

SPIRIT

O F G I V I N G

A publication of the St. John Hospital Foundation

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**ST. JOHN
HOSPITAL
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Palliative care improves quality of life

Being diagnosed with a chronic or terminal illness is a highly emotional time for patients and their families. Patients may have to deal with pain and discomfort, manage emotional stress, learn about their illness, make treatment decisions, attend to family needs and manage life with a serious condition.

Palliative care is a compassionate treatment approach that aims to relieve suffering and improve quality of life for patients with advanced illness and their families. It is provided by an interdisciplinary care team of physicians, medical and nursing specialists, social workers and spiritual care counselors and is offered in conjunction with other appropriate treatment.

Besides the physical state, palliative care addresses the emotional, psychological, social, spiritual and financial security of patients and families, allowing patients to concentrate on healing and maintaining spiritual strength and relationships.

At St. John Health (SJH), a collaboration has been implemented in partnership with Duke University Divinity School and St. John Hospital and Medical Center to improve palliative care locally and create best practices to be used nationally. Duke is providing expertise to a team of SJH doctors, nurses, case managers and spiritual care staff to identify palliative care needs of patients, educate staff, and implement a culture change that supports palliative care.

Patients and families benefit

One patient skeptically went into the palliative care program, because no one had been able to help her with the pain she endured. After receiving palliative care services, her initial pain score of 10++ went down to 0.

Aletha Burbidge expressed her feelings about the palliative care services her husband John and she received: "At the last stage of his life, he needed a feeding tube, and I knew it was time to talk about what was next. This team helped me and was so gentle and took time to assist my understanding of what would happen to my beloved in the terminal stage. What was important to me was the spiritual feeling I received after speaking to them. I was so comfortable knowing I could call them at any time."



Mary Hicks, RN, Palliative Care Nurse Practitioner, with Aletha Burbidge, the grateful spouse of past patient John Burbidge who received palliative care services from St. John.

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Message from the President

Dear Friends,

Alexander Graham Bell once said, "Great discoveries and improvements invariably involve the cooperation of many minds."

While I am sure he was not referring to philanthropy, his words sum up the spirit and drive of our donors. The technological advancements and compassionate care that occur at St. John Hospital and Medical Center are the result of many great minds coming together in support of a common cause.

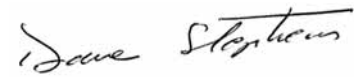
That spirit of cooperation was present when this hospital was built. People from all over the community – even grade school children – united to build St. John Hospital. And our donors are still uniting for great causes today.

Our Fontbonne Auxiliary has decided to donate this year's White Christmas Ball proceeds to our palliative care program (in partnership with Duke University). The goal of palliative care is to prevent and relieve suffering and to improve the quality of life for people facing serious illness. In its simplest form, it is the ministry of comfort, and I salute the Fontbonne for recognizing this need in our community.

In fact, I salute all of our donors. As we look back over the past year, your contributions are visible throughout our hospital. Most notable is the Van Elslander Pavilion, a tangible reminder of the power of cooperation and coming together.

I've said it before (and I'm sure I'll say it again) – we could not exist without you. Your support ensures that our mission lives on, and we are grateful for your commitment.

Sincerely,



Dave Stephens
President and CEO, SJH&MC



Dave Stephens

Events support patient services

Hospice Oktoberfest benefits ill children



Dr. Jeanne Lewandowski, Kim Stewart, Sharon Burke, Kelly Sitkiewicz and Linda Nelson at the Oktoberfest.

The 5th Annual Hospice Oktoberfest, held Oct. 20 at the Grosse Pointe Club, raised approximately \$50,000 to support Walk With ME, a pediatric palliative care program. The event included a cocktail reception, dinner

and a silent auction. Special thanks to Chair Sharon Burke and her committee for their efforts.

"Champions Leap to New Heights"

The "Champions Leap to New Heights" event will take place at the Van Elslander Cancer Center on March 7, 2008. The evening includes wine tasting sponsored by Red Hat Winery, a strolling dinner and silent auction. Participants will celebrate with Francesco Lucarelli, who will have completed his second mountain climb – this time Mt. Aconcagua, the second highest of seven summits. Proceeds will go toward making MRI-guided breast biopsy available

to patients. For event details and sponsorship opportunities, call Lorraine Owczarek, 586-582-7509. For details on Francesco's climb, go to www.stjohn.org/Champions.

North Shores Dinner Dance coming up

St. John North Shores Hospital will host its 20th Annual Spring Dinner Dance on March 8, 2008, at Mac and Ray's Banquet Center, Harrison Township, to benefit the HOPE Fund (Helping Our Patients in Emergencies). Festivities include a silent auction and music by The Bomb Squad. Call Lorraine Owczarek, 586-582-7509, for event details and sponsorship opportunities.

Ralph Alee assumes interim role

Ralph Alee, Director of Capital Campaigns and Principal Gifts, has assumed transitional leadership of the St. John



Ralph Alee

Hospital Foundation following the resignation of Nina Holden, effective Oct. 17. Ralph has been a member of the Foundation management team since June 2004 and has provided key internal leadership for the successful St. John Hospital Expansion Campaign.

Nina Holden, Corporate Director for St. John Health Foundation, accepted a position as Vice President of Institutional Advancement for the College of Creative Studies.

Under Ralph's direction, the Foundation fundraisers and support staff will continue working closely with donors, executives and volunteer leaders serving on the St. John Hospital Foundation Board. Ralph welcomes questions regarding Foundation matters; he can be reached at 313-343-7482.

Are your beneficiary designations current?

A simple way to pass assets to your heirs or favorite charity is to name them as a beneficiary on a life insurance policy, annuity contract or retirement plan. Many bank and brokerage accounts also permit a "paid on death" designation by you. Important points to consider – The

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St. John Hospital raises campaign goal

St. John Hospital and Medical Center (SJH&MC) recently celebrated reaching its \$30 million capital campaign goal for the expansion project. As a result of its success, the campaign was extended and the goal was increased to \$32 million. "We still need additional help from our donors to complete this project," said Dave Stephens, President, SJH&MC.

There are several attractive naming opportunities remaining including a patient floor, patient suites, Emergency Center treatment units and family areas. "We continue to be inspired by the generosity of our donors. To raise an additional \$2 million would be an incredible lift to our hospital and our patients," Dave added. "Last year we provided \$60 million in uncompensated care to our community, so every dollar raised toward capital is a tremendous boost for our organization."

For information on how you can help, please call Ralph Alee, 313-343-7482.

Accomplishments

Many SJH physicians were recognized as **Top Docs** by *Hour Detroit* magazine. For a complete list of Top Docs, visit www.stjohn.org/topdocs.

SJH&MC has earned the prestigious Governor's Award of Excellence for Improving Care in the Hospital Setting, presented in partnership with the Michigan Peer Review Organization. SJH&MC received recognition for its Surgical Care Improvement Project and for being in the top 10 percentile in its category.

SJH was again named one of metro Detroit's "101 Best and Brightest Companies to Work for" by the Michigan Business and Professional Association and the National Association for Business Resources.

SJH was named on the list of "AARP Best Employers for Workers Over 50."

Golf Outing successful



The 2nd annual St. John Medical Staff/Guild Golfing Outing, held Sept. 10 at the Country Club of Detroit, raised approximately \$32,000 to benefit patient care services. Pictured are: Drs. Sanjay Batra, Thomas LaLonde, David Colosimo and Ed Schervish, Event Chair, taking a swing.



The donor recognition wall in the Van Elslander Cancer Center has been updated.

Palliative care...continued

Benefits of palliative care

- Palliative care significantly reduces pain and controls symptoms like fatigue, anxiety, nausea, etc.
- Palliative care teams, patients and families set the goals of care and develop treatment plans together.
- Studies show cancer patients receiving palliative care during chemotherapy are more likely to complete treatment, stay in clinical trials and report a higher quality of life than similar patients not receiving palliative care.
- Those receiving palliative care report higher satisfaction with their hospital care.
- Palliative care easily transitions patients from the hospital to other appropriate services.

You can help

SJH needs community support to further develop the palliative care program. Gifts can be made to thank staff for their care or in memory or honor of a loved one. For information on supporting this initiative, please call 313-343-7479.

Are your beneficiary designations current?...continued

death benefits from life insurance, annuities, retirement plans and “paid on death” accounts will pass directly to the individual beneficiaries named. They are not controlled by your will and do not pass through probate court. The funds will be distributed directly to your beneficiaries once a claim is filed. While this is good for your beneficiaries, it also means that you must keep your beneficiary designations up to date when circumstances change.

Do you have a favorite hospital program or wish to honor a special person with a “beneficiary designation gift” to St. John Hospital and Medical Center or St. John North Shores Hospital? If so, please call Heidi Crisman, 586-582-7538, so you can be included in the Legacy Society for estate gift donors.

Spirit is a quarterly publication of St. John Hospital Foundation.

If you would like to learn more about giving opportunities at St. John Hospital, please call 313-343-7483.

www.stjohn.org/Foundation

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