



A Spirit of Giving

News for Friends of Lakewood Hospital Foundation

AUTUMN 2011

What's Inside

Profile in Giving | Diabetes Assistance Initiative | Corporate Spotlight | Vision for Tomorrow

Starry Night: An Evening of Radiance

Lakewood Hospital shined brightly on August 5 at the 6th Annual Starry Night event. More than 530 hospital friends and family members came together to make a difference in the fight against diabetes. Over \$114,000 was raised, with net proceeds benefiting the Diabetes Assistance Initiative (DAI), which provides medication and testing supply vouchers as well as educational scholarships to individuals who are unable to afford this life-saving support.

Everyone enjoyed traditional and gourmet fare prepared by AVI Foodsystems. AVI TEAM Fairview/Lakewood was chosen as the winner of the Chefs' Competition. The event also featured music from Dr. Mo, which is fronted by Monica Robins, the Senior Health correspondent for WKYC Channel 3 News. Robins, whose father passed away as a result of diabetes, was also the mistress of ceremonies for the event.

Our sincere gratitude goes to all of our sponsors, particularly Signature Sponsor Regency Construction Services, Inc.; Mayor Michael Summers and the City of Lakewood; the event committee and the many volunteers who helped in making the event a success.



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Fred DeGrandis with Alayne Fodor and KV Gopal, MD



Gina Gavlak, Dan Zezena and Jan Murphy

More photos from Starry Night on page 4

Spirit of Giving recognizes contributions made to Lakewood Hospital Foundation, and keeps donors and friends informed of the stewardship of these gifts.

Do you have a comment about this issue or would you like more information about a particular feature? Contact us at 216.529.7009 or lhfoundation@ccf.org. ©Lakewood Hospital Foundation 2011

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PROFILE IN GIVING:

Bill and Lori Forester

As Bill Forester walks across the atrium at Lakewood Hospital, it's hard to imagine this trim, hiply dressed 53-year-old was the victim of a massive and debilitating stroke in 2009 that stole his speech and damaged the right side of his body.

He joins his wife Lori and after a loving greeting, the Bay Village resident opens up about his intense sense of gratitude, astounding accomplishments and the couple's generous plan to give back to help others battling complications from devastating brain injuries and strokes.

Q: Rehabilitation is so critical after a stroke. Tell us about your rehab experience with Lakewood Hospital.

A: They cared 110% about my well-being. For example: When I was asked to throw the first pitch for a Lake Erie Crushers game, I couldn't even hold a ball. My therapists, my friends, gave me the confidence I needed to even consider this task. I did it!

They boosted my confidence with my speech recovery by nominating me to be on the stage at The Beck Center after the play, "Wings." This is a story about stroke, and I answered the audience's questions. I could barely speak but I did it!

As part of my therapy, I started a serious running regime, something I had done very little of before the stroke. The very first organized run I competed in was nerve-racking. Cindy Clark, my occupational therapist, ran with me. From then on, I have been hooked on running. Cindy, too! After that, I continued to run a 5K nearly every weekend and finished off the season with a half marathon, which I completed.

My therapists and I started a stroke support group in early 2010. I couldn't even talk for the first meeting so I put together a presentation and a movie. The group gets larger and stronger every month.

Q: What is your day-to-day life like now, more than two years after having a massive stroke?

A: I am starting to work again. Fortunately I have been a realtor for 30 years, and my wife has been my partner in real estate for the past 15 years. This is a job that I can still do, and do well. I also was a labor negotiator for the Department of Labor, and taught business classes at Lorain County Community College, which I am looking forward to resuming.

I practice therapy of some sort on a daily basis: speech, occupational, voice lessons at The Beck Center, music therapy, and cardiac therapy.

Q: You've run a half marathon and countless 5Ks- wow! That's amazing. What gets you up and running? Tell us about Run Forester Run.

A: I am alive, you know? I am alive. This odyssey is mind-blowing. But it's a journey. Every day I am learning and my connections are coming back because my therapists instructed me carefully.

Running helps...Lakewood Hospital Foundation's Ambulance Chase race was the first 5K I ran. This year, I not only ran in the event- with an improved stride- but was on the committee as well. It was a huge success; we had nearly twice as many people participate in the race than previous years. Lakewood Hospital is Cleveland Clinic's premier stroke rehabilitation center on the west side; the run benefits this center.

In support of this effort, Lori and I put together a team of more than 30 of our family members and friends- Run, Forester, Run; our team t-shirt is a popular item. And we will have an even bigger presence next year. We take great pride in giving back to



Lakewood Hospital, because it gave me my life back. So be sure to sign up for the 2012 race. Join our team and you too can have your very own Run, Forester, Run apparel. [For information on supporting Run, Forester, Run, contact Bill and Lori at teamforesters@gmail.com.]

Q: You were featured in a WVIZ/PBS special called "Surviving Stroke" this fall. How do you feel about having such rock star status?

A: You said how do I feel: If not you, who? If not now, when? It's not really about me, it's about awareness. I am blessed on many counts- family, friends. My whole life I have had the great fortune to help others. My dad raised me this way. I saw my role with the PBS special as a way to continue to help others and raise awareness.

Q: You and Lori recently started something called the Forester Fund through Lakewood Hospital Foundation. What is it and what do you hope to achieve with this new venture?

A: I want to help other stroke and brain trauma victims, such as kids falling down from a bike or a skateboard without a helmet or those injured in automobile accidents. We created the Forester Fund on the second anniversary of my stroke, August 17, 2011. Lori and I have committed to donating 25 percent of our real estate commissions to the fund.

The Forester Fund will help purchase the tools that I have found helpful but cost money. Not everyone has the means to buy things like iPods, books, and e-stim (electrical stimulation) machines.

In addition, I want to have a place- maybe even somewhere in the hospital or nearby- where everyone can stop before or after therapy and learn or exercise the lessons their therapists have shown them, have coffee, camaraderie.

This could be a step-down unit of sorts for those recovering. And a place to help with the building blocks for successful recovery in addition to or in lieu of therapy. It could also be a place where survivors work or volunteer their time, and where families come together to support one another.

Q: What is your hope for other stroke survivors?

A: I see the light at the end of the tunnel, because I was in the tunnel. It is a cold, lonely and long tunnel. No matter how many people you have in your corner supporting and loving you, it's still all up to you. I beat the odds and others can do it too.

To support Rehab Services at Lakewood Hospital, contact Lakewood Hospital Foundation at lhfoundation@ccf.org or 216.529.7009. Or join Bill and Lori Forester and the Run, Forester, Run team at the Ambulance Chase 5K Run/ 1 Mile Walk on Sunday, May 6, 2012.

One Person, One Contribution at a Time

Through steady gifts to Lakewood Hospital's Annual Fund- one person and one contribution at a time- the hospital continues to provide world-class healthcare in a community setting. Every year, new and repeat donors make philanthropic gifts to Lakewood Hospital Foundation that help the hospital deliver high quality, compassionate care to thousands of patients.

Your gift to Lakewood Hospital can:

- Provide and enhance programs, equipment and facilities for patients
- Fund priorities identified by patients, hospital leadership and medical staff
- Help recruit and retain superior physicians, nurses and caregivers who provide exemplary care

You may designate your contribution for a specific program, unit or service area with the assurance that 100% of your gift will benefit the project you specify.

If you are already a donor to Lakewood Hospital Foundation, thank you for your support, and please continue to give. If you have given in the past, but have not given recently, now is a wonderful time to renew your commitment to the future of healthcare by including Lakewood Hospital in your giving. Join the many who demonstrate their gratitude for the blessing of good health by once again becoming part of our family.

Don't forget, your employer may match your gift to the Foundation thus increasing your contribution. Many matching gift programs match gifts from retirees. Please contact your employer's human resources department for a copy of its matching gift form to submit with your donation.

For more information on how you can support Lakewood Hospital's Annual Fund, please contact the Foundation at 216.529.7009.

It's not the amount of the gift, it's the spirit and generosity that gift represents.

Thank you

Lakewood Hospital Foundation is immensely blessed by the generosity of individuals, corporations and foundations. In turn, we steward these gifts, passing your support on to Lakewood Hospital to serve the needs of its patients and the community. For over 100 years Lakewood Hospital has benefited from the financial support of its friends and neighbors. This tradition of caring has created a unique institution in the true spirit of partnership with the community. Donor generosity helped build this hospital and continues to keep it growing today and into the future.

The following list highlights philanthropic support received May 1 – August 31, 2011

If there is an error with a listing, please accept our apologies and notify us at 216.529.7009 so that we may correct our records.

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Did You Know?

- 1 in 8 people in Northeast Ohio has diabetes; 1 in 3 people are at high risk of developing Type 2 diabetes.
- Diabetes is a disease that causes damage to blood vessels and nerves. Diabetes is the leading cause of lower limb amputation, kidney failure, and adult blindness. Diabetes is a leading cause of heart disease and stroke, and 2 out of 3 people with diabetes die from cardiovascular conditions.
- Diabetes medications and supplies can cost a person hundreds to thousands of dollars per month.
- According to the Centers for Disease Control and Prevention, for every \$1 spent on diabetes education, nearly \$9 is saved in healthcare costs.
- It is predicted that 1 in 3 children will develop Type 2 diabetes in their lifetime if current trends continue.
- Every 17 seconds, someone is diagnosed with diabetes.
- Education is the cornerstone of successful diabetes management. Studies repeatedly show that people who attend diabetes education programs have decreased hospitalizations, decreased sick days from work, decreased prevalence of diabetes complications, and increased productivity and quality of life.

Lakewood Hospital's Diabetes Assistance Initiative (DAI) provides diabetes testing supplies, medications and education to individuals who are unable to afford this life-saving support.

Your gift in support of the DAI will make a difference...

- \$30 provides 100 insulin syringes
- \$75 provides 75 test strips for blood sugar testing, which is done as often as four times a day
- \$100 provides one bottle of insulin, which once opened is good for 30 days; many people with diabetes take up to four injections of insulin a day
- \$150 provides one hour of education with a dietitian
- \$225 covers a month's supply of just one of the many medications used daily to treat diabetes
- \$500 provides a month's worth of blood sugar testing supplies, diabetes medications, and one hour of education
- \$750 provides a newly diagnosed patient six hours of comprehensive diabetes education

Because the Diabetes Assistance Initiative is funded only through charitable contributions, your support will help in improving the health and life potential of diabetes patients struggling to manage their disease but are unable to afford this life-saving support.

Please support the Diabetes Assistance Initiative- every dollar is guaranteed to change a life!

Foundation Welcomes New Trustees



Mary Sauer, MBA, BSN, RN, joins the Foundation board as an extension of her role as the new Chief Nursing Officer for Lakewood Hospital. She is responsible for the nursing staff and operations, and previously was Senior Director of Nursing Operations at Lakewood. With

30 years of progressive leadership experience, Sauer has a broad background in the management of people and services, and extensive specialty knowledge in the areas of critical care, post-acute care and medical surgical nursing. She began her career at Fairview Hospital in 1979 as a registered nurse, serving many years as Nurse Manager and Director of Nursing. She is a member of several professional organizations, was published in the Journal of Nursing Administration and recently received the YWCA Women of Excellence award.



As the new President of the Lakewood Hospital Volunteer Association, **Ora Calhoun, MDiv,** will serve on the Foundation board during his two-year tenure in this role. He began volunteering at the hospital in January 2007, as a way of "paying it forward," after having spent some

significant time in Lakewood Hospital as a patient. In addition to serving on several volunteer committees, Calhoun spends his hours at the hospital in the Patient Transport Department. "I enjoy transporting patients in wheelchairs throughout the hospital. It is my way of supporting those who have come seeking care and comfort, and I hope this interaction makes their day just a little better," notes Calhoun. A Bay Village resident, he is retired from the Episcopal Church.

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Starry Night: An Evening of Radiance



Bob Weil, MD, with his wife Stacie and Sarpreet and Sanjit Bindra, MD



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Chas Geiger with daughter Christy

CONTRIBUTIONS AT WORK: Diabetes Assistance Initiative

Gordon Hathaway is one of more than 260 people with diabetes who have benefited from the Diabetes Assistance Initiative, a program of the Lakewood Hospital Diabetes and Endocrine Center.

Last September, Hathaway was diagnosed with Type 2 diabetes. His initial A1C level- an average three-month blood sugar- was 13.4%. A desired A1C is less than 7%. As a retiree, he has health insurance but the cost of his multiple medications was unaffordable.

Enter Lakewood Hospital and its Diabetes Assistance Initiative (DAI). The program provides diabetes medication and testing supply vouchers as well as scholarships for diabetes education to individuals who are unable to afford this life-saving support.

Through the Diabetes Assistance Initiative, Hathaway has received nearly \$1,000 in vouchers for his medicine, and is vigilant in daily taking his prescribed medications.

Fortunately for Hathaway, his insurance covered diabetes education and he attended classes about the disease and ways to make the changes needed to achieve his goals. There are, however, many insurance plans that do not cover diabetes education. In these situations, the DAI provides scholarships so people have access to this critical component of diabetes management.

As a result of this support, Hathaway's A1C is now 7.7%; he has lost weight and lowered his cholesterol levels. Lowering one's A1C by just 1% decreases the risk of developing diabetes complications (lower limb amputation, blindness and kidney disease) by at least a third.

"Without this help, I would have needed to change to different medication that may have been less effective," notes Hathaway. "I am truly grateful for the financial assistance, the education and support this program provides; it is life-changing."



Diabetes has reached the status of a public health crisis.

To have a fighting chance against a disease that requires attention every moment of every day, patients need medication, testing supplies and education. Unfortunately, because of a lack of insurance coverage or limited financial resources, many people struggle with accessing these basic elements that are so critical in successfully managing diabetes.

Lakewood Hospital's Diabetes Assistance Initiative was established to address this increasingly unmet need within our community.

"In just two years, we have changed the lives of several hundred people due to support they received through the Diabetes Assistance Initiative," states Lakewood Hospital Foundation Executive Director Kristin Broadbent. "This ongoing work offers great promise but only with continued funding can that promise be fulfilled for those most in need."

The Diabetes Assistance Initiative is funded only through philanthropy. To make a gift in support of the Diabetes Assistance Initiative, call Lakewood Hospital Foundation at 216.529.7009 or visit lakewoodhospital.org/foundation

Corporate Partner Spotlight: EnnisCourt

Patrice Campbell has been star struck ever since attending Lakewood Hospital's first Starry Night in 2006.

The administrator and president of EnnisCourt, a 32-bed assisted living and 50-bed skilled nursing care center in the heart of Lakewood, said this anticipated evening under the stars is her favorite event of the summer. It combines her appreciation of both art and fine cuisine to raise money for a wonderful cause of supporting diabetes treatment, outreach and education in the community.

"I love the whole spirit of the evening – it's summer and it's a big elegant street party. This is my main summer entertainment; I don't do it at home I do it at Starry Night," Campbell said. "As a matter of fact, it is a favorite event of every one that is a guest of EnnisCourt, too."



Jim Corrigan, Kelly Colby, Patrice Campbell, Ruth Brutz and Ken Havran

Campbell's guest list includes upwards of 40 people and is a veritable who's who among Lakewood. She extends invitations to employees but most of the invites go to family members of residents who live or have lived at EnnisCourt.

"It's my way of saying thank you to them and showing my appreciation and just keeping my connection and the EnnisCourt connection with them," said Campbell, who even played a starring role in the event as a celebrity food judge in 2010 and 2011. "The number of people I invite grows every year. I started out with one table the first year and had four tables this year. I'm sure next year we'll have more than four tables. Once you go, you're hooked. My guests look forward to it, and they drop hints to me all year about wanting to attend."

Campbell's EnnisCourt makes it a priority to support Lakewood Hospital because she believes the care provided by the two entities should complement and not compete with each other.

"We are serving the same population, and the same people, so we should be working together and I think we do that very well," said Campbell, a hands-on leader at the independently owned and operated center. "Lakewood is our hospital of choice. Just about every primary care doctor who cares for someone at EnnisCourt is from Lakewood Hospital. And the bottom line to all of this is that when we work cooperatively with the hospital, the resident or patient is getting better care, and the family gets better information- it's just a better overall experience."

Resident-centered care is the signature of EnnisCourt, a place some would describe as a boutique nursing home that caters to families who want to be involved with the daily care of their loved ones. Families share personal interactions by having meals together or attending daily Mass at the center.

EnnisCourt is named for the capital city of County Clare, Ireland – the hometown of Campbell's late husband Pat, who bought the business in 1981. An educator for 29 years before joining her husband to help run the business in 1998, Campbell had the unique experience to also be a family member when her father became a resident in the mid-1990s. He was suffering from dementia and Parkinson's disease, and her mother could no longer care for him at home.

"People ask me about my philosophy of care, and it's really simple. I know what kind of care my mother wanted for my dad, and that is the level of care provided everyday to everyone here," she said. "What happens when people end their life here at EnnisCourt is what families carry with them forever. When a loved one has passed away, I want the family members to say not just that I had my mom or dad or spouse was in a good place, I want them to say I had them in the best place."

"My mother was a resident at EnnisCourt for five years and received excellent care throughout her time there," notes Bob Gallagher, Lakewood Hospital employee and Starry Night committee member. "After she passed away I was moved to stay involved at EnnisCourt because of the dedication, devotion and generosity we experienced. It is this same spirit of giving that is reflected in Patrice's support of Lakewood Hospital and Starry Night, both from a sponsorship standpoint and as hostess to those employees and family members she invites. EnnisCourt is a jewel of the west side, and the Hospital and Foundation are fortunate to have them as a partner."

SAVE THE DATE:

Join Patrice and EnnisCourt guests at Starry Night on August 5, 2012.

Go Green!

Help us save printing and postage costs, as well as paper, by registering to receive the newsletter online. Send an email to lhfoundation@ccf.org with your name, address and email address.

SAVE THE DATE

Straight from the Heart Gala | Saturday evening, February 11, La Centre

11th Annual Ambulance Chase | Sunday, May 6, Lakewood Park

Starry Night | Friday evening, August 3, Under the stars...Belle Avenue

Vision for Tomorrow

Lakewood Hospital Recognized for Stroke Care

Lakewood Hospital has received the Silver Plus Performance Achievement Award for Stroke Care from the American Heart Association/American Stroke Association for adherence to their Get With The Guidelines®-Stroke program benchmarks. Lakewood Hospital is the first regional hospital in the Cleveland Clinic System to achieve this designation, a tremendous accomplishment for the institution.

This award recognizes Lakewood Hospital's commitment to quality in stroke care, and success in achieving consistently high standards of care in accordance with nationally established guidelines.

Receiving this Silver Plus Performance Achievement Award means that Lakewood Hospital has consistently followed the stringent quality treatment guidelines in the Get With The Guidelines–Stroke program for at least 12 consecutive months. These guidelines were established combining the unparalleled expertise of the American Heart and Stroke Associations' evidence-based practices. These include aggressive use of medications, therapies, and treatments aimed at reducing death and disability and improving the lives of stroke patients. The "Plus" added to the Silver award means Lakewood Hospital has additionally met a number of elite level stroke standards for our patients.

"The silver plus award is a symbolic recognition of Lakewood Hospital's dedication to providing the highest quality care for stroke patients," says Andrey Stojic, MD, PhD, Director of the Cleveland Clinic Neurological Institute at Lakewood Hospital. "As we strive to be the leader for neurologic care on the west side, this is an important mark. Additionally, this is a tangible demonstration of the effect of Vision for Tomorrow; the initiative is working for the institution and most importantly for the patients and the community."

"With a stroke, time lost is brain lost, and receipt of this award demonstrates that our staff is committed to providing care that has been shown in the scientific literature to quickly and efficiently treat stroke patients with evidence-based protocols," notes Stojic.

"This is a great honor for Lakewood Hospital and our staff. It reinforces to our patients the level of skill that our professionals provide," says hospital president Jan Murphy. "Additionally, the data from this program allows us to have the latest facts and statistics at our fingertips so we can provide exemplary care each day."

The Get With The Guidelines-Stroke program gives clinicians patient-specific criteria and access to the American Heart Association's Patient Management Tool (PMT), an online, interactive assessment and reporting system. By using the PMT, hospitals can track their performances and pinpoint areas for improvement. Strokes are the third leading cause of death and the leading cause of long-term disabilities in the United States.

"Lakewood's excellence in stroke care is turning treatment guidelines into lifelines for our patients!" states Stojic.

Lakewood Hospital is designated by The Joint Commission as a Primary Stroke Center. Several area hospitals are equipped to handle patients who suffer from a stroke or other neurological conditions, but Lakewood Hospital is unique in many ways. Not only do we have a specialized unit to treat these patients, but we lead the west side hospitals in providing the best stroke care.

