



Mary Klinger, Kathy Johnson and Casey Greene

FALL 2024 • ST. LUKE'S FOUNDATION IMPACT REPORT

Mission

The mission of UnityPoint Health® - St. Luke's Foundation is to support UnityPoint Health - Cedar Rapids in giving the health care we'd like our loved ones to receive.

News and Information

- Abbe Center for Community Mental Health is moving to a new home. And UnityPoint Health - St. Luke's Foundation has launched the Campaign for Abbe Center to help make this new home a reality. With support from our donors, the new Abbe Center will welcome patients and their families with more room, more services and more support than ever before. The grand opening is scheduled for the summer of 2025.
- St. Luke's Hospital's acute adult behavioral health unit is the recipient of new equipment, thanks to an iGrant from St. Luke's Foundation. The specialized equipment is part of a new sensory room designed to help young adult patients who are experiencing a crisis such as suicidal thoughts or a manic episode. The iGrant program is funded by donations from UnityPoint Health - Cedar Rapids team members.



UnityPoint Health
St. Luke's Foundation

Welcome

New Home. New Hope.

Life gets hard sometimes. That's why, for 75 years, AbbeHealth Services has provided Eastern Iowa with vital behavioral healthcare.

Now, UnityPoint Health - St. Luke's Foundation is helping improve and expand access to behavioral healthcare through the *New Beginnings Start Here* capital campaign. It supports a new home for AbbeHealth's Abbe Center for Community Mental Health in Cedar Rapids, which will offer mental health and substance abuse services under one roof. In addition, as one of the first Certified Community Behavioral Health Centers in Iowa, Abbe Center is introducing a new model of coordinated care that better meets the needs of children, teens, adults and seniors.

With your support, we can help more people with mental health issues maintain jobs, stabilize their families and stay in school. Together, we're strengthening our community for all of us.

With gratitude for all you do,

Casey Greene, President
UnityPoint Health - Cedar Rapids

Mary Klinger, President
UnityPoint Health - St. Luke's Foundation



Mary Klinger and Casey Greene

CHILD PROTECTION CENTER

Saving Babies' Lives Through Safe Sleep

Did you know from 2013 to 2017 an average of four babies in Linn County died each year from a cause that was 100-percent preventable?

"Every year we were seeing babies under the age of three months dying simply because they were not sleeping in a safe place," explains Dr. Regina Torson, medical director of UnityPoint Health - St. Luke's Child Protection Center. "That's why we formed the Safe Sleep Task Force (SSTF)."

SSTF members volunteer their time to save babies' lives through the Cribs for Kids program. Expectant parents who attend a two-hour class learn about the importance of a safe sleep environment, which includes sleeping alone, without an adult or sibling, and on a firm surface without blankets or pillows. Attendees also receive information on well-child exams, immunizations, postpartum depression and more.

Families on state insurance or 200-percent below the federal poverty level who do not have a safe place for their baby to sleep also receive a free Pack 'n Play portable playard and sheet.

"In the first two years we started doing this, the number of infant deaths from unsafe sleep went to zero!" exclaims Dr. Torson. "That's when we knew we were making an impact."

Pack 'n Play sets are available at the Child Protection Center, area hospitals and the Eastern Iowa Health Center for moms who deliver before they are able to take the class. Dr. Torson says, "Physician offices, Iowa Department of Health and Human Services and law enforcement all know to call us if they find an infant isn't sleeping safe and we will arrange for them to receive a Pack 'n Play. We serve around 100 families each year."

Dr. Torson adds, "It costs about \$5,000 a year for us to provide the Pack 'n Plays, sheets and other materials. If we save even one baby from dying, it's worth the money."

Join us in helping ensure safe sleep for every baby in our community. Give today in support of the Cribs for Kids program. Go to unitypoint.org/donate or call St. Luke's Foundation at (319) 369-7716.



Dr. Regina Torson

New Beginnings Start Here



The new Abbe Center will be located in the former Stamats building.

UnityPoint Health - Abbe Center for Community Mental Health is the largest behavioral health center in Iowa, providing more than 20,000 individual services each year. Now Abbe Center is moving to a new home with more room, more services and more support to address growing needs in our community.

"This is a chance for us to raise the bar and provide even higher quality services. It's what our community needs," says Kathy Johnson. Kathy, who began her career as a social worker at Abbe Center in 1987, was recently named president of UnityPoint Health - AbbeHealth Services.

Kathy notes Abbe Center recently became one of the first Certified Community Behavioral Health Clinics (CCBHC) in Iowa. She explains, "This new model of care requires us to be even more comprehensive in what we offer. It's a coordinated approach designed to get people the care they need, when they need it."

The new Abbe Center will be located in the heart of the Cedar Rapids healthcare community at 615 5th Avenue SE (the former Stamats building). The new facility is designed to be a welcoming environment that promotes physical and emotional well-being, while fostering a sense of dignity, health, comfort and safety. And because it consolidates multiple clinic offices into one location, it will save money on rent, utilities and other costs for years to come.



New Abbe Center interior with a heart on the wall.

Kathy adds that the additional space, together with the increase in staff necessary to meet the requirements of a CCBHC, will enable Abbe Center to treat 30 percent more individuals than are currently being served.

"Today, people have a better understanding that mental health treatment is health care," says Kathy. "Mental health impacts your physical health and overall wellness. But with that recognition comes an even greater demand for our services. The new facility and our CCBHC status will help us increase access and provide even better care."

The grand opening of the new Abbe Center location is scheduled for Summer 2025. Total cost for the project is estimated at \$8 million.

St. Luke's Foundation launched the \$4 million New Beginnings Start Here capital campaign to underwrite the Abbe Center building renovation. In August, The Hall-Perrine Foundation awarded a \$1 million matching grant to this campaign, contingent upon St. Luke's Foundation raising \$2 million. This means for every \$2 raised by St. Luke's, The Hall-Perrine Foundation will donate \$1 up to a total of \$1 million. The campaign runs through December 2025.

LIVE
simply
LOVE
generously

Help us meet a growing community need and fulfill The Hall-Perrine Foundation matching grant requirements when you support the **New Beginnings Start Here** capital campaign for Abbe Center. Donate at give.unitypoint.org/mentalhealth or call us at (319) 369-7716.



**SCAN TO
DONATE TODAY!**

The Gift Where Everyone Benefits

Nancy Schoeben began her UnityPoint Health - St. Luke's Hospital career on December 12, 1980. She started in the accounting department, moved up to become director of finance for St. Luke's Foundation, and fully retired at the end of 2019. But for Nancy, St. Luke's was always much more than a job.

"From the time I started working there and the more people I met, the atmosphere felt like a very caring family," Nancy says. "As the years went on, I learned about the needs of the hospital and how technology, specialized equipment and treatments could help our patients. Our administration shared that vision and how everyone plays a part in helping our patients and families."

She adds, "I realized that St. Luke's is MY hospital and MY extended family."

Nancy made a commitment then and there to start giving to St. Luke's Foundation. "I wanted to help patients receive the best possible care at St. Luke's Hospital. It's been a Top 100 Hospital for many years and it's a tremendous resource for our community. I want that to continue."

Now Nancy is able to donate even larger sums by leveraging her Required Minimum Distribution (RMD). That's the minimum amount individuals are mandated to take out of their IRAs annually beginning at age 70 ½.

"The amount I withdraw from my IRA minus the amount of my gift to a charitable organization like St. Luke's is what I'm actually taxed on," Nancy explains. "I reduce my tax liability, St. Luke's benefits from a larger donation and our community continues to enjoy excellent health care."

Nancy urges others reaching the 70 ½ milestone to consider doing the same. "The RMD is a supplement to your income. Donating some or all of it gives you a tax benefit while providing you with an opportunity to give back to your favorite charities."



Nancy Schoeben

You can help St. Luke's continue to be an outstanding healthcare resource for our community. For information on tax-advantaged IRA rollovers or other forms of giving, call St. Luke's Foundation at (319) 369-8100.

The Benefits of a Recurring Gift

You can make your gift to St. Luke's Foundation go further when you choose a recurring donation. It's a great way to support UnityPoint Health - Cedar Rapids in giving the health care we'd like our loved ones to receive.

A recurring gift is an ongoing, specific donation that is charged to your credit or debit card. Setting up a recurring gift allows you to easily budget for charitable giving, while providing St. Luke's Foundation with a steady stream of support. Choosing the monthly option can also make it easier for you to give by spreading your donation throughout the year.

Making a recurring gift is as easy as setting up autopay on your monthly utility bill. Just go to our secure online donation page at unitypoint.org/donate. You decide how much to give, how often and for how long. Choose an area to support that's of special interest to you or let

St. Luke's Foundation apply it to the area of greatest need. Whether you choose a recurring donation or make a one-time gift, 100 percent of your donation directly supports St. Luke's programs and services.

Other Ways to Give

Many donors benefit in giving appreciated stock, granting from Donor Advised Funds or donating from a Required Minimum Distribution or other Qualified Charitable Distribution, all of which can be more "tax-smart" than giving cash.

We welcome and appreciate every form of support. For more information on ways to give, contact the Foundation at (319) 369-7716.

HELEN G. NASSIF COMMUNITY CANCER CENTER An Important Resource for Our Community

You could say Sara Veerhusen started going to the Helen G. Nassif Community Cancer Center before it existed.

"After I was diagnosed with cancer in 2002, I took advantage of UnityPoint Health - St. Luke's exercise services for cancer patients," Sara recalls. "I continued to use those services when the program moved to the Community Cancer Center in the PCI Medical Pavilion." She's also taken advantage of the Community Cancer Center's holistic services such as acupuncture and massage therapy.

So, when Sara's husband Dan was diagnosed with cancer in 2017, he knew right where to go for support on his cancer journey. "For years, Sara had told me how great they were," shares Dan. "But I didn't fully appreciate the level of support you get until I went there myself."

Both Sara and Dan have worked with Matt Schmitz, wellness program manager at the Community Cancer Center. Matt's expertise helping cancer patients enabled him to create customized exercise plans to meet Sara and Dan's individual needs.

Dan says, "Matt has been a huge resource. It blows me away that I can walk in there, tell him it hurts when I move a certain way, and he knows just what to do. Because he's seen these things before, he has a tremendous advantage."

Like Sara, Dan also enjoys massage therapy with Laura McKenzie. And while massage therapy is offered at a nominal cost, most services at the Community Cancer Center are free for cancer patients, survivors and their family, regardless of when or where they receive their cancer treatment.

"They don't care where you had your treatment," Sara explains. "They care about you and your overall well-being. Adds Dan, "The Community Cancer Center is one of those resources people might not know about. But when you need it, it's great that it's here."



Sara and Dan Veerhusen

Most communities aren't fortunate enough to have a resource like Nassif Community Cancer Center. Your gift helps cancer patients and their loved ones receive the support and services they need, close to home. For more information, call (319) 369-7716.

A Full Circle of Support



Elyse McGraw

Supporting the Employee Giving Campaign at UnityPoint Health - Cedar Rapids is personal for Elyse McGraw. Elyse is a nurse practitioner with UnityPoint Clinic - Kidney Center (Nephrology). She is also the mother of two special needs children.

"Both of my kids have autism," Elyse explains. "They've been going to Witwer Children's Therapy Center for eight years. When I found out I could support Witwer through the Employee Giving Campaign, I thought it would be an awesome way to give back to a program that's done so much for my kids."

Elyse knew donations to St. Luke's Foundation had helped Witwer expand recently. She says, "That was so important. Witwer was cramped in the space they were in, and it limited the number of patients they could see. As a mom, you don't want to have to wait months to get your kids into therapy."

She adds, "Witwer is amazing. My children have had physical therapy, occupational therapy and speech therapy over the years. Everybody there is so nice and so knowledgeable. You can just tell they care a lot about the kids."

Elyse is proud to support St. Luke's Foundation through the Employee Giving Campaign - a donation that comes full circle when it helps the kids at Witwer Children's Therapy Center. "There are a lot of ways to give back," admits Elyse. "By donating to St. Luke's Foundation, I keep it within our organization and keep it local, where I can see the benefit to the community. I really appreciate that."

iGRANT PROGRAM

A Sense of Caring

Candace Whitman-Workman is passionate about the patients in her care. Candace is the nurse manager for UnityPoint Health - St. Luke's Hospital acute adult behavioral health unit. Her patients tend to be 18 to 64 years old, and most are experiencing a crisis such as suicidal thoughts or a manic episode. Increasingly, Candace says the unit also sees patients who have intellectual disabilities.

"That's not usually our realm," she admits. "We believe our new sensory room will really help those individuals."

The sensory room is designed for people who have difficulty with one or more of the senses. Candace and her team use specialized equipment to either stimulate the senses or block sensory input, depending on the patient's needs. The goal is to change an individual's focus from an internal preoccupation to something external and calming.

"We have a bubbler tube and a soft, cushy bench where patients can sit and watch the bubbles," explains Candace. "A fiber optic weighted shawl offers tactile and visual input, as well as the sense of being safely held. We have sensory music devices that provide soothing sounds, and we're experimenting with aromatherapy."

The equipment was purchased through St. Luke's iGrant program. This program is funded by donations from UnityPoint Health - Cedar Rapids team members through the Employee Giving Campaign.

"Too often, society dismisses the people we care for," says Candace. "But they belong to all of us. They are our children, our friends, our neighbors. My team and I love them. We are so grateful to the people who donated to help us buy this equipment. If the money you give can help us alleviate someone's suffering, it's worthwhile."



PLANNED GIVING

A Donation That Gives Forever

Chris and Jane Lindell have a strong connection with UnityPoint Health – St. Luke’s Hospital. That includes their daughter’s birth, a joint replacement, breast cancer treatment and Chris’s service on the hospital board for close to 10 years.

“I’m so impressed with everything St. Luke’s does to make sure we have great health care in Cedar Rapids,” says Chris. “That’s why Jane and I donate to St. Luke’s.”

The Lindells will continue to support St. Luke’s for a long time to come, thanks to an endowed family fund they created with the Greater Cedar Rapids Community Foundation (GCRCF). Chris explains, “The GCRCF acts as steward of the fund and each year we recommend grant distributions. Since it’s endowed, our original gift remains or grows over time. Our family fund will benefit our community forever.”

Currently the Lindells contribute directly to St. Luke’s Foundation, rather than through their endowed fund, to take advantage of the 100-percent match Chris receives from a former employer. He says, “I’m leveraging my opportunities so organizations I support, like St. Luke’s, get the most money possible to support the work they are doing.”

But long after they’re gone, Chris and Jane’s legacies will live on through their endowed fund. Chris says proudly, “Our kids know our passion for St. Luke’s, as well as our passion for our church, the environment and diversity, so those are the things our fund will support.”



Chris and Jane Lindell

Anyone can set up an endowment directly with St. Luke’s Foundation, through the GCRCF or through the individual’s own financial institution. “A donor can establish an endowment through us with a \$25,000 donation,” says Julie Coppock, senior development director with St. Luke’s Foundation. “At five-percent interest, it generates a \$1,250 donation to St. Luke’s every year, while the endowment principal remains untouched. It truly is a donation that gives forever.”

St. Luke’s Foundation has engaged Johni Hayes, senior vice president with Thompson & Associates, to provide complimentary and confidential estate planning services to the Foundation’s friends and supporters. Johni knows how to help individuals minimize their tax obligations while positively impacting generations to come. For more information on how Johni can help you craft your personal estate plans, contact St. Luke’s Foundation at (319) 369-7716.

PLANNED GIVING/ESTATE GIFTS

A Loving Legacy

Rose Schwichtenberg loved many things throughout her long life, from throwing parties to cheering on her beloved Iowa Hawkeyes. Above all, Rosie loved her family and friends and was grateful for the hospital that had done so much for her and her loved ones.

Before she lost her battle with cancer at the age of 90, Rose Schwichtenberg decided to help UnityPoint Health – St. Luke’s Hospital continue to serve families like hers.

“Rosie told me she wanted to leave a donation to St. Luke’s,” recalls Nancy Kuhn. “She said ‘I can’t take it with me, so I might as well benefit people around me.’”

A registered nurse at St. Luke’s, Nancy was a close friend of Rosie’s daughter, Susan Freese. After Sue passed away in 2018, Nancy and others pitched in to help her mom. “There was a group of us who took Rosie to lunch, took her to doctor appointments. We knew Sue would have liked that. Rosie called us her team.”

Today a picture of a rainbow, in honor of her daughter, Susan, is on display at St. Luke’s Center for Women’s and Children’s Health lobby. And her mother’s generous donation is supporting health care in many ways.

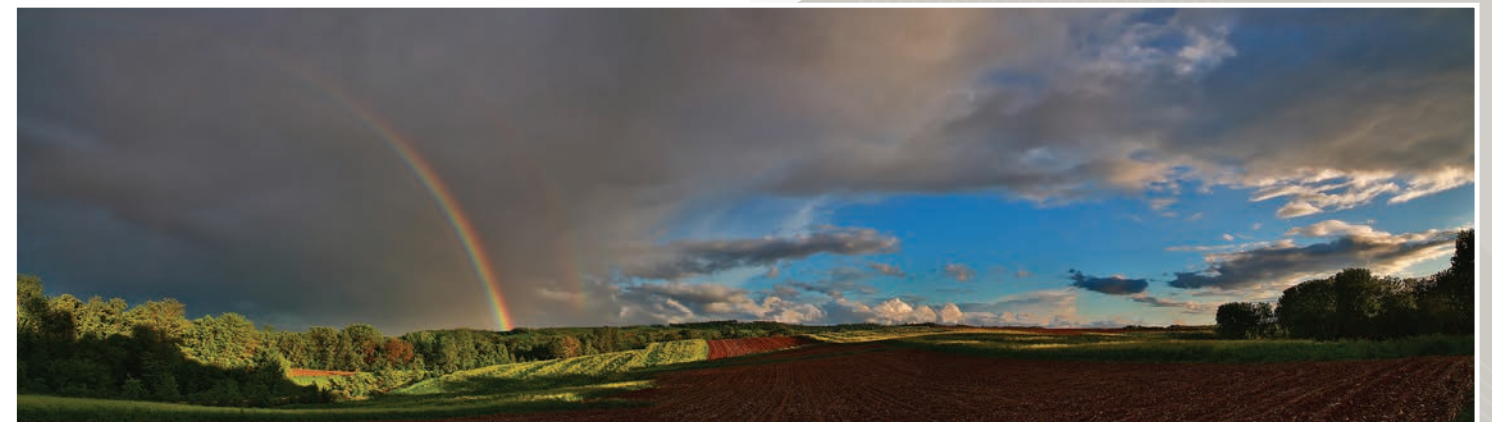
“Rose’s gift was divided equally between UnityPoint Hospice – Cedar Rapids, Nassif Heart and Vascular Center, and Level III Neonatal Intensive Care Unit (NICU),” explains

Jennifer Sweeney, St. Luke’s Foundation development director. “She was especially interested in the NICU because a family member’s baby was cared for there. She knew that little girl would not be here today if it weren’t for St. Luke’s.”

Thanks to Rosie’s gift, the NICU now has a specialized bedside brainwave monitor that’s crucial when a baby needs total body cooling. Newborns who experience a lack of blood flow before or during delivery are placed on a cooling mattress that lowers body temperature to give the brain and other organs time to heal. St. Luke’s is one of only three hospitals in Iowa to offer this vital treatment.

“Rosie was such a loving person and her daughter was just as dear,” says Nancy Kuhn. Now their legacy will live on through St. Luke’s Foundation.

You can create a lasting legacy when you include St. Luke’s in your estate plans. By designating St. Luke’s Foundation as a beneficiary in your will, trust, life insurance or retirement plan, you support a tradition of healing for years to come. To learn more about the benefits of planned giving, please call St. Luke’s Foundation at (319) 369-7716.



Rose participated in the Healing Power of Art project and sponsored this beautiful photo “Rainbows on the Ridge” in memory of her daughter, Susan Freese. It is displayed at the Center for Women’s and Children’s Health lobby.



UnityPoint Health

St. Luke's Healthcare Foundation

P.O. Box 3026 | Cedar Rapids, IA 52406-3026

RETURN SERVICE REQUESTED



Hope BLOOMS

Hope Blooms is an annual fundraiser that denotes both a sense of hope and resilience to our community while directly supporting local cancer patients and their families.

Hope Blooms provides our community and surrounding areas the opportunity to purchase daffodils for their own display or as bouquets of hope which are delivered to cancer patients undergoing treatment at local hospitals and treatment facilities.

Stuffed animals and notecards are purchased in the same way and may be individually purchased or purchased as a gift for those impacted by cancer. All Hope Blooms proceeds will benefit the patients and families served by the Helen G. Nassif Community Cancer Center.

If you are interested in participating in our Hope Blooms fundraiser, please call **(319) 369-7716** or email Stlukes.foundation@unitypoint.org



HELEN G. NASSIF
COMMUNITY
CANCER CENTER