With this issue, Mercy & Unity Hospitals Foundation is introducing its first newsletter. Each edition will contain a feature story, hospital news and a fundraising update. You can look forward to features on hospital programs and projects, upcoming events, and a report on new developments at the hospitals.

The newsletter is also intended to keep valued friends and donors like you more informed of Foundation activities.

We welcome your comments and feedback. Please call Kent Canine, Foundation Projects Specialist, at 763-236-8254 or e-mail at kent.canine@allina.com.

NAME THE NEWSLETTER

Mercy & Unity Hospitals Foundation is conducting a contest to name our newsletter. A $100 Target gift card will be awarded to the winning entry. You can enter by sending or e-mailing your entry to:

Kent Canine
Mercy & Unity Hospitals Foundation
4050 Coon Rapids Blvd.
Coon Rapids, MN 55433 or kent.canine@allina.com

Be sure to include your name and address with the entry. In the event that more than one person submits the chosen entry, a random drawing will be held of those duplicate entries to select the gift card winner.

ENTRY DEADLINE IS DECEMBER 31, 2005.

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Community Parish Nurse Program

Char Nelson walks to the table and stands by her chair; she pauses. Minutes tick by as she continues to stand silently as her food gets cold. “Here I am, glued to the carpet,” she finally bursts out. After her paralysis passes, she sits down to eat. The spoon in her shaking hand makes a click-click sound against her teeth.

Char is a typical participant in the Community Parish Nurse Program group at Zion Lutheran Church in Anoka. This group respite program, ‘The Gathering,’ not only provides activities for its participants, but it also provides caregivers the opportunity to attend a support group. Char joins several other care partners (care receivers) in coffee and conversation, simple games or crafts, reminiscing or a movement activity. Quoting one care partner, “This is my social club. I get to visit, laugh, sing and have an enjoyable day.”

As part of the Senior Caregiver Network, ‘The Gathering’ is an example of collaboration at its best. The Senior Caregiver Network is a partnership between Mercy & Unity Hospitals’ Community Parish Nurse Program and Anoka County. “It’s a real win-win for all parties concerned,” says Lyla Pagels, Community Parish Nurse Program Program coordinator. “The caregivers love their break so they can take care of themselves and continue caring for their loved ones. The care partners look forward to their days out and the socialization it provides. The volunteers are very faithful. They enjoy bringing treats and coming up with a variety of creative activities.”

The Community Parish Nurse Program celebrated its 10th year anniversary this year. Beginning with 4 congregations and 3 parish nurses, the program now consists of 22 faith communities and 22 parish nurses. Its purpose is to improve the overall health of a parish through a collaborative congregational, community and hospital effort. Through the program, the physical, emotional and spiritual dimensions of health care are provided to individuals and families. Funding is provided by Mercy & Unity Hospitals and the North Suburban Hospital District. For more information contact Lyla Pagels at 763-236-4342 or lyla.pagels@allina.com.

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nervous system disorders, and organ disease that can be life threatening or early indicators of developing diseases.

The event was attended by donors, business leaders, public officials and foundation and hospital officials and was hosted by Julie Nelson Gotham, Mercy & Unity Hospitals Foundation Executive Director. “We want to offer the best possible health care close to home,” said Gotham. “Heart disease and related conditions are the leading cause of death in Minnesota, and we all know someone whose life has been changed by it. That’s why we are committed to continuously improving the quality of our services for our communities.”

All donors who contribute $100 or more to the campaign will be recognized by having their name placed on a permanent wall in the Heart Center. Please contact us if you are interested in having your family or business recognized, or if you would like to honor or memorialize a loved one through a gift.

For further information on the “Heart of the Community” campaign, please contact the Foundation at 763-236-8198.
Creating Environments That Heal

Earlier this year, Mercy & Unity Hospitals implemented The C.A.R.E. Channel for patient television. This innovative service is provided as a part of the Hospitals’ commitment to creating healing environments for patients, families, and staff. The C.A.R.E. Channel offers respite from commercial television, noise and other stressful distractions. Combining ambient nature images and appropriate music, this programming provides uninterrupted music as an environmental tool to enhance and promote healing. The images are produced slowly to be effective for confined patients and to avoid being distracting or confusing for those on high levels of medication. The instrumental music is accessible while also being non-generational, non-regionally biased, and non-commercial. Paced for time of day and night, the programming provides a special midnight starfield of overnight broadcast. While the environment is experienced on all sensory levels, sound is by far the most invasive factor and affects the entire population, impacting patient comfort and satisfaction, confidentiality, compliance, and staff performance and morale.

“The environment of care remains a powerful and effective tool in both tending to the patient and supporting treatment protocols,” says Marcia Carlson, Oncology Outreach Coordinator and Chairperson of the Hospitals’ Healing Environment Committee. Recently the daughter of a patient at Mercy Hospital shared a hospitalization experience of her father, who has Alzheimer’s disease. She said, “Dad watched the C.A.R.E Channel pictures and talked about treasured memories with his granddaughter, reminiscing of the times he camped on Lake Superior. In addition, the music gave him such peace!” Initially during the hospitalization her Dad experienced agitation, but “after changing to the C.A.R.E Channel, we all saw the change – a higher level of peace and comfort seemed to envelope him.”

The installation of the C.A.R.E. Channel was sponsored by the Mercy & Unity Hospitals Healing Environment Committee with funding from Mercy & Unity Hospitals Foundation. The project was designated as the funds recipient from the 2004 Crystal Ball.

Planned Giving

If you could...

- fulfill your desired legacy,
- receive a charitable income tax deduction,
- reduce or eliminate your capital gain taxes,
- decrease your estate taxes,
- and create a secure stream of income for the lifetime of you and/or your spouse,

Would it be worth a few minutes of your time?

We understand that making a significant charitable gift is more than just writing a check – it’s a process. Our gift planning professionals partner with you and your advisors to define your legacy as we structure your charitable gift to maximize tax and financial benefits.

To explore these options without obligation, please contact Mercy & Unity Hospitals Foundation at 763-236-8199 or email julie.gotham@allina.com.
Upcoming Events

Sponsored by the Mercy & Unity Hospitals Foundation in 2006

Mark your calendar for the Foundation's upcoming events:

**Crystal Ball “Under the Sea,”** April 1, Courtyards of Andover, Andover

**6th Annual Women’s Day on the Links,** September 11, The Links of NorthFork, Ramsey

**2006 Golf Classic,** June, Bunker Hills Golf Club, Coon Rapids

**3rd Annual Sue Fischer Scholarship for Nursing Excellence Golf Tournament,** September 21, Majestic Oaks Golf Club, Ham Lake

If you wish to have your name removed from our mailing list, please call 763-236-8199.