

Gift of Health

Our Philanthropy Magazine

SPRING 2022

Inside

- 1 Our New Name —
Trinity Health
- 2 New Chief Medical Officer
— Dr. Brandon Francis
- 3 *Ode to Community Healers*
from Shannon Cohen
- 7 Meet our new K-9 teams
- 9 Green space in the
Psychiatric Medical Unit
- 12 The Patient & Family
Advisory Council Care Kits
- 13 A Legacy of Learning —
The Dr. Julian and Judith
Joseph Endowed Fund

SAINT MARY'S FOUNDATION

A Member of Trinity Health

In this issue of Gift of Health, we celebrate the 10th Anniversary of Sophia's House, the new K-9 program, and many other ways philanthropy is making difference at Trinity Health Saint Mary's – Grand Rapids.

For Donors of
Saint Mary's Foundation



Poet and motivational speaker Shannon Cohen inspires our healers with a new mural by Octavia Mingerink

Page 3

Mercy Health Saint Mary's is now Trinity Health Saint Mary's – Grand Rapids. This is exciting news that will help Saint Mary's by strengthening our connections to the other 91 Trinity Health hospitals across the state and nation. In this issue of *Gift of Health*, we have included a few elements to help you become more familiar with the meaning of our new brand — Trinity Health.

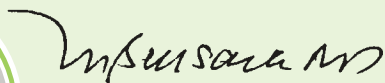
At Saint Mary's Foundation, we will retain our name as it is. And, our team is still here to serve you, just as we have in the past. Your support (100%) will always stay local to serve the hospital, our communities and our patients.

As the pandemic concerns shift, our resolve to fulfill our mission of caring is evident throughout these pages. We are pleased to share and celebrate these wonderful stories with you, stories that would not have been possible without philanthropic support: the 10th anniversary of Sophia's House, the new K-9 Program, the Green Space Initiative in the Psychiatric Medical Unit, and more. These are your stories — stories of lives being changed because of you.

We are pleased to welcome Brandon Francis, MD, MPH, as our chief medical officer. His expertise, leadership experiences and familiarity with Trinity Health Grand Rapids and the Greater Grand Rapids region make him an exceptional addition to our leadership team.

You are an important part of our Trinity Health Grand Rapids' family, and you help make possible the remarkable care we provide for our community and patients. Thank you for your support of our healing mission, our health system's new name and Saint Mary's Foundation.

Please feel free to contact the Saint Mary's Foundation office at any time at 616-685-1892.



Matt Biersack, MD
President
Trinity Health Saint Mary's –
Grand Rapids



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



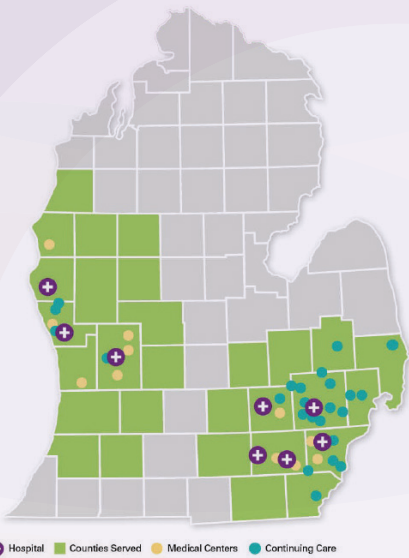
Meaning & Symbolism of the Trinity Health Cross

- The cross reflects our Catholic identity, heritage and Mission.
- Purple is a symbol of leadership, wisdom and creativity.
- Green represents growth, renewal and environmental stewardship.
- The wings of the doves that form the cross are symbols of love, peace and caring.
- The three purple doves reflect the Holy Trinity.
- The green dove is a symbol of our openness to new partners and new ideas.

What Is Trinity Health?

In 2013, Trinity Health and Catholic Health East merged into a single organization, forming one of the largest health systems in the U.S. with 92 hospitals in 22 states, including 120 continuing care locations. Today, Trinity Health has 327 health care facilities across the state of Michigan.

Trinity Health Michigan



\$4.1B
In Revenue

8
Hospitals

22
Urgent Care Locations

19,843
Employees

2,286
Affiliated Physicians

84,901
Surgeries (IP/OP)

221K
Home Care/
Hospice Visits

\$175.6M
Community Benefit
Ministry

12
Medical
Centers

24
Continuing
Care Locations

3,755
Physicians & Advanced
Practice Providers

6.6M
Patient
Encounters

9,960
Births

1,365
Senior Living
Residents

Welcome Dr. Brandon Francis, Chief Medical Officer

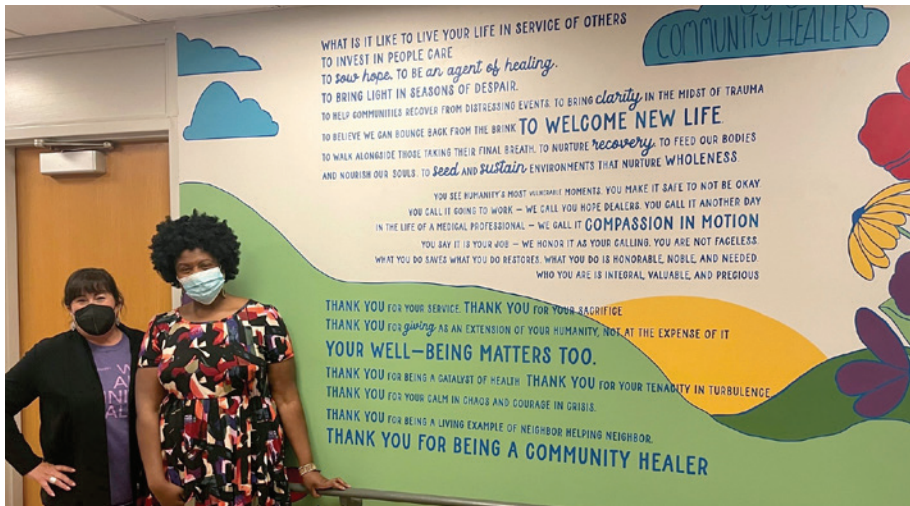


Brandon Francis, MD, MPH, has joined the leadership of Trinity Health Grand Rapids as chief medical officer. With vast experience and credentials in public health, the military, and behavioral health, Dr. Francis is not only an excellent physician, but he is also a leader who can help us advance our strategic initiatives to further strengthen services for the patients and the communities we serve in West Michigan.

You may recognize Dr. Francis as he spent part of his career as a Neurointensivist on the Neuro Critical Care team for Saint Mary's from 2016 to 2019. We are delighted have him return to serve with us again. Most recently, he served as Executive Medical Director of Physician Performance at Sparrow Health System, facilitating the credentialing, privileging and peer review operations for the medical staff. He has been recognized for reimagining the peer-review process by partnering with medical staff and national legal experts to enhance physician and provider engagement while maintaining the highest levels of institutional integrity and minimizing institutional risk.

After completing his medical fellowship at Rush University in Chicago, Dr. Francis served as an active-duty member of the United States Army Medical Corps as Chief of Consult-liaison Psychiatry and Assistant Chief of Inpatient Psychiatry at Dwight D. Eisenhower Army Medical Center in Georgia. He was deployed to support operations in Afghanistan where he served as the leader of a domestic surge team.

Dr. Francis earned his Bachelor of Science in Biochemistry from Philadelphia University and a Doctor of Medicine and master's in Public Health from Saint George's University. He is a member of the Royal Society of Public Health, the Society of Critical Care Medicine, and the Neurocritical Care Society. Dr. Francis has served on the Peer Review & Quality Committee and as Emergency Neurologic Life Support (ENLS) Course Director at Saint Mary's and is currently an assistant professor of Neurology at Michigan State University.



Saint Mary's Foundation President Michelle Rabideau (left) and mural creator, Shannon Cohen (right) at the dedication ceremony for the new mural — "An Ode to Community Healers."

Leaders, Teachers, Healers

A new mural is on display near the skywalk on the second floor at Trinity Health Grand Rapids, and its title, "An Ode to Community Healers," is an inspiration for our colleagues.

The mural was conceived by Shannon Cohen, owner of a thriving greeting card company that specializes in curating inspirational products that nourish the soul. The words for the Trinity Health mural are a reflection of Cohen's desire to uplift health care workers who lead, love and serve in transformational ways.

"I read something recently that said, 'in times of crisis, creativity creates balm for the human soul', and I think that is exactly what I've experienced in this process of going from ideation to implementation," said Cohen. "I'm honored to have this piece in the hospital where I gave birth to my son eight years ago, received stellar care while undergoing a health battle, and I have had my products carried there. The staff here are amazing and deserve to be praised daily."

Cohen contracted the help of local muralist, Octavia Mingerink (Pretty In Ink Press) to design the artwork to accompany her words.

Shannon's poem and Octavia's mural were dedicated during a brief ceremony held by hospital leaders in May.

"There were some really beautiful stories emerging as Octavia painted and Shannon pulled the words together," said Michelle Rabideau, president of Saint Mary's Foundation, which fully funded and coordinated the mural project. "We are overjoyed Octavia and Shannon shared their talents in our community and within our hospital walls, and we are tremendously thankful to all of our health care heroes who care for our patients day in and day out."

An Ode to Community Healers

What is it like to live your life in service of others

To invest in people care

To sow hope

To be an agent of healing

To bring light in seasons of despair

To bring clarity in the midst of uncertainty

To believe we can bounce back from the brink

To welcome new life

To walk alongside those taking their final breath

To nurture recovery

To feed our bodies and nourish our souls

To seed and sustain environments that nurture wholeness

You see humanity's most vulnerable moments

You make it safe to not be okay

You call it going to work — we call you hope dealers

You call it another day in the life of a medical professional — we call it compassion in motion

You say it is your job — we honor it as your calling

You are not faceless

What you do saves and restores

What you do is honorable, noble, and needed

Who you are is integral, valuable, and precious

Thank you for your service and sacrifice

Thank you for giving as an extension of your humanity, not at the expense of it

Your well-being matters too

Thank you for being a catalyst of health

Thank you for your tenacity in turbulence

Thank you for your calm in chaos and courage in crisis

Thank you for being a living example of neighbor helping neighbor

Thank you for being a community healer

Shannon Cohen

Shannon Cohen is a high-level consultant, founder and author of two books, *“It’s Normal to Shake as You Soar”* and *“Tough Skin, Soft Heart: A Leadership Guide to Growing Stronger, Better, and Wiser.”* Shannon is the Founder and CEO of Shannon Cohen, Inc., a company that curates products, spaces and experiences that nourish human souls. Her products have been featured at Target, Meijer and West Elm. Her Tough Skin, Soft Heart podcast is available on Anchor, Apple Podcasts, Spotify, and Stitcher with subscribers spanning 12 countries.

Shannon is the Founder of the global RockstarWoman™ Brunch Experience, serving 600 women throughout the U.S and Canada annually. For the past two years, Shannon has been named one of the 200 Most Powerful Business Leaders in West Michigan. Shannon was recently recognized as one of the 50 Most Influential Women in West Michigan by the *Grand Rapids Business Journal*. Shannon is an alumna of the prestigious W.K. Kellogg Foundation Community Leadership Network Fellowship, a proud mom of a 2nd grader, and is celebrating 13 years of “I do” with the love of her life.

Learn more about Shannon at shannoncohen.com.



What inspires YOU?

Lately, I’ve been inspired by stories of resilience. All of my life I have built transformative movements from nothing. I designed and built an inspirational product line in the basement of my home that can now be found at Target and Meijer stores nationwide. I started a blog during maternity leave that morphed into a best-selling book. I launched a podcast that now has subscribers spanning 12 countries. So, I love reading the soar narratives of women who were overlooked, underestimated, historically marginalized and excluded — but used those struggles as a launchpad to not only soar but to help others take flight. Those stories speak into the type of difference maker I aim to be.

What inspired you to partner with Trinity Health Grand Rapids?

Trinity Health Grand Rapids has been the hospital system connected to my care since I relocated to Grand Rapids. My primary care physician and OB/Gyn serve out of this system, and I delivered my baby at the Jefferson Street campus. This health community has also been there for me when I navigated health lows — namely, a miscarriage in 2013 and COVID pneumonia in 2021. Long before our product line was carried at national retailers, the Trinity Health Grand Rapids Gift Shoppe carried our products! This partnership has always existed on a personal and professional level for me. This mural “people care” project is just another outflow of my personal experiences as a patient and connected member of the Trinity Health community.

The “Ode to Community Healers” sounds very personal to you...can you share why?

In March of 2021, I became gravely ill with COVID pneumonia. I entered the Saint Mary’s Emergency Department with a fever of 103 and diminished breathing. I was admitted into the hospital and stayed for one week. The early days were tenuous, and I initially feared I might not live. Due to the seriousness of the virus and illness, I could not have any human interaction outside of the hospital staff who were providing care. The medical team in that unit not only cared for my physical well-being, their kindness and conversation were balm to my soul. They were a lifeline in a low place. So yes — “An Ode to Community Healers” comes from a personal space of profound gratitude and deep appreciation for them.

You have so many inspirational quotes, even your own greeting cards. If you were to pick one or write an inspirational quote to our colleagues, what would it say?

Thank you for giving as an extension of your humanity, not at the expense of it. Your well-being matters too!

Is there something more you’d like readers to know?

Do you love our signature brand of inspiration and strategy? Members of the Trinity Health community can stay connected with me at shannoncohen.com or via social media outlets.



Happy 10th Anniversary, Sophia's House!

Named in honor of Sophia Louise Wege, this 14-room home away from home provides an affordable place to stay for patients and their loved ones who travel to Trinity Health Saint Mary's – Grand Rapids for care.

"The Sophia's House doors first opened 10 years ago in June 2012," said Michelle Rabideau. "Since then, thousands of families have visited and appreciated the convenience of our guest house located across from the Lacks Cancer Center at Cherry and Lafayette Streets."

Affordably priced, Sophia's House also offers lodging for those who may live in the area and wish to stay close to their hospitalized loved

one. Guests can be by their loved one's side at a moment's notice while still having a place of respite on campus.

"During times of a medical crisis, and when home is miles away, having a home-like place to stay nearby, makes a difference in the physical and emotional health of patients and their family members," said Rabideau.

Sophia's House Goals

- Provide a welcoming, restful space where guests can enjoy a peaceful night's sleep,
- Offer the chance for loved ones to take a break from the emotional demands of bedside watchfulness.
- Help families avoid costly hotel stays or long drives home after a late-day outpatient surgery or procedure.
- Have 80% or more of guests strongly agree that their Sophia's House experience was positive.
- Meet a wide range of individual needs for patients and their families.



It takes 4,160 hours per year to operate Sophia's House



5 colleagues support the day-to-day operations



There are 14 guest rooms



22 volunteers have supported Sophia's House since 2012



Volunteers have donated 9,911 hours to serve guests and help maintain Sophia's House



Philanthropy supported more than 5,751 nights that required financial assistance, totaling more than \$115,000



26,000+ guests have stayed at Sophia's House



9,008+ nights have been reserved



Guests from 46 states have stayed at Sophia's House



Guests have come from three other countries — Canada, Mexico and China



The cost to stay at Sophia's House for one night is \$40



The top three services that utilize Sophia's House are the Kidney Transplant program, NICU and Surgery



Expected Rise in Guest Visits

With the new Cardiovascular Network of West Michigan, the growth in Trinity Health Grand Rapids neuroscience programs, and the expanded orthopedic services, it is anticipated that the need for comfortable and up-to-date accommodations, ready to serve more guests, is rising.

The 1959 building is antiquated and in much need of renovation and upgrades. After 10 years, Sophia's house needs fresh paint, kitchen appliances, window coverings, carpet, furniture, bathroom fixtures, a family suite expansion, an updated interior design, and calming artwork.

To achieve this, Saint Mary's Foundation has launched a 10th anniversary campaign for the Sophia's House renovation, a makeover that will elevate this Gold LEED™ Certified, award-winning building to a new level of exceptional hospitality, and safeguard its heritage through an investment in preserving this Landmark Historic Building.

If you would like to gift a night's stay for a family in need or support the campaign for the Sophia's House renovation, contact us at 616-685-1892 or visit SaintMarysFoundationGR.com.

Nichole Schermer recognizes the value of having loved ones close when you are in the hospital. It makes a crucial difference and offers peace of mind.

Nichole's husband, Matt, had a family member who periodically needed inpatient stays at a hospital that was more than an hour away. They saw firsthand how stressful it was for the rest of the family to find affordable, convenient lodging close to the hospital so that they could be near their loved one as that hospital did not offer lodging options.

"Congratulations to Sophia's House and all the individuals involved with making Sophia's House a home away from home for so many patients and families! Sophia's House provides an ultra-convenient lodging option available for patients and their families," said Nichole, an 11-year colleague at Trinity Health Grand Rapids. "While we have never personally stayed at Sophia's House, we've seen the effects on our family when a housing option isn't available at other hospitals."



Matt and Nichole Schermer, pictured with their children Lincoln and Violet, are champions of Sophia's house.



Saint Mary's Foundation has made a significant grant to launch a new K-9 Program at Trinity Health Grand Rapids. From Left to right are the handlers and dog pairs: DeAngelo Person with Marco, Tim Dault with Zan, Ryan Buitendyk with Bosco, and Chase Smith with Kyro.

New K-9s and Handlers on Duty to Serve and Protect

Thanks to a grant from Saint Mary's Foundation, four new Security K-9s and their handlers are on duty. Marco, Zan, Bosco, and Kyro are a part of a new pilot program aimed at reducing workplace violence, boosting employee morale and providing emotional support for patients and visitors.

"These four dogs will rotate, working 24/7 shifts and provide safety and support for colleagues," said Dave Kiddle, security director at Trinity Health Grand Rapids. "At times, the K-9s will serve as therapy-type dogs and people will be able to pet them if their handler approves, but they are onsite to help de-escalate tense situations and provide additional protection for staff."

The grant covered training for the dogs and handlers, veterinary expenses, K-9 vehicles and other supplies. The K-9 program leaders began the selection process for the handlers and dogs and initiated the training program in 2021.

"We are so proud to launch this program as it is something our colleagues and the community can benefit from in so many aspects," said Michelle Rabideau, president of Saint Mary's Foundation. "This is one more way we are providing comfort and care for our patients, while also protecting our staff and making sure they have extra support whenever there is a tense situation."

Support for Those Who Need It

"The K-9 Program will offer a consistent safety presence as the dogs and handlers will be patrolling the grounds and appearing throughout the hospital on a permanent basis," said Kurt MacDonald, senior vice president of operations at Trinity Health Grand Rapids. "The dogs and handlers are trained in obedience, aggression control, and explosives detection, all pertinent to our day-to-day operations and the unique situations our colleagues encounter."

"A well-trained K-9 unit is the preferred solution as dogs can both de-escalate tense situations, deter violence and provide a therapeutic presence for patients, colleagues and visitors," said Kiddle.

The Saint Mary's Emergency Department (ED) is often the area with the highest incidence of workplace violence. The ED serves as the first impression for inpatients and visitors, and staff care for nearly 60,000 patients annually. The ED also serves as the initial evaluation site for many who require the only hospital-based, inpatient psychiatric unit in the State of Michigan.

"My idea of a successful K-9 program is absolutely to have people feel safe," said Rich Prince, organizer of the Trinity Health Grand

Meet the Saint Mary's K9s



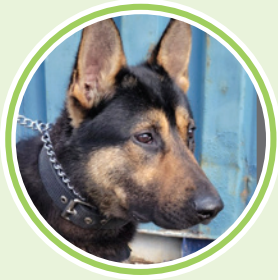
Marco

A Dutch Shepherd from the Netherlands. He is a people-lover and likes to lean on his handler.



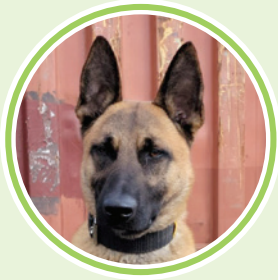
Zan

A Belgian Malinois Shepherd from the Czech Republic. He loves belly rubs.



Bosco

A Dutch Shepherd from the Netherlands. He prefers to drink from the sink faucet than from a water bowl.



Kyro

A Belgian Malinois Shepherd from Slovakia. His handler said, "He's an energizer bunny."

In two weeks of the K-9s on site, Trinity Health Grand Rapids documented **seven incidents** where a K-9 is believed to have deescalated situations in or near the ED. In each of those incidents, the dog was engaged, resulting in the person backing down or leaving.

Rapids K-9 program. "Having a K-9 present can immediately decrease the threat level from an aggressor."

Prince, a 30-year veteran of the Grand Rapids Police Department (GRPD), was hired to lead the program. Prince spent more than 20 years with GRPD's K-9 unit — training dogs in a variety of environments. He helped select each dog and handler and developed the training course.

"For the hospital, we wanted good tempered dogs — social dogs, we wanted dogs that would be well-received," said Prince.

After becoming familiar with their new families, the dogs and handlers went through training in Indiana at Vohne Liche Kennels — owned and operated by a retired Air Force K-9 trainer who has also trained dogs that work with the National Security Agency, the United States Secret Service, Michigan State Police, and more than 500 other civilian and police agencies.

Putting the Dogs to Work

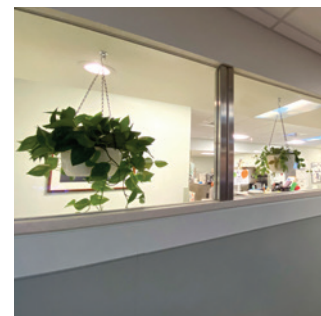
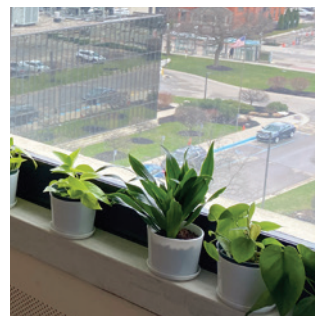
After the dogs complete their six-week training course, they were introduced to the hospital, where they became familiar with the unique sights, sounds and smells. Acclimating the dogs was an important final step before they became integrated into the daily operations.

"They will be doing obedience-level training every workday, exposing the dogs to surface levels and areas of the hospital inside and outside," said Prince. "In many ways, this environment will be much more challenging than being on the streets with traditional K-9 work. This is a new atmosphere — elevators, different flooring, alarms going off — and of course, at times, challenging people."

"The dogs are all acclimating well in the hospital and at home with their new families," said Kiddle. "The dogs love coming to work and get excited when they know it's time to go. Bosco already knows it's time to go to work when Officer Buitendyk puts on his uniform. The reception they have had has been fantastic. I often hear how happy everyone is to have them on board."

Marco, Zan, Bosco, and Kyro, and their handlers, are a welcome addition. "The feedback has been extremely positive," said Kiddle. "We are already seeing the results. The dogs and handlers are doing their jobs well, keeping us safe and bringing healing to our patients, visitors, and staff."

"We are appreciative of the grant from Saint Mary's Foundation. None of this would have been possible without the funding they provided," said Kiddle. "We are excited to see the difference the handlers and K-9s will make here at Trinity Health Grand Rapids."



Left to Right: Andrea Bevolden, recreational therapist, coordinates the plant program in the Psychiatric Medicinal Unit; Staff and visitors are greeted with vibes of nature and spa-like blues and green hues, outdoor scenes and relaxing artwork. Recreational Therapists Andrea Bevolden, Alex Brodenberg and Ashley Seelye; Large picture windows in the Psychiatric Medical Unit allow for natural light to filter into the unit, helping plants thrive; Plants in the Psychiatric Medical Unit are an unexpected surprise for visitors, patients and staff.

Gardening Becomes Healing Therapy in the Psychiatric Medical Unit

The Psychiatric Medical Unit (PMU) at Trinity Health Grand Rapids received a \$7,759 grant from the Saint Mary's Foundation for a horticulture program. Gardening and the therapeutic use of plants is known to have a positive effect on emotions, behavior regulation and social skills.

Ten large hanging plants and 30 small plants are now displayed around the inpatient unit and activity room where patient therapy sessions take place. The activity therapists have incorporated the plants into patient treatment plans with creative therapies, such as painting and drawing and mindfulness practices, such as relaxation techniques and meditation.

The idea for the program, began with intern Marrina Schmidt, CTRS. She and Andrea Bevolden, recreational therapist, developed the program. Today, Andrea leads the initiative, ensuring the unit's stock of healthy plants is well cultivated.

"Everyone connects to the plants in different ways," said Carrie Mull, PMU administrative

director. "The plants have become a great tool in our toolbox of coping strategies. It's amazing to see the effect, and staff didn't anticipate the difference they would make, not only for our patients but also on our staffs' resiliency."

Often, the program opens the door to conversations about nurturing and self-care. The PMU staff offer each patient a propagated plant cutting upon discharge to help them maintain a new leisure rhythm at home.

"Patients and staff have been encouraged and uplifted by having more green space on the unit, said Mull. "When people see the plants, they reminisce and often share their own stories of growth and healing."



Arda Tole, bicyclist and cancer care advocate, carried this BIKE 4 CANCER flag with her during her rides in support of Lacks Cancer Center.

Celebrating Arda Tole's BIKE 4 CANCER Journey

In 2008, Arda Tole was inspired to raise awareness and funds for Trinity Health Lacks Cancer Center through a 58-day, 3,100-mile bike journey that would take her from San Diego, California, to St. Augustine, Florida. Arda raised a remarkable \$25,695, just shy of her hoped-for goal of \$30,000. Arda's inspiration sprang from the wonderful treatment and people she encountered when treated at Lacks. She knew firsthand how important Lacks is for so many. And, she really was appreciative and fond of the staff who treated her over the years.

Arda's determination was deeply admired by her family and friends. When they learned that a special celebration and the installation of a plaque in her honor would be taking place last summer, they came together and within 24 hours contributed an additional \$7,000 in Arda's honor.

Surprisingly, they surpassed Arda's \$30,000 goal by raising a total of \$32,695 for Trinity Health Lacks Cancer Center. Arda passed away in November



On June 29, 2021, staff from Lacks Cancer Center and Saint Mary's Foundation hosted Arda Tole and her husband to celebrate Arda's 3,100-mile journey across the country. Left to right: Dave Tole; Kristy Todd, Director, Clinical Services; Arda Tole and Michelle Rabideau, President of Saint Mary's Foundation.

2021, but her legacy of supporting patients through the Lacks Cancer Center will live on. To date, more than \$70,000 has been raised in Arda's honor. Arda's plaque can be seen in the healing garden at Trinity Health Lacks Cancer Center.

Colleague Wellness Lounge Offers Rest and Relaxation for Staff

The new Colleague Wellness Lounge is a space for colleagues to relax and unwind.

Thanks to a Saint Mary's Foundation grant, the new Colleague Wellness Lounge opened for colleagues in March with a dedication and blessing.

"We are thrilled to have this new space for colleagues to enjoy," said Matt Biersack, MD, president of Trinity Health Grand Rapids. "Our teams give so much of themselves because they believe in our Mission and care deeply for those we serve. The Wellness Lounge is one way we can help heal our healers. We hope colleagues find this a space that helps them relax and restore."

Construction on the new space started in early January and is located on Level Two of the main hospital in the former vending room between the information desk and elevators.

"There is no better gift than a gift that rewards our colleagues for the tiring work and dedication



Dr. Jürgen Lüders, who serves on the Saint Mary's Foundation board, relaxes in one of the new massage chairs.

that they put in day in and day out," said Michelle Rabideau, president of Saint Mary's Foundation. "We are so happy to have this new area with fresh features and amenities for all to enjoy."

Studies have found that breaks can reduce or prevent stress, help to maintain performance throughout the day, increase energy, and reduce the need for a long recovery at the end of the day.

Highlights of the new space include relaxing massage chairs, aromatherapy amenities, specialty infused water, artwork donated by George Peebles, live plants and iPads equipped with mindfulness and breathing apps, stress-relieving games and headphones.

Better Sleep and Relaxation for Patients

Saint Mary's Foundation Grants eVideon System

Many patients at Trinity Health Grand Rapids are now enjoying hundreds of new entertainment and relaxation options, thanks to a grant awarded by the Saint Mary's Foundation.

eVideon provides patients, their families and visitors with more entertainment options and control over these services during their stay. With the eVideon's bedside solution, patients are treated to dozens of movie selections and new technology experiences.

"By offering more entertainment options with relaxation and sleep aids, we really hope this new product will provide our patients with some of the comforts of home," said Kimberly Hughes, Emergency Operations

Center leader, Plant Operations. "In addition, with some of our visitor restrictions, there are times when some patients are unable to have visitors, so now more than ever, this system can help them stay entertained while they wait for their procedure or further care."

The eVideon library has on-demand features, including movies, music, relaxation videos and guided imagery.

"There is a sleep aid feature that places the television into a noise-reducing setting," said Hughes. "There are night-light screens and calming sounds of ocean waves or wind. While we understand a stay in the hospital can be uncomfortable because it isn't home, our goal is to make each patient feel at home while they are here."

Patient Family Advisory Council Cares for Patients

The Patient Family Advisory Council (PFAC) is an advisory board made up of patients and family members within Trinity Health Grand Rapids and the Trinity Health Medical Group. With representatives from many areas, like Experience of Care, Nursing, Medical Staff and Volunteer Services, the council discusses and shares ideas, then creates goals focused on improving colleague and patient experiences.

One idea, started in 2020, was to create patient-care kits. An advisor shared their experience of being admitted and not having personal items with them. The council saw this as an opportunity and received a Saint Mary's Foundation grant to support the idea. The advisor's experience, combined with feedback from patient surveys, led to the creation of four patient-care kits with types that include personal care kits for women and men, nighttime kits and comfort kits.

"We were intentional about the items chosen for each kit, down to a comb set that is inclusive to all hair types," said Cassonya Carter, a PFAC member.

With the initial success, a second grant was awarded in 2021 to continue the distribution of the care kits. The grant also supports the purchase of items for patients at the Emergency Department.

"With the funding we have received, we can assemble about 500 kits each year," said Tammy Allen, colleague PFAC co-chair. "One day while rounding at the hospital, a patient shared they were given a personal care kit after being admitted unexpectedly. The gift of the kit eased their anxiety and they said, 'the sleep mask was a lifesaver.' While there are not enough kits for every patient, this unexpected act of kindness for those in need makes a big difference."



Left to right: Erin Shupe, Patient, Family Advisory Council member; Cassonya Carter, Patient, Family Advisory Council member; and Jenna Casey, RN, Colleague, Patient Family Advisory Council member

To date, the PFAC has distributed the 300 kits assembled in 2021. They recently completed 500 more and are actively distributing them as needed. Thanks to a grant and products donated from the Perrigo company, the PFAC will be assembling many more kits this year.

The PFAC has also distributed items to the Emergency departments, including children's books, bubbles, animals, coloring books and decks of cards to help patients actively wait. Some units are using the personal care items to help patients with rehabilitation by reintroducing activities of daily living, such as filing nails.

"As a loyal patient of Trinity Health, serving on the PFAC is a great way to use my experiences to improve the organization," said Chardonnay Henderson, a PFAC member who served as a Patient Co-Chair for two years and remains active on the council.

PFAC is recruiting new members to represent the community and who are interested in improving the patient experience. To apply, access the volunteer application and choose "Patient and Family Advisor" under placement preference at mercyhealth.com/donate/volunteer.



The Patient and Family Advisory Council started the personal-care kit initiative to help our patients who are unexpectedly admitted and find themselves without their own personal care items.



Phillip H. McCorkle Jr. Legacy Circle

Leaving A Lasting Legacy of Learning

Judith Joseph wanted to find a way to honor both her late husband, Dr. Julian Joseph, and the connection they shared with Trinity Health Saint Mary's – Grand Rapids.

What is your connection to Trinity Health Grand Rapids?

My husband worked at the hospital from 1973 until his retirement in 1999. His tenure at Saint Mary's served as a major part of his career. We always felt it was a wonderful institution and deserving of our support.

What inspired you to join the Phillip H. McCorkle Jr. Legacy Circle and include a gift as part of your estate plans?

Over the years, we supported the hospital through the Saint Mary's Foundation. Supporting special projects and annual priorities, so for us it was a way to ensure that support continues past our lifetime and allows us to leave a lasting legacy at a place that meant so much to both of us.

You decided to establish an endowed fund through your estate gift. What impact do you hope the endowment will have?

It was important to me to know how this gift would be used. By creating an endowment through an estate gift, I can designate our support and be sure of the impact it will have on future medical staff. In the future, the Dr. Julian and Judith Joseph Endowed Fund will help continue medical education. My husband served as the chairman of the committee that oversaw the pathology residency program. He loved learning and helping to pass knowledge down. Knowing that this will help medical staff in the future would make him very happy.



For more information and to find ways that you can have an impact on the future of Trinity Health Grand Rapids, contact Cathy Skene at 616-685-1484 or cathy.skene@mercyhealth.com.

Community Partners



Thank you to our friends at **Enviah Health** for providing a day of thoughtful wellness for our health care heroes through Operation Joy! Thirty-one Trinity Health colleagues were surprised with a massage from the Michigan Clinical & Therapeutic Massage team. This appreciation gesture brought comfort, relaxation and created a space for our colleagues to recharge.



Perrigo made a significant gift of products that will be used in our patient-care kits. Items donated include hand sanitizers, toothbrushes and covers, toothpaste, moisturizers (day and night creams) and mouthwash. This represents \$15,000 in-kind donation value. Thank you, Perrigo, for making this wonderful investment in our patients!

Celebrating our Care Champions

During National Health Care Week in May, Saint Mary's Foundation celebrated our Care Champions!

Care Champions are our providers or colleagues who have been recognized by patients or their family members through a gift made to our Grateful Patients & Families Program.

In 2021, Saint Mary's received gifts in honor of these 26 remarkable providers and colleagues. We congratulate them on their outstanding accomplishments and appreciate their passion and dedication to our mission of healing mind, body and spirit.

Dr. Kirsten L. Anderson
Dr. William Baer
Dr. Matt Biersack
Dr. Lisa Kinsey Calloway
Dr. Neil Colegrove
Dr. Gerald G. Durfee
Eric Flick, BSN, RN
Dr. Thomas E. Gribbin
Dr. Jessica L. Hedeman
Dr. Andrew P. Jameson
Dr. James M. Kane
Dr. Ryan Kelting
Dr. Jared Knol

Lindsey Krueger, CRNA
Dr. Jürgen Lüders
Dr. Andola Mathis
Dr. Hani Murad
Dr. James Passinault
Dr. Fredric Reyelts
Dr. Peter S. Ritsema
Dr. Dan Roper
Dr. Richard Sadowski
Dr. Mark T. Spoolstra
Dr. Geron Turke
Rachael Van Oss, BSN, RN
Dr. Tanya L. Vreeke

If you would like to honor a provider, colleague or an entire department at Trinity Health Grand Rapids, call 616-685-1892 or visit mercyhealth.com/shareyourgratitude.

Community Engagement

Saint Mary's Foundation is proud to support the **Reach Out and Read** program. In 2021, providers throughout Trinity Health gave 7,481 books to children age birth to five years.

The Reach Out and Read program's purpose is to create literacy awareness, encourage parents to read aloud to their children, and develop a child's interest in reading so they are ready for kindergarten by age 5. Providers throughout Trinity Health have participated in Reach Out and Read since 2010.

Are you interested in donating to help promote literacy and health care within our community? Make a difference by visiting mercyhealth.com/donate.



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.

Interested in becoming a volunteer?

Contact Laura Conners at 616-685-6084 or connerla@mercyhealth.com

Interested in planned gift opportunities?

Contact Cathy Skene at 616-685-1484 or cathy.skene@mercyhealth.com

Interested in becoming a member of our Grand Groups program?

Contact Alica Woodrick at 616-685-1427 or alica.woodrick@mercyhealth.com

Interested in your company becoming more involved?

Contact Angela Paasche at 616-685-1426 or angela.paasche@mercyhealth.com

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.



*Congratulations to Trinity Health Grand Rapids for achieving this prestigious award — **Best Maternity Hospitals 2021** from Newsweek and The Leapfrog Group!*

SAINT MARY'S FOUNDATION

A Member of Trinity Health

Saint Mary's Foundation

200 Jefferson Ave. SE
Grand Rapids, MI 49503

Non-profit
Organization
U.S. Postage
PAID
Grand Rapids, MI
Permit #657

Saint Mary's Foundation Awarded the Following Small Grants in 2021

- The Family Residency Program received \$2,500 to cover **cab fares for patients**.
- The Palliative Care team received \$1,000 to provide **acupressure bands to reduce nausea**.
- The Senior Adult Unit received \$5,000 to purchase **13 specialized in-room scales**.
- 7 Main and 8 Main were granted \$5,000 and \$2,000 respectively to purchase the **specialized scales** to benefit their adult patients with incontinence.
- Human Resources received \$5,000 to partner with the City of Grand Rapids in the **Growing 1000 summer program**.
- The Pharmacy Infusion Suite received \$5,497 to purchase **Wench Allyn Spot Vital Signs equipment**.
- Nursing Administration received \$5,000 to purchase **fall mats** to use on all inpatient units that have patients with high fall risk.
- Radiology received \$4,960 to purchase a **vein visualization system** for use with patients having CT scans at Trinity Health Medical Center - Byron Center.
- Radiology received a grant of \$3,248 to purchase a **blanket warmer** placed in close proximity to the CT area.
- Innovative Care received \$4,875 to create **kits for use during telehealth visits**.
- The Psych Med Unit (PMU) received \$4,596 to purchase **eight iPads and sixteen headphones** for therapeutic patient use.
- Radiation Oncology received \$1,500 to purchase and assemble **kits for patients with head/neck cancer** who receive radiation therapy.
- The Security Department received \$5,000 for a three-day **Critical Incident Stress Management training** for 30 Trinity Health Grand Rapids colleagues.
- The Experience of Care department received \$5,000 to create four **specialized patient care kits**: Men's Care, Women's Care, Night-time Care, and Comfort Care.
- Browning Claytor Health Center received \$5,000 to purchase **free blood pressure monitors** for home use.

In all, \$64,550 was awarded during 2021 to fund Small Grant Requests that contribute greatly to health and wellness of our patients and colleagues.