DONATE

Make a cash donation,
make a pledge or leave a
legacy with a planned gift.

VOLUNTEER

We need your help for events,
to work in the gift shop, join
the Special Events Committee
or Foundation Board.

A NEW NAME, A NEW LOOK, NEW STAFF AND A BRIGHT FUTURE

I'd like to introduce myself, I'm Kevin L. Bonney, the new Executive Director of the Saints Foundation. I am excited to be here and to be a part of this exciting time of growth for the community and health care campus. I've only been in the community for eighteen months, but it already feels like home.

My wife, Tracy, and my three year old daughter, Quinn, are getting comfortable in our new Prior Lake neighborhood. Meanwhile my 19 year old son, Jacob, is exploring options in Iowa. Since I've been a Vikings fan my entire life, I don't know why we didn't move to Minnesota sooner.

I enjoyed a 26-year fundraising career in Nebraska, but I have never been this excited about the opportunity we all have to make an impact in health care in our community. Since my arrival, with donor support, the Foundation was able to fully fund the integrative health program so patients at St. Francis and residents at St. Gertrude's are able to experience services like acupuncture and medical massage to reduce anxiety by 45%, pain by 23%, and nausea by 55%. These results are incredible.



We have also funded the new Lilac Lane project at St. Gertrude's that will create a safe and home-like experience for long term care residents and their families. Programs like In Reach have also benefitted from our recent efforts and grants from foundations like the Robert Schulze Family Foundation. We now have the ability to provide vouchers for non-narcotic prescriptions and transportation for eligible patients.

In addition to updating our special events packages and decreasing our cost to raise a dollar, the Foundation has also launched new programs like Earn Your Scrubs and will soon debut the Grateful Patient Program. We look forward to connecting with you to share what else we're working on at the Saints Foundation and hear how you see your role in raising hope, and changing lives.


-Kevin L. Bonney



2018 Special Events Proceeds Benefit:

INFUSION CHAIRS

The infusion chair impacts the cancer patient's experience, perhaps more than any other object in the Cancer Center. The new chairs were chosen by the patients themselves; they are comfortable enough for day-long treatments and have the required features to keep patients safe.

INTEGRATIVE THERAPIES

Integrative health is a holistic approach to healthcare that naturally reduces pain, anxiety and nausea through integrative therapies such as acupuncture, art therapy, Korean hand therapy, guided imagery, healing touch, reflexology, medical and comfort massage, and aromatherapy with essential oils. These therapies are available to patients throughout the hospital, including in the Cancer Center, Family Birth, and post-surgery; integrative services are also available to the residents and patients of St. Gertrude's.

LILAC LANE PROJECT

The Lilac Lane project focuses on creating a comfortable and inviting gathering place for long term care residents of St. Gertrude's, including those with cognitive diagnoses, to spend time with family while remaining safe and visible to staff. The 18' x 13' addition will include a sun room and provide home-style dining to reduce anxiety.

RAISING HOPE, CHANGING LIVES

Saints Foundation raises funds for St. Francis Regional Medical Center and St. Gertrude's Health & Rehabilitation Center in Shakopee, to assure the health care needs of the community will be met from birth to death, on a single campus.

It is donor dollars that provide programs and services to patients and residents that would otherwise be unavailable. It's an opportunity for community members and local businesses to contribute to, and elevate, local health care options. It's where we live, work and play, and having excellent health care is important for our quality of life.

Philanthropy is what started this hospital and philanthropy will be what compels this health campus into the future for generations to come. In the 1930's when the nearest hospital was in Minneapolis, three local residents – Bror Pearson, M.D., Father Marks and Frank Strunk – petitioned a group of Franciscan Sisters to open a hospital in Shakopee that would serve all community residents.

With community support and \$2,000, they purchased the Scott County poorhouse and founded St. Francis Hospital and Home in 1938. The transformation of the Poorhouse into a makeshift hospital was assigned to four young German Sisters – Sister Alphonsine Segar, Sister Paschalia Etges, Sister Ascentia Froehling and Sister Johanna Metzen. For two weeks prior to opening the facility, the Sisters worked together with community members to bring the old structure up to state standards. Finally, on November 3, 1938, they opened the doors to serve all who needed care.



1938

ST. FRANCIS
HOSPITAL AND HOME

ST. FRANCIS REGIONAL MEDICAL CENTER

St. Francis is the only hospital in the country owned by three competing health systems: Allina Health, Park Nicollet/HealthPartners and Essentia Health.

St. Francis ranks nationally in the 85th percentile in patient experience, and top in all Allina and Park Nicollet hospitals. St. Francis was also recognized as Top Workplace by the **Star Tribune** for the 6th year in a row, and received a 2018 Patient Safety Excellence Award from Healthgrades, an honor bestowed upon only 10 of Minnesota's nearly 150 hospitals.

As our community grows, so does the need for programs and services at St. Francis. Since moving to the current location in 1996, we have experienced astounding levels of growth.



GROWTH IN NUMBERS

INPATIENT ADMISSIONS

2,636('96) – 6,086('17)

+131%

SURGICAL PROCEDURES

2,578('96) – 5,056('17)

+96%

ED VISITS

10,069('96) – 31,754('17)

+215%

BIRTHS

661('96) – 1,209('17)

+83%

URGENT CARE VISITS

1,248('96) – 17,501('17)

+1302%

ST. GERTRUDE'S HEALTH & REHABILITATION CENTER

St. Gertrude's has been serving our community for more than twenty years with 105 skilled nursing beds for long term resident care and short term rehab therapy.

We also have 40 assisted living apartments, providing seniors assistance in daily living in a nurturing and active community. Annually, there are over 1,000 admissions for transitional care; and nearly 5,000 outpatient, aquatic and home health visits. The average length of stay is 18 to 20 days. Additionally, we are physically adjacent to St. Francis Regional Medical Center on a comprehensive medical campus.

MEET THE SAINTS FOUNDATION



Kevin L. Bonney

EXECUTIVE DIRECTOR

I am Kevin Bonney and I am originally from Nebraska. I graduated from Midland University, formerly Midland Lutheran College, with my Bachelor of Arts. My career has allowed me to support the American Lung Association, Diabetes Association and most recently the Catholic Health Initiatives. My role at St. Francis is to create relationships in the community with individual donors and organizations that share our interest in providing the best possible care to patients at St. Francis and residents at St. Gertrude's. My job is to match donor interests with our needs to provide equipment and services that would otherwise be unavailable. I wasn't able to be a doctor or a nurse, but I am passionate about raising funds to provide the best possible resources for our patients. In my free time, I enjoy golf, horse racing and spending time with my family.



Yvonne Anderson

SENIOR DEVELOPMENT ASSOCIATE

I am Yvonne Anderson, the Marketing Director and Senior Development Associate for the Saints Foundation. I bring to the table experience in community development, organizational management and assisting individuals and families in understanding choices in their senior life journey. Previously I enjoyed a career with the YMCA that began as a youth and camp counselor in the 1970's. For thirty years, I focused on youth programs and community development. Coming to St. Gertrude's allowed me the opportunity to reconnect with my home community and focus on the needs of seniors. I earned my Master's degree at Concordia University, St. Paul and my Bachelor of Arts at Metro State University in St. Paul. My leisure time includes spending time with grandchildren, volunteering with Savage Rotary and our church, or enjoying time on the deck with my husband at our home in Prior Lake.



Molly Warmka

DEVELOPMENT OFFICER

I am Molly Warmka and I recently moved from Prior Lake to Jordan with my family to a three-generation home; we are lucky enough to have Grandma and Grandpa downstairs in the "garden level suite". My five year old daughter and fourteen year old son love it, and luckily so does my husband. I've worked at St. Francis for 20 years; it was a post-college internship and I love St. Francis so much, I never left. Prior to working in the Foundation, I was in the Marketing Communications department at the hospital. I love telling the St. Francis story, and am glad for the opportunity to connect with the community in a different capacity. I earned my Bachelor of Arts at the University of Puget Sound in Tacoma, Washington and my Master's from Concordia University, St. Paul. I love to travel, read, and fill my calendar with events and explorations with family and friends.



A VISION INSPIRED

Our community is growing, Scott County is currently the fastest growing county in the state, and projections show nearly 70,000 more residents by 2040, totaling nearly 200,000 people. Hospital services will need to keep pace with that growth so the community's health needs are met now, and well into the future.

IN THE NEXT TEN YEARS, PROJECTIONS SHOW UP TO A 30% INCREASE IN THE DEMAND FOR HOSPITAL SERVICES.

Since St. Francis opened the current campus in 1996, there has been a 200% increase in emergency visits, treating over 35,000 individuals in 2017 alone. Emergency Department (ED) visits are estimated to

jump up to 23% in the already bustling department in the next ten years. The ED not only sees cardiac, trauma and stroke patients, but a large number of community members come with mental health needs. Since 2014, there has been a 36% growth in the number of patients dealing with the effects of mental health and substance abuse, and currently there are not enough safe and comfortable places for these patients while they wait for the care they need, some for days. To address these needs, St. Francis is exploring best options and possibilities on how to meet the needs of the community, to keep care in the community.

The need for cancer care in the community will also continue to rise, most likely 36%, showing the need for more space and physicians. Creating a safe, comfortable place of healing with the best possible programs and services is a priority.

Stay tuned as plans progress and a vision inspired of an expanded health care campus in our community becomes clear.

FEATURE STORY

ALMOST...

PATRICK OUELLET'S STORY OF SURVIVAL

I DIED...ALMOST.

Almost has a negative connotation: “almost won”, “almost got the job”, “almost won the lottery”. In my case, almost is great.

LET ME TELL YOU THE STORY OF WHAT HAPPENED.

It was a cold Friday morning in the beginning of February. I finished playing hockey in Chaska, like I always do on Friday mornings (although I don't remember much about that morning, I distinctively remember playing awesome).

After showering and changing, I was headed home to Bloomington when I decided to stop for an errand in Shakopee. After getting back into the car, I felt a chest cramp; it did not feel normal, so I decided to head to St. Francis Regional Medical Center.

As I drove on Marschall Road, the pain got worse – I have to talk to the city planner, as there are a lot of lights on Marschall – I had a singular focus, get to the hospital, one more stop light, one more minute, one more breath.

The last thing I remember, was pulling in the parking lot and looking for the emergency department (ED) entrance, and then I don't remember anything else. The hospital cameras show that I slowed to a crawl at that point. After that, the hospital camera shows

my car accelerate to 40mph, jump over the curb to the grassy area parallel to a sidewalk, and nearly hit someone as I zoomed past (Thank God no one got hurt). Then I slammed on the brakes about ten feet short of the hospital wall.

That's when things really got interesting, there was someone upstairs putting the pieces in the right spot. A security guard happen to be walking outside and saw me crash my car and called it in. He was at my car in a matter of seconds checking on me. Shortly thereafter, nurses came out of the hospital to assist getting me out of my car and into the ED. Apparently, I was able to get out of the car and onto the gurney. From there, things went from bad to worse, because as soon as I got inside I went into full blown cardiac arrest due to a clogged artery.

With the clock ticking, the staff quickly started CPR, using the Lucas device and started working on me. The staff did not give up on me, even though I did not have a heartbeat for over 30 minutes, was being kept "alive" by the Lucas, and having to use a defibrillator on me a half a dozen times.

They called Abbott Northwest to take me, which they did, even though I was not stabilized, nor had a heartbeat. The helicopter was not at the hospital, so they transported me by ambulance. As luck would have it, since I crashed my car an ambulance had already been called and was at the hospital. So away I went, with additional hospital staff continuing to work on me in the ambulance. After the Lucas device kept me alive for 55 minutes, five minutes before my arrival to the heart hospital, my heart started beating again.

Once at Abbott, the blockage was removed and a stent was placed. During the procedure my heart kept stopping, somehow I still survived. In the ICU, I was put in an induced coma with ECMO tubes, along with every machine imaginable, plugged in me. The prognosis was not great, my heart function was well below normal, near transplant worthy. But I was alive, and my wife and family were very

grateful. In the following days, they started removing some of the machines and my body started to regain its functions.

On Tuesday afternoon, nearly five days later, they woke me up. I had no clue what happened to me.

My first words were:

- What happened?
- Are the kids okay?
- And did I make it to hockey?

Then, the nurse asked my name: I answered "Patrick Ouellet". She asked if I had a middle name. I don't have one, I told her I lost it in the marriage, since I did not put a middle name on the marriage certificate.

It was then, my wife realized I would be okay.

My family was relieved and happy that I came out on the other side. Once awake, I started to recover quickly. I was out of the ICU the next day, and a week later I was out of the hospital.

During the time in the hospital, I had no idea about my story. All I remembered was that I passed out in the parking lot and woke up five days later. As the fog lifted, I realized I had missed the Super Bowl. As I spoke to nurses and doctors, pieces of the story started trickling in about everything that happened to me.

At the end of February, I went back to Abbott for cognitive tests. My brain, memory, and cognitive abilities were back to normal, well as good as it was before the heart failure. A few weeks later, I went back to the cardiologist for more tests. Lo and behold, my heart functions were back in normal range. The "cool it" procedure worked; the quick action of the staff at St. Francis paid off big time.

It's been 11 weeks since my heart failure. My story, so far, is a story of success. I survived and better than that, it appears that I will make a full recovery. I owe a lot of people for that. I realized there were a lot of people that played a part in my story and I wanted to meet everyone.





So, on April 9, I drove to St. Francis (I did not crash this time) and met the people that saved my life. It was extraordinary to meet everyone, and see the smiles on their faces. As each of them told me part of the story, I could not help thinking about how much they cared; each one going above and beyond what was expected of them, and performing heroically. I crashed in on their quiet Friday morning, without warning, and could not have asked for better people to save my life.

**Thank you
to everyone
at the
Saints
Foundation
for giving
me the
opportunity
to tell you
my story.**

Later that day, I wanted to show my family and friends the picture of the people that saved my life. As I wrote a message on Facebook, I cried a lot. How do you thank someone for saving my life, for not giving up on you? One way is by letting them know that they made a difference in my life.

This is the reason I want to share my story, to thank you from the bottom of my heart and to let you know that you made a difference. The money the Foundation raised enabled St. Francis to purchase the Lucas device, the CPR device that kept me alive when my heart couldn't. My heart stopped for an hour. I know that no human being could perform CPR on someone for an hour. So, your donations, literally kept me alive.

You don't know how or when, but we all have the ability to change lives, and trust me, each and every one of you can make a difference. It is often difficult to tell God we are grateful when we all have issues and problems. But we do show God we are grateful by the actions we take. Be kind to everyone, help when you can, because you never know when a small gesture can make a difference in someone's life.



Check out Patrick's speech from the 2018 Spirit of the Saints Gala, about how "almost" can be a very good thing.

www.saintsfoundation.org



Looking to get involved?

Consider joining the Special Events Committee and help determine theme, menu, décor, and auction items or consider volunteering for the Saints Foundation Board to influence direction and help make connections.

Learn more online:
saintsfoundation.org

EVENTS



SPIRIT OF THE SAINTS GALA

The annual Spirit of the Saints Gala is one of the premiere events in the greater Shakopee community.

The support of the community, both individuals and industry, is critical to providing services and programs for the hospital and the adjacent rehabilitation and long term care facility possible. With the Foundation's new leadership, 20 new sponsors joined the list of supporters this past year. That allowed the 2017 gala in October to sell out with nearly 500 attendees. Luckily we were able to move to a larger venue, the new Mystic Lake Center, a mere 195 days later. The 2018 gala marked the switch to a spring gala! More than 650 community leaders joined us in April, 2018; marking a 40% increase in attendance. All projections indicate a sold out event in 2019, don't be left on the waiting list.

Save the Date

Mark Friday, April 26, 2019 to join us at the new Mystic Lake Center for a Derby-themed Spirit of the Saints Gala. 2019 will offer some amazing once-in-a-lifetime auction packages and some other surprises that you do not want to miss. Derby inspired hats and attire are encourage, but not required.

\$2,000 – Table of 10

\$175 – Individual ticket

Seating is limited and spots will fill fast. To reserve your spot contact **Molly.Warmka@allina.com** or call **952-428-2070**.



SAINTS GOLF CLASSIC

Stonebrooke Golf Club
in Shakopee

SAINTS GOLF CLASSIC

The golf classic features the positively received, no-registration arrival, two meals, a morning and afternoon flight option, and all-inclusive prices.

The 2018 Golf Classic was an exciting first for both the event and Stonebrooke Golf Club, lucky golfer Tom Immen hit hole-in-one on the 4th hole for a \$10,000 prize! More than 200 golfers joined us for a lovely day on the course to raise money for some great projects and enjoy a summer day.

Behind the scenes, in 2017 we reduced expenses by 20% while participation increased by 50% and net revenue increased 74% from 2016 dropping the cost to raise a dollar to \$0.35.

Save the Date: June 13, 2019 for the next Saints Golf Classic!

PROGRAMS

HELLO WORLD

The Saints Foundation has partnered with Little Saints Photography to offer free newborn portraits in the comfort of your birth center room.

Capturing your little one's precious first days is an important keepsake and a great way to introduce ourselves. The Hello World program provides a FREE photo session and a 5x7 print, with the option to purchase additional photos. A portion of the proceeds from the packages sold support programs and services of the Family Birth Place.

The Hello World photography sessions focus on all of the precious little details: close-up, feet, hands, hair and profile, include baby's first bath, footprint stamping, family photos, or a special blanket or other keepsake. You can sign up online when you preregister at www.StFrancis-Shakopee.com.



LIGHTS OF LOVE

Nearly 300 souls were honored at the annual Lights of Love tree lighting ceremony at St. Francis.

Originally, Lights of Love was the Auxiliary's program; but after it disbanded in 2013, the Foundation had the honor of continuing their legacy.

This is an opportunity to honor someone special during the holidays. \$10 will ignite a light to shine bright on the Lights of Love tree, in addition to a hand written ornament with their name in the Legacy Cafe at St. Francis all season. You can choose "In memory of" or "In living tribute".

Save the date, Tuesday, December 4th, 2018 from 4:30pm - 6pm in the Legacy Café at St. Francis. There will be the tree lighting, Christmas music, cookies, a visit from Santa and good holiday cheer.

Call 952-428-2070 with any questions.





EARN YOUR SCRUBS

Respected leaders in our community are invited to St. Francis for an interactive behind-the-scenes experiences involving surgery, emergency, and cancer care.

Participants earn a personal pair of scrubs in appreciation for spending time learning more about the future of healthcare in our community, as well as the excellent services available at St. Francis. This unique experience involves thought-provoking medical discussions and provides the opportunity to meet with some of our executive team and skilled medical experts. This unique insider experience is something you won't soon forget.



Contact Molly.Warmka@allina.com or call **952-428-2070** if you are interested in participating in future programs.

FIRST CLASS OF PARTICIPANTS: Ed Folisi, Chris Duffy, Tony Strom, John Crooks, Rob Heimerman, Rod Southwood, Deb Pauly, Cindy Anderson, McKenzie Mayer, Sam Gross, Dr. Marianne Kanning, and Janet Williams.

SECOND CLASS OF PARTICIPANTS: Julie Welch, Brad Marcy, Meghan Graham, Gretchen Merritt, Tracy Rubietta, Ella Masser, Jennifer Christenson, Bill Reynolds, John Muir, Amy Schmidt, Michele Dahl, Rachel Welch, Lindsay Frank, Rachel Bartling and Rob Pyle.

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1455 ST. FRANCIS AVENUE
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MAKING A DIFFERENCE

Our community has benefitted greatly from the generous donations and contributions from people like you. Here are just a few of the amazing ways we have been raising hope and changing lives.

Over \$200,000 donated by employees, has been given to support employees who are experiencing unavoidable emergencies in their lives.

The community's donation of a 3D mammography to St. Francis has changed lives. Last year the 3D mammography equipment completed 5,757 patient screenings. Since this was installed, the call rate when there are concerns, dropped 50%, now only 3% of the screenings get a call-back. With the 3D mammography, abnormalities can be detected much earlier, and as small as 3 mm. This translates into lives saved and treatment courses shortened or altered for women in our community.

Prevue ultrasound technology, purchased with donor dollars, has allowed patients in the Emergency Department to have IVs placed faster, with less pain, to get the medicine and fluids they need.

Every year, St. Gertrude's receives designated gifts and memorials from individuals and families expressing their gratitude for the care and services received. Often these gifts bring joy to others such as benches and chairs for our outdoor garden. We greatly appreciate the kindness shared through designated and memorial gifts.

Visit us online to learn more about the Saints Foundation and how you can get involved.

www.SaintsFoundation.org

