



FALL 2023 • 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

- It's a time of transition for UnityPoint Health - Cedar Rapids. President and CEO Michelle Niermann shares her thoughts on stepping up to her new role leading the East Division of UnityPoint Health. You'll also meet former St. Luke's Vice President/COO Casey Greene, as he takes the reins as Cedar Rapids Market President.
- St. Luke's Cardiac and Pulmonary Rehab has a convenient new home. The 4,800 square foot facility is located in PCI Medical Pavilion 1, across from St. Luke's Heart Care Clinic. Cardiac and Pulmonary Rehab is a medically supervised treatment program that helps improve cardiac health after a heart attack, heart surgery or other cardiac event.



UnityPoint Health
St. Luke's Foundation

welcome

Transitions

Just writing this letter makes me a little tearful. After almost three decades with UnityPoint Health – Cedar Rapids, I’ve made the decision to step away from my current role as President & CEO.

This wasn’t an easy decision to make. St. Luke’s is the place I’ve grown up professionally and personally, and the place that I’ll always consider home. But a new opportunity with UnityPoint Health beckoned me. I am honored to have been selected as Chief Operating Officer – East Division. I am excited to lead and support our teams in Cedar Rapids, Waterloo, Dubuque, Quad Cities and Madison in coordinating care delivery, improving quality and strengthening access to care, to benefit the communities we serve.

Meanwhile St. Luke’s will continue to provide exceptional care to our friends and neighbors under the leadership of Casey Greene, our new Market President. Casey is a longtime member of our corridor community and worked closely with me as Vice President and Chief Operating Officer for St. Luke’s. I could not leave you in better hands.

And even as my new role draws me away a good part of the time, UnityPoint Health – Cedar Rapids remains the place I will always be glad to come back to.

My very best to all of you,

Michelle Niermann
Chief Operating Officer – East Division
UnityPoint Health



meet casey greene

SAY HELLO TO THE NEW MARKET PRESIDENT OF UNITYPOINT HEALTH – CEDAR RAPIDS

When Casey Greene was a kid, he wanted to be an architect. Now Casey finds himself an architect of a different kind, building on a foundation of success in his new role as Market President of UnityPoint Health – Cedar Rapids.

“I’m excited to lead such a strong market and follow in the large footsteps of Michelle Niermann,” Casey says. “I am committed to serving our community with the same high standards you’ve come to expect.”

Casey has over 20 years of experience in operational leadership, human resources, and finance. He joined UnityPoint Health in 2019 as Vice President and Chief Operating Officer, where he reported to Michelle Niermann. “Michelle is an excellent leader,” adds Casey, “and I look forward to continuing to work with her in her new role as Chief Operating Officer – East Division for UnityPoint Health.”

Casey cites navigating the Covid pandemic with a derecho and severe staffing shortages as among the accomplishments he’s most proud of. He also credits having a strong team to lean on and ever-dedicated team members.

As Market President, Casey will lead that team in living the St. Luke’s mission of delivering the health care we want our loved ones to receive. He says, “Seeing the impact our caregivers have on others when they are most vulnerable and seek our support is truly amazing.”

Casey and his wife Holly, a registered nurse, have two daughters and two English golden retrievers. He enjoys travel, sports, being outdoors, and attending his kids’ activities.

“I’m energized by connecting with others and making a positive impact,” explains Casey. “I believe when you work hard, focus on what you can control, and surround yourself with good people, you’ll go far.”



SUPPORTIVE NEW ENVIRONMENT FOR healthier hearts

WELCOME TO ST. LUKE’S CARDIAC AND PULMONARY REHABILITATION’S CONVENIENT NEW LOCATION

When you experience a problem with your heart, that’s life-changing. And even after diagnosis and treatment, most people have questions...and concerns. That’s where UnityPoint Health – St. Luke’s Cardiac and Pulmonary Rehab comes in.

“Having a heart attack or heart surgery is scary,” says Nurse Manager Julie Peterson, RN. “You worry about how much you can safely do and when, or if, you can return to your favorite activities. Our role is to help people recover their health and confidence.”

St. Luke’s Cardiac and Pulmonary Rehab is a medically supervised treatment program to help improve cardiac health after a heart attack, heart surgery or other cardiac event. “You’re in a group setting with other patients, but your exercise is customized for your individual needs,” Julie explains. “Patients wear a monitor and we check their blood pressure and heart rates while they work out.” Education is also an important part of the program, providing information on diet, risk factors and how to recognize heart symptoms in the future.

Susan Ovel of Cedar Rapids has participated in St. Luke’s Cardiac and Pulmonary Rehab twice. The most recent time was after a heart incident in February resulting in an ablation procedure for atrial fibrillation (a type of irregular heartbeat) in May. Throughout that time, Susan benefited from cardiac rehab. “I knew what a helpful experience it had been before,” recalls Susan. “The staff’s expertise is so evident, but more than that, it’s the reassurance you get as you begin to work out again. You know they’re monitoring you and evaluating your progress. You’re also with a group of people who have experienced something similar. It’s like being part of a family.”

In August, St. Luke’s Cardiac and Pulmonary Rehab moved from the hospital to its new home in PCI Medical Pavilion 1, across from St. Luke’s Heart Care Clinic. Julie explains, “It’s a safe, comfortable environment. And because the cardiologists and cardiac surgeons are in the same building, it makes it convenient for patients to come to one location for doctor appointments and rehab.”

Scan the QR code to purchase UPH-CR apparel, forty percent of your purchase will benefit local patients!



Expanding Our Specialized Heart & Vascular Center for You.

St. Luke’s Cardiac and Pulmonary Rehab is helping to build healthier hearts in our community. You can be a part of that when you donate at uph.link/2023FoundationImpact_CR or call (319) 369-7716.

Specialized Heart & Vascular Center Expanding For You

2024 Phase 2 • \$14 million

3rd Floor

Interventional Radiology moves from 2nd floor and expands to 3 labs with dedicated prep and recovery areas.

Cardiac Rehab Relocates

A new 4,800 square foot facility, conveniently located adjacent to St. Luke’s Heart Care Clinic in PCI Medical Pavilion 1.

2025 Phase 3 • \$4 million

2nd Floor

New Hybrid Operating Room with state-of-the-art imaging located adjacent to current heart and vascular ORs and ICU.

meet scout

ST. LUKE'S IS HOME TO IOWA'S ONLY TRAINED CHILD PROTECTION CENTER FACILITY DOG

St. Luke's Child Protection Center (CPC) has always been a safe haven for children who have experienced physical or sexual abuse. Now these kids can count on a friendly—and furry—face to give them even more comfort and support.

Scout is the state's first facility dog trained for a therapeutic role at a child protection center. A poodle/German shorthair pointer mix, Scout belongs to CPC nurse practitioner Hope Breitbach. His training was made possible by donations to St. Luke's Foundation in memory of Laura Hotz, who passed away in 2022.

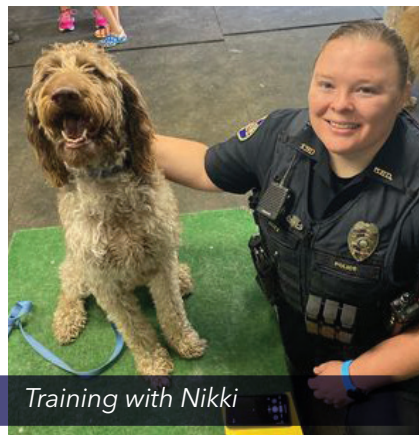
"Prior to Mom's passing, she and I talked about where she would like memorial donations to go," recalls Nikki Hotz. Nikki, an investigator with the Marion police department

who has often brought children to the CPC, says her mother was a strong advocate for abused kids. She was also a big animal lover. "Mom wanted the money to go to where it would be most impactful. When the CPC team members told me about their idea for a facility dog, I knew immediately it was the right thing."

Scout has been receiving training at Superstar Service Dogs in Mount Vernon and will begin working this fall. His job is to accompany Hope during medical exams, where he's trained to notice if a child shows signs of anxiety. "Scout will alert me," Hope explains. "If I give him the OK, he goes to the child so he can be petted and provide a sense of calm and reassurance."

Scout has his own uniform and name tag, plus "trading cards" that will be given to the kids. He's also learned a few tricks so children can play with him. And when he's not assisting with patients, Scout's available to provide comfort and support for the CPC staff as well.

"He's already made a huge impact on our team members," says CPC Manager Julie Kelly-Molander. "But most importantly, he will be here for our kids and their families. Research shows the impact a dog like Scout can make. We are very grateful to the family and friends of Laura Hotz for their memorial donations that made this possible."



Training with Nikki

Memorial gifts are a meaningful way to remember the life of a loved one. For more information, contact St. Luke's Foundation at (319) 369-7716, email stlukes.foundation@unitypoint.org, visit uph.link/2023FoundationImpact_CR or scan the QR code.



STAY CONNECTED WITH

circle of friends



St. Luke's has been part of Karol Cooper's life for as long as she can remember.

"At 15, I had an interest in health care, so I worked in the hospital's kitchen for a couple of summers," recalls Karol. "Then I went to St. Luke's School of Nursing. After I graduated

in 1960, I started working in the hospital and I've been connected to St. Luke's ever since."

Karol retired from her nursing career in 2019, but she has continued to be a part of the hospital as a volunteer. "I just can't leave my connection with St. Luke's," Karol admits. "I had all three of my children here. My husband's been a patient here. It's our hospital."

That's why Karol chose to join St. Luke's Circle of Friends. Founded by St. Luke's Foundation, this new group offers retirees, former board members, Auxiliary members, volunteers, and School of Nursing alumni the inside scoop on everything from new programs and services to major renovations.

Circle of Friends members recently joined Foundation president Mary Klinger for a guided tour of the hospital's newly updated third-floor medical/surgical unit. "I used to know my way around that floor, but it's really changed," says Karol. "It was so interesting to see the transformation."

Now Karol, who spent much of her St. Luke's career in cardiac nursing, is looking forward to learning more

from Circle of Friends about the upcoming heart care expansion. "St. Luke's started cardiovascular care in Cedar Rapids. Before that, patients had to go to Iowa City. The progression in cardiovascular services has been amazing, and this expansion will take St. Luke's to a new level."

Karol adds, "I'm fortunate to live in Cedar Rapids and be able to volunteer at St. Luke's. But there's always something new going on. Circle of Friends will help me stay connected, and it can help others in our St. Luke's family stay connected, too."



If you have been a part of the UnityPoint Health - Cedar Rapids family and would like to be involved in Circle of Friends, please contact the Foundation at (319) 369-7716, visit uph.link/2023FoundationImpact_CR or scan the QR code.



COFFEE WITH FRIENDS

Circle of Friends invites St. Luke's volunteers, retirees, alumni, and Auxiliary members to join us for coffee in St. Luke's Women's and Children's basement classrooms. For more information, call (319) 369-7716.

- Tuesday, November 14, 2023, 9 - 10:30 a.m.
- Tuesday, March 12, 2024, 2 - 3:30 p.m.
- Tuesday, September 10, 2024, 9 - 10:30 a.m.

VOLUNTEER OPPORTUNITIES

You can make a difference in our community when you volunteer at St. Luke's. We're always looking for new volunteers ages 14 and up. Current volunteer opportunities include:

- Emergency Department Patient Ambassadors provide comfort and support to patients and loved ones in the state's second busiest ER

- Physical therapy & rehab volunteers help patients recovering from strokes, head injuries and spinal cord injuries
- Wayfinder volunteers greet patients and guests and escort them throughout St. Luke's

For more information, please contact Volunteer Services at (319) 369-7044.

giving back

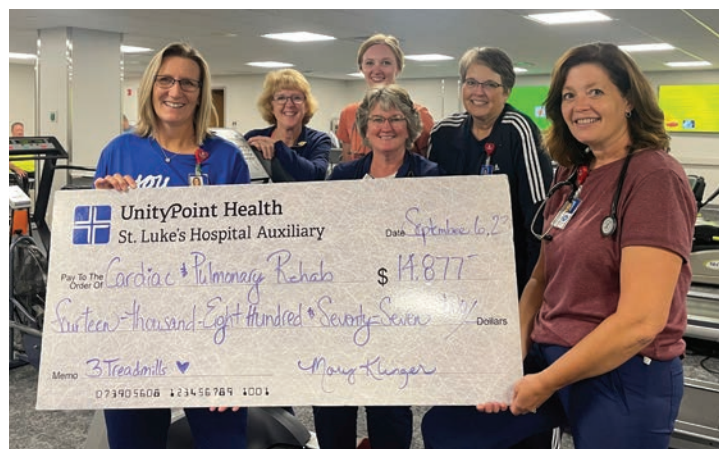
COMES FULL CIRCLE

The iGrant program is one of the many ways St. Luke's Foundation supports UnityPoint Health – Cedar Rapids in providing the health care we'd like our loved ones to receive. Funded through WeCare, the annual employee giving campaign, iGrants support services and equipment that directly improve the patient experience. In fact, over the last 11 years, the Foundation has awarded 328 iGrants totaling \$2.3 million.

"WeCare is a way to give back and help improve health care," explains Carol Fridal, RN, Emergency & Trauma. "The money helps with projects important to staff and helps staff to further their education." Stacy Carper, Department Secretary, Chemical Dependency, adds, "I have personally seen how iGrants can help pay for items that benefit our patients and programs."

In 2023, the iGrant Program received 41 applications requesting over \$312,000. St. Luke's Foundation approved 35 applications for a total of \$233,139. These iGrants funded projects and equipment ranging from new treadmills for cardiac rehab to sensory toys and stuffed animals to calm pediatric surgical patients.

"I've seen the amazing benefits of cardiac rehab with my own parents," says Nina Simmons, Registration and Billing supervisor. "I donate to the iGrant program and the Auxiliary because they serve so many different needs of the hospital and our team members."



You Matter...We Care

2023 Employee Giving Campaign



St. Luke's Foundation is grateful for community support for our employee giving campaign. Special thanks to AIM Credit Union, Eastern Iowa Airport, Graham Construction, GreenState Credit Union, and St. Luke's Medical Staff for their sponsorship of the WeCare Team Member Appreciation Event. If you are interested in sponsoring our event please visit uph.link/2023FoundationImpact_CR or scan the QR code.



PREPARING FOR
the future

CEDAR RAPIDS COUPLE PLANS TO HELP OUR COMMUNITY FOR YEARS TO COME

Mona Cook believes in being prepared. That's why she and her husband Don took the time to draw up their estate plans. Explains Mona, "When it comes to making out your will, to me that's not end-of-life planning, it's preparing for life in general."

Because the Cooks work at UnityPoint Health - Cedar Rapids, their estate planning began with a Passport to Retirement program for UnityPoint Health team members. The couple then followed up with Johni Hays, sr. vice president with Thompson & Associates, who assists friends of St. Luke's Foundation with their estate plans.

"The whole process was very helpful," says Mona. "It got us talking about what's important to us and made us closer as a couple." Don adds, "Knowing we have our plans in place is one less headache to worry about."

The Cooks agree they were not pressured to include St. Luke's Foundation in their estate plans. But for Mona,

a breast cancer care coordinator with Helen G. Nassif Community Cancer Center, giving back to St. Luke's was a no-brainer. "St. Luke's is in my blood. I've been here for 42 years, ever since I was a student at the School of Nursing. I'm proud our estates will help continue the good work St. Luke's does."

Now Mona is working with St. Luke's Foundation to create a fund to help working women diagnosed with breast cancer, while Don wants his money to go to the Foundation's general fund to support projects with the greatest need.

Mona says, "In my role, I see women with a job plus a family to raise. Then cancer hits and it makes everything harder. The fund I envision would give these patients a little extra boost they need. Hopefully the seed money provided by my estate will continue long after my passing." But she adds, "St. Luke's touches lives in many ways. Maybe you've been a heart patient and you'd like to support the cardiac rehab center. Or your baby was in the NICU and you want to support families like yours. Including St. Luke's in your estate plans is a great way to help people long into the future."



Don and Mona Cook

For more information on Johni Hays' confidential estate planning services for friends of UnityPoint Health - Cedar Rapids, contact St. Luke's Foundation at (319) 369-7716, visit uph.link/2023FoundationImpact_CR or scan the QR code.



BRINGING
innovative
new therapy
TO EASTERN IOWA

Every day, St. Luke's Physical Medicine & Rehabilitation (PM&R) helps people of all ages recover from stroke, brain injuries, spinal cord injuries, and chronic neurological conditions. But Mark Willis, director of St. Luke's PM&R, says his team is committed to doing even more to help individuals regain function, strength and mobility.

That's why St. Luke's Foundation is partnering with St. Luke's PM&R to become the first rehab center in Eastern Iowa to offer aquatic therapy. The innovative HydroWorx 300 features a freestanding warm-water tank with a self-contained underwater treadmill. It uses water's natural buoyancy to support patients—including individuals who are confined to a wheelchair—while they stand, walk, and even run.

"We treat more than 300 individuals a year," Mark explains. "With the generous support of a lead gift from Hall-Perrine Foundation, and all of our generous donors, we can make the benefits of HydroWorx aquatic therapy a reality for patients on their road to recovery."



Your donation to St. Luke's PM&R will help provide our patients with the benefits of aquatic therapy in a safe and supportive environment. For more information, please call (319) 369-7716, visit uph.link/2023FoundationImpact_CR or scan the QR code..



HELP OTHERS WALK AGAIN

Bill, a co-founder of Alex + Abby, was an avid cyclist. But after a massive stroke left him unable to walk or talk, he faced a long road to recovery. Fortunately, Bill found the specialized therapy he needed at St. Luke's Physical Medicine & Rehabilitation (PM&R). Thanks to the skill and care of the therapists, doctors and nurses at St. Luke's PM&R, as well as Bill's own hard work and tenacity, he can walk and talk again.

The Alex + Abby family saw just how challenging it can be to re-learn how to walk. That's why they're partnering with St. Luke's Foundation to raise money for the HydroWorx 300 aquatic therapy unit. For a limited time, when you purchase Alex + Abby activewear, they will donate 40% of the proceeds to St. Luke's Foundation.

You can make it easier for others to walk again. Visit alexnabby.com/WalkAgain.



UnityPoint Health St. Luke's Healthcare Foundation

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

RETURN SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE

PAID

CEDAR RAPIDS, IA
PERMIT NO. 382



2023 GO RED FOR WOMEN

Thursday, November 2 • DoubleTree by Hilton Cedar Rapids

Join us for the Cedar Rapids Go Red for Women event, sponsored by UnityPoint Health – Cedar Rapids. United by purpose and connected by passion, we focus on preventing heart disease and stroke in women as we raise critically needed funds to save more lives. Register today at heart.org/CedarRapidsGoRed.



GEMS OF HOPE

Gems of Hope—a nonprofit organization dedicated to bringing hope to cancer patients—has joined the Helen G. Nassif Community Cancer Center family.

“We are proud to have the most comprehensive offering of cancer support services in the area,” says Andrea Watkinson, Nassif Community Cancer Center director. “Bringing Gems of Hope on board gives our patients even more support during one of the most difficult times of their lives.”

Look for Gems of Hope's annual fundraiser in January. Hope Blooms spreads hope and resilience through the sale of daffodils in our community.

Volunteers
are needed.

For more
information call
(319) 369-7716.

