



How a Donation to Trinity Heart Center Became the Donor's Own Life-Saving Recipe

Steve McCann was shocked. The 67-year-old always enjoyed what he thought was a healthy and active lifestyle. Then, his doctor shared some concerning news during a routine checkup.

"I had never had any heart disease symptoms like chest pain or shortness of breath. I've always lived my life without limits, so I was surprised when my doctor recommended a stress test," says McCann.

What that test revealed changed McCann's life forever.

"Next thing I knew, I was being scheduled for an exploratory heart procedure. My cardiologist, who is amazing, ended up placing a stent after finding a 70% blockage. I had no idea I was having heart issues until that procedure. I'm so glad they found it," says McCann.

McCann was no stranger to Trinity Heart Center, the Quad Cities' leading cardiovascular care provider as the only heart center in the region to be nationally recognized for excellent, compassionate heart care. In 2014, McCann and his wife Heidi Parkhurst made a generous financial donation to Trinity Health Foundation to help UnityPoint Health build Trinity Heart Center in Rock Island, Illinois, home to the team of heart experts now saving his life.

"We fully believed in Trinity Heart Center and its mission from day one. But we had no idea our donation would play such a vital role in our own health and well-being. The quality of care is excellent and now Steve is benefitting from the



Steve McCann, his wife, Heidi, and granddaughter

Trinity Heart Center rehabilitation and nutrition programs," says Parkhurst.

Trinity Heart Center was the first in the region to offer the Pritikin Intensive Cardiac Rehabilitation (ICR) program, the gold standard in heart rehab programs. McCann attended rehab three times per week for 12 weeks, where he was closely monitored and supported by trained rehabilitation experts using state-of-the-art equipment.

"So much of a person's success after a heart procedure is in their rehabilitation. We give people the tools, personal support, and education they need to make positive life changes to live the life they love," says Kathy Pulley, director of cardiology services at UnityPoint Health - Trinity.

Along with the Pritikin program, McCann says he's loved learning about heart-healthy eating through the heart center's innovative Cardiac Nutrition Center.

"I was not a good eater before I began the program," says McCann. "Now, I am very conscientious about my diet, not how much I eat, but what I eat. Nutrition has played a huge role in my recovery."

"Our expert cardiologists recognize the tremendous impact diet makes on recovery and reducing the chances a person has of experiencing another cardiac event," says Linda Harris-Teach, UnityPoint Health - Trinity cardiac dietician.



Steve doing Intensive Cardiac Rehab in Trinity's Heart Center



Steve with his daughter and grandchildren

Today, McCann is down 25 pounds and is maintaining normal blood pressure readings with less medication - something he hasn't experienced in more than 40 years.

"I feel great," says McCann.

Parkhurst and McCann say they continue supporting Trinity Health Foundation because heart disease is the Quad Cities' top health care concern. According to the 2021 Community Health Needs Assessment, the annual average number of deaths in the Quad Cities due to heart disease is 4.7% higher than the national average.

Investing in heart health, including the innovative Cardiac Nutrition Center where McCann learned the skills he needed, now may be the best gift of all.

"I don't know if either of us expected to ever need Trinity Heart Center when we decided to donate, but after having been through this and experiencing its care and programs, I'm very grateful we did," says McCann.

Learn more about how your financial donation to Trinity Health Foundation can positively impact the health of our community, or, if you'd like to donate, please visit www.unitypoint.org/giving.

Family Honors Cardiologist with Memorial Gift

When Dale Rhodes passed away in late April, his family knew they wanted to do something to express their gratitude for the care provided by cardiologist Dr. Helbert Acosta. Dale's family worked with Trinity Health Foundation to direct memorials to Cardiology and Heart Care at UnityPoint Health – Trinity.

"Dr. Acosta gave us ten years with my father that we would not have had. My father was a great judge of character, and he not only trusted Dr. Acosta as a doctor, but also liked and trusted the man he was," Cathy Gilman said.

In a Grateful Patient ceremony surrounded by colleagues and Trinity senior leaders, Dr. Acosta was presented with a certificate acknowledging the donation made in his honor.

"I always want to see my patients thrive. Dale was a wonderful patient. This makes everything I do worth it," Dr. Acosta said.

Dale's family said that Dr. Acosta went above and beyond. They said he even called while on vacation with his family to check-in. "Dr. Acosta made our journey through the disease bearable because he didn't just treat my dad like a patient. He also let my dad and mother know he genuinely cared about them as people," Cathy said.

"We cannot thank him enough. Any patient would be fortunate to have him as their doctor."

To honor and thank your favorite caregiver, contact Trinity Health Foundation at (563) 742-7610.



Dr. Acosta (3rd from left) Grateful Patient ceremony

Innovation Matters

UnityPoint Health – Trinity is an innovator for healthier hearts in the Quad Cities and brings leading-edge heart care services, such as TAVR and WATCHMAN™, here to our community.

What is TAVR?

A TAVR, or transcatheter aortic valve replacement, is a minimally invasive procedure that restores healthy blood flow by replacing a diseased aortic valve with an artificial one. In 2022, Trinity earned a 3-star TAVR rating for high-quality outcomes from The Society of Thoracic Surgeons/American College of Cardiology – **the only site in Illinois to earn the highest achievement.** Most recently, the Trinity Heart Center marked the 500th TAVR patient to successfully receive this life-changing procedure in the Quad Cities.

What is WATCHMAN?

The WATCHMAN Implant is a one-time, minimally invasive procedure for those with an irregular heartbeat, also known as non-valvular AFib. In people with non-valvular AFib, more than 90% of stroke-causing clots that come from the heart are formed in the left atrial appendage, or LAA. The WATCHMAN Implant fits into the LAA and permanently closes it off to keep potential blood clots from escaping. In a clinical trial, 96% of people were able to stop their blood thinner 45 days after the WATCHMAN Implant. **Trinity is the first – and only – healthcare provider in the region to offer WATCHMAN since 2020** and recently celebrated 250 successful procedures.

Trinity Among Nation's Top Performing Hospitals for Treating Heart Attack Patients

UnityPoint Health – Trinity received the American College of Cardiology's NCDR Chest Pain – MI Registry Platinum Performance Achievement Award for 2023. Trinity hospitals in Bettendorf and Rock Island are two of only 262 hospitals nationwide to receive the honor.

To receive the Chest Pain – MI Registry Platinum Performance Achievement Award, Trinity demonstrated sustained achievement in the Chest Pain – MI Registry for two consecutive years (2021 and 2022) and performed at the highest level for specific performance measures.

"The receipt of this award indicates that UnityPoint Health – Trinity remains committed to providing top quality, guideline-driven care for heart attack patients. Their success ensures

patients are receiving the highest quality cardiovascular care," says Michael C. Kontos, MD, FACC, chair of the NCDR Chest Pain – MI Registry Steering Subcommittee, and cardiologist at Virginia Commonwealth University Medical Center.

Chest Pain – MI Registry empowers health care provider teams to consistently treat heart attack patients according to the most current, science-based guidelines and establishes a national standard for understanding and improving the quality, safety and outcomes of care provided for patients with coronary artery disease, specifically high-risk heart attack patients.



A letter from Mary Macumber- Schmidt President, Trinity Health Foundation

Nearly 20 years ago, I received a call that my 59-year-old father, Dan Macumber, had suffered a massive heart attack and passed away. His death came less than 30 days shy of his retirement and was a complete shock. My dad was an amazing man, and I miss him every day. Sadly, with heart disease being the #1 killer in the Quad Cities, I know many of you have suffered this same pain and grief of losing a loved one to heart disease.



It's stories like mine that motivate our cardiology experts here at Trinity to provide the very latest, innovative, evidence-based practices and technologies to achieve the best outcomes for our patients. Trinity's Heart Team strives to give our patients the gift of healing and sometimes even reversal of heart disease, which gives them and their loved ones the gift of more precious time together.

Your donations to support Trinity Heart Center are essential to our team's work to save lives. In this issue, you'll read about Steve McCann, a longtime donor to Trinity's state-of-the art Heart Center and first in the region Pritikin® Cardiac Nutrition Center. Steve never dreamt he would become a cardiac patient here at Trinity. He's extremely grateful the expertise and innovation were there when he needed them.

You'll also learn how the family of Dale Rhodes chose to honor cardiologist Dr. Helbert Acosta with memorial donations to thank him for his many years of tender care for their father. For the Rhodes Family, expressing their gratitude through generosity has become an important component of their grieving and healing process.

If you would like to learn more about how your generosity can help our Trinity Heart Team save lives, please give me a call at (563) 742-7613.

With gratitude,

A handwritten signature in black ink, appearing to read 'Mary M-Schmidt', with a long, horizontal flourish 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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