2 0 2 2 TRINITY FOUNDATION IMPACT REPORT



gratitude

UnityPoint Health - Trinity Regional Medical Center UnityPoint at Home UnityPoint Clinic Berryhill Center



mission

TO IMPROVE THE HEALTH OF THE PEOPLE AND THE COMMUNITIES WE SERVE.

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Contactus

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welcome

Gratitude allows us to focus on what is good in our lives and be thankful for what we have. Gratitude is pausing to notice and appreciate the things we often take for granted. Research shows that gratitude is strongly and consistently associated with greater happiness.

As I reflect on 2022, I am grateful for all of you. I value and appreciate your friendship. The impact you have on the health of our community is impressive. Your generosity and engagement in the important work of improving the health of our community is deep and wide.

While our physicians, nurses, therapists, and team members are committed to providing the best outcome every time through compassionate and skilled care, your support impacts the level of care, advancement of technology and support services available at UnityPoint Health - Fort Dodge.

Research also shows that gratitude helps us feel more positive emotions, relish good experiences, improve our health, deal with adversity, and build strong relationships. In this 2022 Annual Impact Report, our patients and families affirm this research.

Jim Kesterson shares his gratitude for the skilled team that cared for him after his COVID-19 diagnosis. In visiting with Jim recently, he told me that prior to his hospitalization, he had no idea how hard someone would work to keep him alive. The exceptional care Jim received inspired Kathy and Jim to make a gift for the Critical Care Unit renovation. Jim wants everyone to know that their gift is in honor of his caregivers.

You will also read about cancer care in our community and how your generosity is helping provide innovative technology. Emily McCollum tells about the gratitude she has for the support and care she received from

the Norma Schmoker Cancer Center team after an unexpected cancer diagnosis.

Finally, you will learn about the value UnityPoint Health - Fort Dodge places on end-of-life care in our community and how your donations help support this work. Many of these donations come from families grateful for the support they received. Dr. Cindy Vansickler and Deb Zemke share how this care supported and inspired them.

Each story has an inspiring message, but the central theme is gratitude. Gratitude is often the result of a life-changing experience. Gratitude keeps us grounded and can change our perspective of the world. Gratitude is an essential component of health care.

Collaborating with our generous donors has shown me that passion for a cause and a generous heart is a winning combination. We thank you for your commitment and generosity. We are grateful that you believe in our work and are enthusiastic champions of Trinity Foundation.

Everyone who makes a gift to Trinity Foundation, regardless of the size, contributes to our success and is a partner with the community we serve. Thank you for your partnership. Thank you for your passion and thank you for making a difference.

In grateful appreciation,

Carol Grannon
Executive Director
Trinity Foundation



Norma Schmoker Cancer Center

d new View

Emily McCollum's favorite place to be is at her desk helping patients navigate their cancer journeys. However, in July of 2022, she experienced what it was like to sit on the other side of her desk.

"I will never forget the moment I learned I had cancer," said McCollum. "Time truly stands still when you hear the words 'you have cancer.' Nothing can prepare you to hear those words, even someone who works in the field of oncology."

McCollum has served as Patient Navigator in the Norma Schmoker Cancer Center for six years. She earned a B.A. in Psychology from Arizona State University. McCollum loves collaborating with patients to make sure they have the support and resources needed throughout their cancer journeys. "What I enjoy most about my position, is the interaction with patients. Our patients have individualized needs, so every day looks different; it is not unusual for me to go from coordinating transportation for a patient to helping another patient try on wigs in our Self-Enhancement Image Room. Our team works together to make sure patients receive the care they need when they need it."



In July 2022, a routine mammogram revealed atypical cells. McCollum had two choices: watch and see or remove the cells. After a consultation with Dr. Laura Miegge, UnityPoint Clinic, McCollum decided to remove the cells. "Learning of my breast cancer diagnosis was shocking. We went from thinking proactively, to quickly planning for additional surgery, chemotherapy, and radiation therapy."

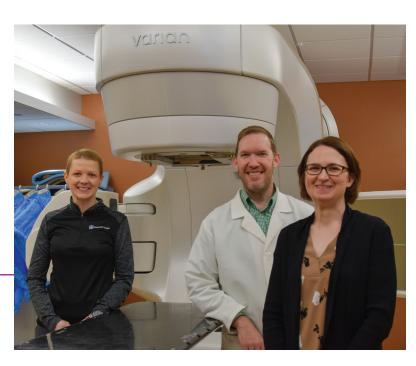
The Norma Schmoker Cancer Center team applies a comprehensive approach to help diagnose, treat, and fight all types of cancer. The focus is on providing the best care and support for all patients, all while keeping them close to home. "We treat about 375 patients each year. Most patients live in our service region which means they come in, receive treatment, and go home to their family the same day," stated Stefanie Koenig, Manager of Oncology and Infusion Services. The team treats all types of cancer but the most common are breast, lung, prostate, head/neck and colorectal. "When treating cancer, the patient's entire body needs healing, not just the cancer," commented Koenig.

The Norma Schmoker Cancer Center is an approved cancer program through the American College of Surgeons, Commission on Cancer. "I take great pride in caring for my friends and neighbors," said Dr. Sarah Tofilon. "I was raised in this community and appreciate the personal connection I have with many of our patients." Dr. Tofilon went on to say, "I am proud of the comprehensive care we provide and the work our team does to connect patients with the additional resources they need." An approved program ensures quality, multidisciplinary and comprehensive cancer care in health care settings. Patients have access to:

- Cancer support and resources: Support services, including care coordination, support groups that provide education and comradery, survivorship counseling, pre and post rehabilitation, image enhancement that helps with hair loss and skincare during treatment, and nutritional services are available to all patients. A patient navigator works to help patients find needed resources while going through treatment.
- Comprehensive treatment: The medical and radiation oncologists work together to find the cancer treatment that is right for you. Medical oncology, radiation oncology, surgery, infusion, lymphedema, and pain management are available.
- Emily McCollum, Patient Navigator for the Norma Schmoker Cancer Center stands in front of the True Beam linear accelerator with her radiation oncologist, Dr. Shane Hopkins and her medical oncologist, Dr. Sarah Tofilon.

- Preventive services: A high-risk breast cancer clinic and lung cancer screening helps identify cancer early.
- Cancer registry: The primary responsibility of the registry is to collect, maintain, and analyze data on all patients diagnosed with or treated for cancer at the Norma Schmoker Cancer Center. This is important because it ensures optimum care for each patient by helping physicians analyze treatment results and better understand cancer.

"It was never a question of where I would receive my treatment. I work alongside the most knowledgeable, compassionate providers. I trust our team wholeheartedly and felt confident I would receive the best care possible. And I did," said McCollum. "I was able to receive stereotactic body radiation therapy which cut the number of radiation treatments from approximately 20 to only five. At the Norma Schmoker Cancer Center, you are so much more than a patient. Our team makes sure you know how much you matter and that you feel part of the family. My family and I are forever grateful for the personal care I received but also for the state-of-the art treatment that was available."



RADIATING

In April 2021, the Norma Schmoker Cancer Center began providing radiation therapy services using the new True Beam Linear Accelerator. This innovative technology is providing timely and quality life-saving radiation services. In 2022, the Norma Schmoker Cancer Center provided 2,585 radiation treatments.

"Having a state-of-the-art linear accelerator brings the best cancer care right to where we need it - within our own community," stated Dr. Shane Hopkins, Radiation Oncologist. "I love being able to work with a team of skilled physicians, nurses, therapists, and other health professionals who are able to provide the very best to the people we treat."

Charitable donations to Trinity Foundation assisted with the construction of the vault and purchase of the linear accelerator. "We were on pace to kick off the Radiating Hope capital campaign for \$3.5 million when COVID-19 stopped us in our tracks," said Carol Grannon, Executive Director of Trinity Foundation. "The

environment created by COVID-19 did not make fundraising easy, but we completed the campaign in 2022. We are incredibly grateful for the generosity of our community," said Grannon. "The support provided by our community is noteworthy and I believe sends a clear message about the importance of comprehensive cancer care for our region."



Critical Care Unit HCS[C/SON

COMES FULL CIRCLE

Even after two and a half years, Jim Kesterson does not take his recovery from COVID-19 for granted. "I truly believe that I am here today because of the health care I was provided," stated Kesterson. "Today and every day I am grateful for my health and the care our local hospital provided. I honestly believe I experienced the finest care I could ever imagine."

In August of 2020, Kesterson was hospitalized with COVID-19. He was a patient in the Critical Care Unit at Trinity Regional Medical Center for two weeks and was so sick that when his condition status was changed to critical, it was considered an improvement.

"I quickly realized I had to get my head around the situation. I was isolated from the outside world; I knew that depression would be my enemy," said Kesterson. "The doctors were in charge of my physical health, but I was in charge of my mental health." Kesterson devised a plan to break his day into small increments based on when the next interaction would happen. Whether a nurse checking on him, a respiratory therapist providing treatment or even someone to clean his room or deliver a meal, Kesterson made friends and used these connections to stay in touch with the outside world. After two weeks in the Critical Care Unit, Kesterson was moved to the Highland Herum Center for Acute Care for a few days and was finally able to go home.

Two years later, Kesterson's gratitude came full circle when he made a gift to Trinity Foundation to support a renovation in the Critical Care Unit. "My wife, Kathy and I were asked to sponsor a room in the Critical Care Unit to help support the renovation work," stated Kesterson. "I needed less than 30 seconds to say yes. This gift is to honor of my caregivers. I told Carol Grannon that she could tell everyone we made this gift, and in my opinion, they should too. Everyone in Fort Dodge and our region needs to know what a gem we have," Kesterson said. "I was born and raised in Fort Dodge and have been involved in the economic development of this community and region for many years. UnityPoint Health is not only a trusted partner; this organization is key to our community thriving."

"For Kathy and me, giving is the other side of receiving. Giving and receiving is a full circle and a full circle just feels more natural than a half circle," stated Kesterson.



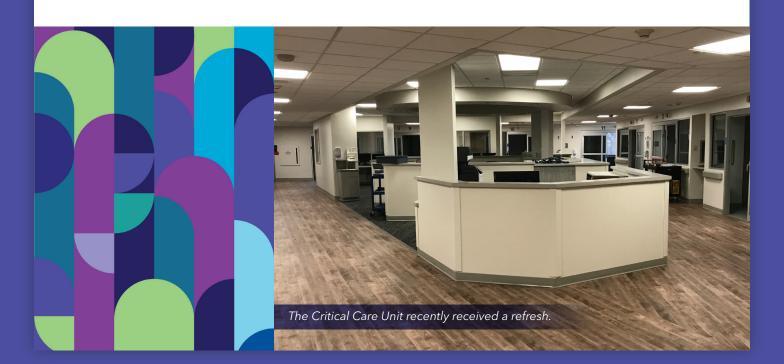
CRITICAL CARE UNIT RENOVATION

In September of 2022, Trinity Regional Medical Center began updating the Critical Care Unit. The updates will address issues that were identified during the COVID-19 pandemic and create a healing environment. The current unit was opened in 1978 and has been maintained, but not upgraded. Before beginning the work, all patients were moved to a temporary location.

The scope of work included painting the entire area and replacing worn carpet with vinyl flooring. Installation of a state-of-the art electrical system will prevent interruption or overload of electrical service in the unit. New lighting and new glass slider doors were also installed.

Permanent negative air pressure fans will assist with infection control. Bathrooms are also being updated and a new nurse station has been designed to provide a more efficient workflow.

The project was completed in early 2023. Patients, families, and the critical care team are enjoying the beautiful, updated space. This was a \$900,000 project. Trinity Foundation committed to providing \$400,000 toward the project. To learn more about this project, please contact Carol Grannon at (515) 574-6794 or carol.grannon@unitypoint.org.



Jim Kesterson stands in front of Room 9 in the Critical Care Unit. Jim and Kathy Kesterson have sponsored the room in honor of his caregivers.

OCCC COMFORT

"You matter because of who you are. You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to live until you die."

~ Dame Cicely Saunders the founder of the first modern hospice

The hospice philosophy accepts death as the final stage of life. It affirms life but does not try to hasten or postpone death. Hospice care treats the person and symptoms of the disease, rather than treating the disease itself. Once you accept hospice care, a team of professionals work together to manage symptoms so that a person's last days are filled with dignity and quality, surrounded by their loved ones.

For Dr. Cindy (Eckerman) Vansickler and her siblings, hospice was especially helpful as they navigated the death of their mom, Dorothy, in 2011 and their dad, Denny, in 2018. "Both of my parents received care in their home, and then transitioned to the Paula J. Baber Hospice Home," commented Vansickler. "The care provided to them and us at such an unsettling time was remarkable."

UnityPoint Hospice serves approximately four hundred individuals each year. The program began in January of 1983 and was Medicare certified in 1995, which allowed the program to grow and render a broader scope of service. In 2008, the Paula J. Baber Hospice Home opened to provide inpatient and respite care for Fort Dodge and surrounding area. Today, hospice care is provided at home, in a nursing facility or at the Paula J. Baber Hospice Home by a professional staff of thirty-three. Regardless of the setting, UnityPoint Hospice provides the highest quality and most compassionate care to those at the end of life's journey. "When you have a loved one in hospice, the nurses and staff become family," said Vansickler.

Trinity Foundation provides over \$100,000 annually to UnityPoint Hospice for music and massage therapy, bereavement education, patient supplies and equipment, and volunteer training. Trinity Foundation also provides funding for compassionate end-of-life care to all individuals, regardless of their ability to pay. "Trinity Foundation remains steadfast in its passion and commitment for end-of-life care. This service line is a priority for Trinity Foundation," stated Carol Grannon, Executive Director.

The Hospice program provides spiritual care designed to address an individual's spiritual or religious needs, no matter if they believe in God, a higher power or hold other beliefs. Spiritual care provides calmness, contentment and peace helping to ease concerns and give patients peace of mind during this time. Massage and music therapy are also effective tools for pain relief and provide comfort, and relaxation for patients.

According to Joyce Bianchi, RN, CHPN, UnityPoint Hospice Administrator, enrolling in hospice care early helps you live better and live longer. "Hospice care decreases the burden on family, decreases the family's likelihood of having a complicated grief process and prepares family members for their loved one's death," stated Bianchi.

"Hospice equalizes those that enter. The focus is not on where you come from or what your life was like before, it is about assisting you through the end-of-life process," said Vansickler. "Hospice provided peace and comfort in an otherwise turbulent time. Both of my parents died at the Paula J. Baber Hospice Home. It is where my siblings and I said goodbye to our mom and dad; those are memories that I hold in my heart forever," said Vansickler.

UnityPoint Hospice relies heavily on volunteers. "People choose to volunteer for a variety of reasons," commented Bianchi. "The compassionate care their loved ones receive is inspirational and they want to give back through volunteering. Our volunteers focus on the needs and wants of the patient. They read to patients, run errands, or just spend time with patients giving the caregiver a break. We have sixty-nine trained volunteers that enhance the work we do," said Bianchi.

Deb Zemke is one of those volunteers. The death of her father, Charles Ballstadt, inspired Deb to volunteer. "Our family's experience with hospice was wonderful and I knew I wanted to be a part of the organization," said Zemke. "I have always regarded our hospice organization as a 'tribe,' ferociously committed to helping people die comfortably and well-supported. I am proud to be a member of that tribe, helping patients and their families make end-of-life bearable, a shared experience, and in its own way, beautiful.

Left to Right: John Briley, Hospice Chaplain and Bereavement Coordinator reviews spiritual care plans with Gary Snook, Hospice Chaplain.

I love to encourage our patients to keep telling and sharing their stories, giving memories to all of us who listen."

or private insurance does not reimburse all services and programs provided by UnityPoint Hospice. Sometimes, the patient simply does not have the resources to pay for

Medicare, Medicaid,



Mary Field, massage therapist with UnityPoint Hospice massages the hands of a hospice patient.

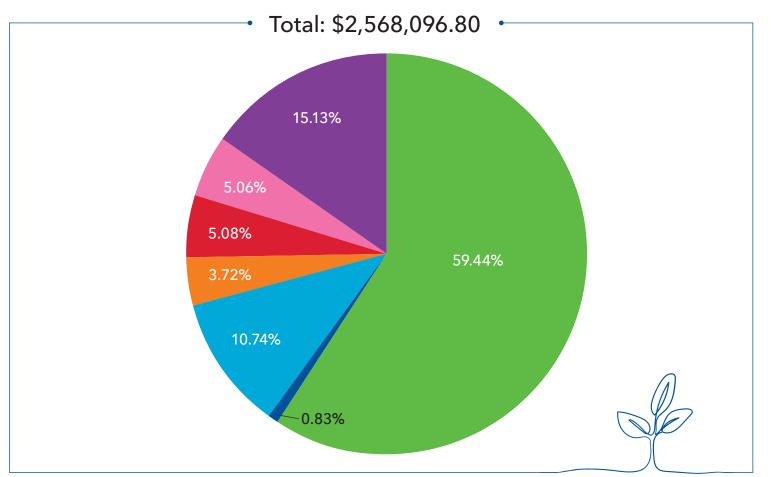
care. "We want all patients to leave this world feeling loved and cared for, without the emotional and financial burdens that often accompany a terminal diagnosis," said Bianchi.

"At UnityPoint Hospice, all patients receive care regardless of their ability to pay. Your gifts ensure individuals without a pay source receive the quality and compassionate hospice care they deserve," stated Grannon. "You may never know the impact your gift has, but please know, your gifts provide comfort and support for those we are so privileged to care for."



DISTRIBUTION OF SUpport

■ Endowments	\$1,526,299.51
■ Scholarships	\$21,286.16
■ Department Support & Staff Development	\$276,000.71
■ Norma Schmoker Cancer Center	\$95,546.36
■ Hospice & Paula J. Baber Hospice Home	\$130,395.51
■ Unrestricted Support	\$130,048.01
■ Radiating Hope Capital Campaign	\$388,520.54



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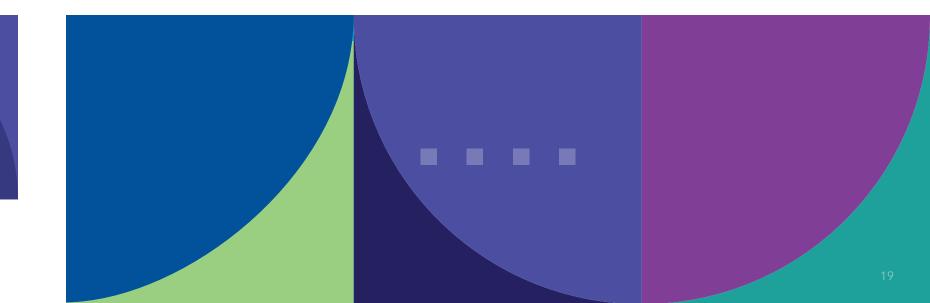
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