



Grateful Patient Honors Trinity's Cardiology Team for Life-Saving Care

John Mitchell is no stranger to heart disease. He witnessed his parents and siblings experience multiple heart complications. When he found himself having trouble breathing, he was not surprised to learn his arteries were blocked and he would need surgery. In April 2022, John underwent an angioplasty and received a stent at UnityPoint Health-Trinity's Heart Center.

"Dr. Sanjeev Puri took such great care of my parents, I knew I was in good hands," John said. After surgery, John entered Trinity's Pritikin Certified™ Intensive Cardiac Rehabilitation program in the Quad Cities. This specialized program combines personalized exercise routines with weekly cardiac cooking classes to help patients develop heart-healthy habits that will last a lifetime.

The thought of completely changing his lifestyle was scary for John, but he had three very special people in mind as he embarked on his journey towards improving his health - his three beautiful grandkids, aged 13, 7, and 3. Playing with them had become increasingly difficult, and the idea of not watching them grow up was one John was not willing to face. "John came in on the first day with such a great mindset," said Linda Harris-Teach, Trinity Cardiopulmonary Dietician. "He was ready and willing to put in the work, which made all the difference."



Grateful Patient Ceremony - John Mitchell and Cardiac Rehabilitation Team

The Cardiac Rehabilitation team at Trinity strives to support the long-term health of each patient. After his first few days, John was all in. **"The team was incredible," he recalled. "I went in thinking it would be all carrots and tofu. I quickly realized it was so much more."**

Trinity's specially trained dietitians demonstrate how to choose nutritious foods and prepare them properly. At the same time, the exercise specialists work with patients to develop a personal fitness program to fit their individual needs. "They took the time to get to know me and what worked for me so I could be successful even after I completed the program. It became something I looked forward to, which helped me to create a healthier lifestyle outside of class," John said.

Nearly a year after his journey began, John feels better than ever. He continues to exercise and follow the recipes Linda taught in cooking class and is down more than 70 pounds. **"I never knew it was possible to feel this good," John said. "When I started this journey, I didn't think I would make it to see my 13-year-old grandchild graduate high school. After completing Trinity's Cardiac Rehab program, I know I will make it to see my three-year-old grandchild walk across that stage!"**

John was so grateful for the life-changing care, he and his wife decided to honor his caregivers with a charitable contribution to Trinity Health Foundation's Cardiology and Heart Care fund. "They saved my life," John stated. "Without the cardiac team at Trinity, I would not be here. It meant so much to tell them what their support meant to me by helping others receive the same high-quality care I did."

John worked with the foundation team to organize a Grateful Patient ceremony to thank the team in person. "It means the world to this team to see our patients live a healthy life. It is why we do what we do every day," said Kathy Pulley, Trinity's Director of Cardiology Services. "It was an honor to work with John, and we cannot thank him enough for his generosity, which will help others live heart-healthy lives."

Your gift today can save the lives of more patients like John so they may be there for the big (and the small) moments in life. Please donate online at www.trinityhealthfoundation.org, by mail with the pre-paid envelope enclosed, or by scanning the QR code below. If you have received outstanding care from a caregiver at Trinity and would like to honor them with a charitable contribution, please get in touch with Randi Rockwell at (309) 779-7619.



John Mitchell and Grandkids



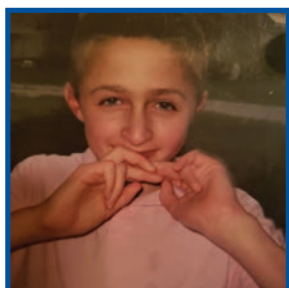
*Linda Harris - Teach, Trinity
Cardiopulmonary Dietician and
John Mitchell*



*Dr. Sanjeev Puri, John, Kathy Pulley,
Director of Cardiology Services*

Providing Peace through the Holidays and Beyond

In its second year, Trinity Health Foundation's Project Peace touched the lives of hundreds throughout the Quad Cities. This initiative allowed donors to memorialize a lost loved one while providing comfort, dignity, and peace to those receiving end-of-life care from UnityPoint Hospice.



Christopher Viren

For Holly Huntley, Project Peace holds a very special place in her heart. Holly's son Christopher passed away on February 6, 2017, at the age of 18. Christopher had battled chronic seizures and pneumonia on and off for years. His last bout brought them to the Intensive Care Unit at UnityPoint Health - Trinity in Rock Island. "The doctors and nurses were so kind.

They made Christopher and me feel comforted and cared for. Two of them even came to his funeral," Holly recalled. When all options were exhausted, Holly and her husband, Chris had to make the unimaginable decision to bring him home to pass away peacefully.

Nurses from UnityPoint Hospice came in two or three times daily for the final week of Christopher's short life to care for him and his family. "They were exceptional," said Holly. "When he passed, they took care of everything. They called the coroner and the funeral home and made arrangements so that we had the time and space to grieve together as a family. They are heroes to us." When Holly found Project Peace, she knew it was something she wanted to support. "We love to support local care in our community, but knowing the funds help UnityPoint Hospice made it all the more special," said Holly. "Losing someone you love is never easy, but the compassionate care of the hospice team provides solace in an otherwise devastating time."

"Christopher's ornament is a beautiful tribute to a beautiful soul," Holly said. "Each time we look at it, we will remember his kind and patient heart, his love for music, and his passion for travel. Even through his struggles, he always found joy in life." Holly and her family think about Christopher often and continue to celebrate his life with his favorite food, Harris Pizza, and fond memories each year on his birthday. He would have been 24 on January 4, 2023.

The philanthropic spirit of donors is met with gratitude by the patients and families served by Trinity. Because of meaningful gifts like Holly's and a generous sponsorship from the Concepts Cares Foundation, over **\$10,000** has been raised to help provide comfort, dignity, and peace to the patients and families of UnityPoint Hospice.



Holly Huntley with 2022 Project Peace Ornament in memory of son Christopher

Healing the Mind, Body, and Spirit Through Trinity Parish Nursing

Trinity's Parish Nurse program has a long-standing history of healing the mind, body, and spirit of the parishioners it serves. These faith-based nurses have provided care to our community since the program began in 1989. Today, Trinity has 38 parish nurses who serve 31 faith centers in the Quad Cities and surrounding areas. They provide education, wellness screenings, care coordination, and homebound visits through healthcare ministry at their parishes.

For Ann Lundstrom, 84, the care she received from Becky Maxon, Trinity Parish Nurse, played a vital role in her recovery from recent back fusion surgery. "When Becky offered her services, I was beyond grateful," said Ann. "I had nobody else and knew I couldn't do everything alone." Becky helped Ann with her bandages and medications, monitored her vitals, and even called the doctor's office when Ann had questions. **"Having Becky's help after my hospital stay made me feel safer. I believe I healed more quickly because of her,"** Ann recalled.



Trinity Health Foundation's Parish Nurse Fund is used to support the ecumenical, interdenominational partnership between UnityPoint Health - Trinity and Quad Cities area churches by assisting with the Parish Nurse Program. With support from donors like you, patients like Ann receive help in their time of need.

Please consider making a gift today to support the fusion of professional healthcare skills and faith experience. Contributions can be made online at www.trinityhealthfoundation.org, by mail using the enclosed prepaid envelope, or by calling Trinity Health Foundation at (563) 742-7610.



A letter from Mary Macumber- Schmidt Trinity Health Foundation President



February is an important month. It is a month to focus on matters of the heart, not just because of Valentine's Day, although love can certainly make us feel warm and connected during a cold Midwest winter. February is also National Heart Month, dedicated to raising awareness of the importance of cardiovascular health. Heart health is near and dear to me as I lost my dad to heart disease when he was the young age of 59. That is why stories like John's touch my heart. We are so fortunate to have a high-quality cardiovascular team and innovative resources here at UnityPoint Health - Trinity to help save the lives of those battling cardiovascular illnesses and emphasize its prevention.

YOU make the best cardiovascular care possible in the Quad Cities. Donor support has impacted the lives of thousands in the Quad Cities and surrounding communities by making our state-of-the-art Cardiac Nutrition Center possible, funding the foundational Cooking with Heart classes, and providing valuable education on heart health through Trinity's Heart to Heart series. I could not be more proud or grateful to be a part of a community that cares so deeply for the hearts of others. I join you in your hope that one day, nobody will lose a loved one to heart disease.

Of course, there are other matters of the heart that, with your support, we make possible. Through your generosity, we can support more families like Holly's who need compassionate end-of-life care from UnityPoint Hospice and provide faith-based care to patients like Ann through parish nursing. Your generosity reminds everyone who walks through our doors that they are not alone. Thank you from the bottom of my heart for being a supporter of Trinity Health Foundation. **YOU** fill my heart to the brim with loving kindness - I am truly grateful for you.

With gratitude,

A handwritten signature in black ink, appearing to read 'Mary M-Schmidt', with a long, sweeping horizontal line extending to the right.

Mary Macumber-Schmidt
Trinity Health Foundation President

*Please consider making a donation to
Trinity Health Foundation to support your WHY.*

Trinity Health Foundation is grateful for the support we receive from our community. If you wish to no longer receive requests for charitable support, please let us know by calling **(563) 742-7610**.

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