

Spirit of Giving



News for Friends of Lakewood Hospital Foundation

WINTER 2014

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CONTRIBUTIONS AT WORK

Meet Our New Training Instructor, Chester Chest

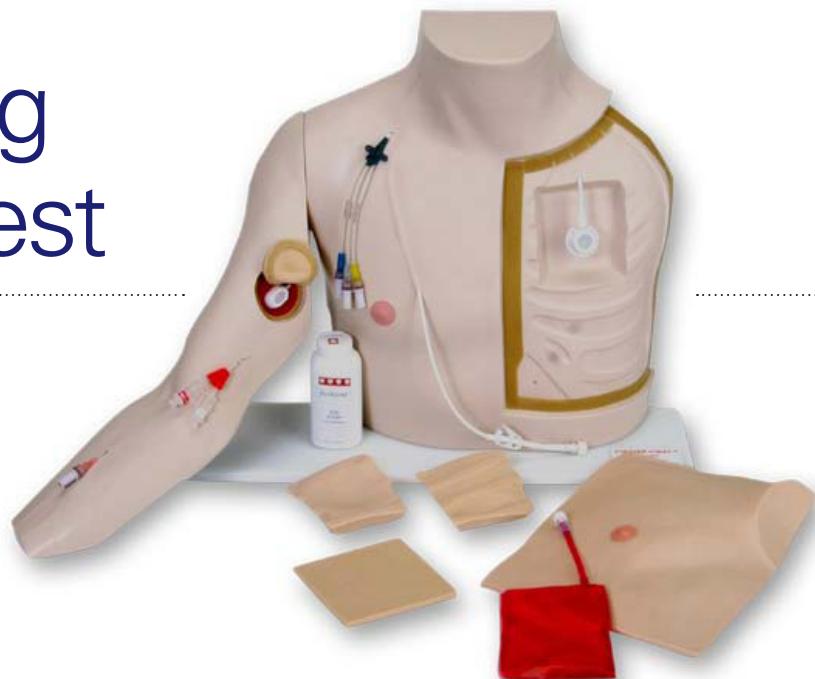
Lakewood Hospital nurses have a new teacher. He may only be a torso and have a detachable right arm, but Chester Chest is a very valuable educator.

A life-like model of a human torso, Chester is a portable training aid designed to help nurses develop expertise with the insertion, removal, and care of vascular access devices such as catheters.

Chester features an actual port implanted under a flap of material that mimics the feel of human tissue. The combination of a real chest port and accurate tissue provides a very realistic simulation of accessing a chest port on a live person – complete with a “blood” withdrawal when the port is properly accessed.

Chester Chest is being used by the Department of Nursing for training, proficiency testing, and skills assessment.

“Chester runs our nurses through a boot camp of competency exercises, the outcome of which is low infection rates and high patient satisfaction,” says Alina Zakrocki, Lakewood Hospital’s Infection Preventionist. “The addition of this equipment to our teaching resources – through the generous support of Lakewood Hospital Foundation – demonstrates Lakewood Hospital’s pledge to providing comprehensive training for our nurses.”



The grant that funded the purchase of Chester was made possible by Lakewood Hospital Foundation’s annual Ambulance Chase, a family-friendly 5K run. This year’s Ambulance Chase - presented by Donald Martens & Sons Ambulance Services - is Sunday, May 4, at Lakewood Park. In addition to a B-tag timed 5K race, there will also be a 1-mile fun walk and a special Children’s Chase for kids under 8.

Registration is now open at lakewoodhospitalfoundation.org/ambulancechase.

For information on sponsorship and in-kind opportunities please contact Emily Speer at speer@ccf.org or 216.529.7080.

HONOR A DOCTOR WHO HAS TOUCHED YOUR LIFE

Their words change lives.

Their compassion brings comfort.

Their dedication offers hope.

They are your doctors, and they do so much more than simply heal bodies.

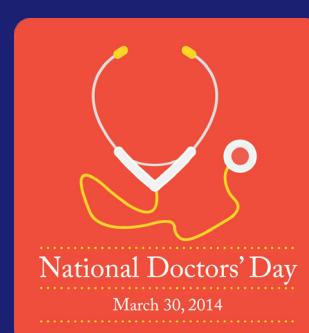
Their personal care touches hearts and impacts lives.

Every year on March 30, communities across the country celebrate National Doctors’ Day.

It’s a time set aside to honor the outstanding men and women who protect the health and lives of our families and community. First observed on a small scale over 75 years ago, the practice swept the nation, and March 30th was formally proclaimed National Doctors’ Day in 1990.

As part of our Lakewood Hospital family, we invite you to help us recognize a doctor who is special to you. If there’s a doctor whose service has made a difference in your life, please consider making a celebratory gift in their name to Lakewood Hospital Foundation.

Not only will your gift affirm the commitment of an exceptional physician, it will also help support the clinical excellence and compassionate care provided every day at Lakewood Hospital. Visit lakewoodhospitalfoundation.org or use the enclosed envelope to honor your doctor with a celebratory gift.



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 2014

Design: Murphy & Co. Graphic Communications • Photography: Cleveland Clinic’s Center for Medical Art and Photography - Steve Travarca • Contributor: Chrissy Kadleck

Spirit of Giving is published by Lakewood Hospital Foundation:

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Lakewood Hospital realizes that individuals would like to learn more about particular programs, services or developments. We also fully respect the privacy of our patients. If you do not wish to receive any materials containing such information, please contact us at lhfoundation@ccf.org or 216.529.7009.

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CONTRIBUTIONS AT WORK

Grant Will Help Educate Joint Replacement Patients

A grant from the Lakewood/Rocky River Rotary Club will soon mean enhanced patient education for those receiving a total joint replacement at Lakewood Hospital. The grant will help fund a set of fully-articulated models of the shoulder, knee, hip and elbow, as well as educational materials for both patients and caregivers.

Pre-surgery patient education classes on total joint replacement (TJR) have been part of the continuum of orthopaedic care at Lakewood Hospital for years – and have proven to be greatly beneficial. Patients generally arrive for surgery feeling more at ease and well-educated about their procedure, and typically have an easier time with recovery as well.

With the addition of new, life-like joint models, the TJR class curriculum will be more beneficial to patients than ever. Currently, pamphlets, brochures and photos are utilized as classroom visual aids. The new models, however, will allow clinicians to give patients a much more realistic, in-depth look at the inner workings of the joint, as well as the changes made to the joint during surgery. Each part of the surgical procedure can be explained and demonstrated in greater detail, and patients will have a much better understanding of the intricacies of their procedure.



Lakewood/Rocky River Rotary President Phil Ardussi with Bethany Farrell, Lakewood Hospital Orthopaedic Services Nurse Manager and Peggy Marquard, Total Joint Replacement Class instructor



Lakewood Hospital performs nearly 470 TJR procedures each year, and that number is expected to rise. The American Academy of Orthopedic Surgeons projects a 673% increase in total-knee replacements and a 174% jump in first-time total-hip replacements by the year 2030. An aging population of arthritis sufferers, increasing obesity rates, and the trend toward baby boomers remaining physically active later in life are among the key reasons.

Foundation Welcomes New Trustees

We are pleased to announce the election of Rob Elwood to the Board of Trustees, and the appointment of Ex-officio members Jim Crandell, MD, and Cheryl Sullivan.

Elwood's extensive business experience working with non-profits as well as his marketing and finance background rounds out the 24-member board. Elwood is currently Vice President of Sales at Principal Financial Group. A resident of Rocky River, Elwood is actively involved with the West Side Catholic Center, St. Christopher Church, and Loras College National Alumni Board. Elwood also supports and helps to organize many youth activities across the community.

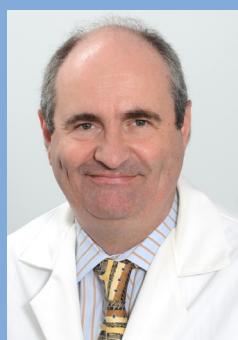
As the new president of the Lakewood Hospital Medical Staff, Crandell will serve on the Lakewood Hospital Foundation Board during his three-year tenure in that role. Crandell, a cardiologist who joined Lakewood Hospital's medical staff in 1991, is board-certified in Cardiovascular Disease and Internal Medicine. He is a member of Premier Physicians, the largest independent multi-specialty physician group practice in Northeast Ohio.

Inspired to become a volunteer because of the excellent care Lakewood Hospital provided to three generations of her family, Sullivan began volunteering at the hospital in 2001 as a Eucharistic Minister. She was recently elected president of the hospital's Volunteer Association, and will serve on the foundation board during her two-year tenure. As a volunteer, Sullivan strives to make a positive impact on every patient she meets, as well as the volunteers and caregivers she interacts with.

Many thanks to Jim Bekeny, MD, and Ora Calhoun, who were recently recognized for their years of service as they concluded their terms as foundation trustees.



Rob Elwood



Jim Crandell, MD



Cheryl Sullivan

Crandell photo courtesy of Premier Physicians

PROFILE IN GIVING

Bill La Place

With more than 60 combined years of service, thousands of volunteer hours and many times that in donated dollars, the La Place family name is synonymous with a distinguished level of personal dedication and perennial philanthropic support for Lakewood Hospital.



It's been nearly 30 years since Bill La Place first joined the Lakewood Hospital Foundation board, and he's an important steward of the foundation to this day. His years of uninterrupted board service, remarkable standard for giving, and mentorship of other board members have made him a unique and exemplary partner for the foundation.

And actually, his relationship with Lakewood Hospital started with his wife.

In the mid-1970s, Kay La Place began her tenure as a hospital volunteer extraordinaire, eventually becoming head of the hospital's Children's Board and chairwoman in charge of the hospital's gift shop. In all, Kay generously gave more than 9,500 hours of her time to Lakewood Hospital in her 33 years of service.

Bill followed his wife into service at Lakewood Hospital in the mid-1980s, while working as a certified public accountant and partner at what would become

Deloitte & Touche. He joined the Lakewood Hospital Foundation board, eventually serving as board president from 1997 to 2004. Today, he is the only active former board president, serves as Audit Chair, an Executive Committee member, and remains a valued confidant and mentor for fellow members.

In addition to his years of service on the board, Bill La Place has been a quintessential donor. He has made an annual gift each year, funding his contributions with myriad assets including cash, stock, and IRA distributions. He has generously supported all of the hospital's capital campaigns and fundraising events, and is a member of the Founder's Council, which recognizes those who have lifetime giving of \$10,000 or more. Additionally, he is a member of The Gruber Society, having made a provision in his estate for the foundation. Through the years, he has also helped secure additional contributions to Lakewood Hospital Foundation on behalf of various other local and regional foundations.

When his wife Kay passed away in 2006, the contributions to Lakewood Hospital Foundation made in her memory were used to create the Kay La Place Memorial Endowment Fund, benefitting the hospital's Diabetes Assistance Initiative. Bill continues to make memorial gifts to the fund.

La Place has two sons – Bill, who lives with him in Fairview Park, and Mark, a CPA in Columbus. The elder Bill and Mark recently became the first father-son pair to each be awarded the Gold Medal for Meritorious Service to the Accounting Profession from The Ohio Society of CPAs.

"I'm a big believer in philanthropy," says La Place. "You have to give of your time and your treasure if you are going to be involved in the community."

Thank you

Lakewood Hospital Foundation is immensely blessed by the generosity of individuals, corporations and foundations. In turn, we steward these gifts received, passing your support on to Lakewood Hospital to serve the needs of its patients and the community. For more than 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 August 1 – December 31, 2013.

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

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We gratefully recognize these members of The Gruber Society who have chosen to make a difference in the lives that follow by leaving a legacy at Lakewood Hospital

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Woman's Board of Lakewood Hospital

Community West Foundation – 10 Years of Partnership and Support

Since 2004, Lakewood Hospital Foundation has had a remarkable philanthropic partner in the Community West Foundation. Together, the two foundations have helped fund essential equipment, training, medication and education that have benefited countless Lakewood Hospital patients, as well as numerous others throughout our community.

"Our mission is to advance the health and well-being of our community," says David T. Dombrowiak, President and CEO of Community West Foundation. "The foundation has focused its efforts to reach out and make grants to help elevate the overall health status of our community."

Originally named the Fairview/Lutheran Foundation (FLF), the foundation was created to help support both Fairview and Lutheran hospitals. In 2004, the FLF made its first grant to Lakewood Hospital: nearly \$52,000 in support of the Teen Health Center's G.I.F.T. (Group, Individual & Family Therapy) Program.

As its mission expanded, the Fairview/Lutheran Foundation evolved into the Community West Foundation, and its collaboration with Lakewood Hospital continued to grow.

From 2005 to 2011, the two foundations joined forces for the annual Straight from the Heart raffle and gala, benefiting cardiac programs and technology at Fairview, Lakewood, and Lutheran hospitals. To date, this effort has raised over \$5 million in donations that help provide comprehensive cardiac services to the community.

"We've had a partnership for many years, and Straight from the Heart was such a great cooperative effort," Dombrowiak says. "Being responsive to the needs of our community is the most important aspect of what both of our foundations strive to do."

The Community West Foundation has also been a long-time sponsor of Lakewood Hospital's annual Starry Night event. Starry Night benefits the Diabetes Assistance Initiative, a program that helps fund diabetes testing supplies, medication, and



Community West Foundation President and CEO David Dombrowiak, with Henry Jacques, Grants Committee Chair and Bill Baker, Chair

education for individuals who are unable to afford them. Community West - through Straight from the Heart - has also supported Lakewood Hospital's cardiac program, helping to fund a mobile ultrasound unit, AED equipment and training, and digital bath scales.

Besides a great partnership, another thing the Community West Foundation and Lakewood Hospital Foundation have in common is the combined support of the Baker family. Bill Baker and his son Tom represent two generations of a family who share a generous and steady commitment to their community. Not only are Bill and his wife Linda donors to Lakewood Hospital Foundation, but he has served on the Community West Foundation board since 2000, and has been its chair since 2013. Tom joined the Lakewood Hospital Foundation board in 2010 and currently serves as its secretary.

In recent years the Community West Foundation has continued to support Fairview and Lutheran hospitals, contributing more than \$10 million to the two organizations in the past five years. It has also funded grants totaling an additional \$10 million to various area nonprofit organizations.

In 2013, the foundation made a \$20,000 grant to Lakewood Hospital Foundation to support the HOPE Program, an effort that has helped numerous uninsured women receive free clinical breast exams, screening and diagnostic mammograms, and breast ultrasounds. The grant is symbolic of the Community West Foundation's venerable mission of providing financial support to organizations that deliver basic needs such as food, clothing, shelter and medical care to the most needy in and around Western Cuyahoga County.

"Taking care of the community and providing the best technology and the best in quality care to patients is another reason why we support Lakewood Hospital," Dombrowiak says. "The collaborative work at all the area hospitals is so vital and our support has helped to ensure that quality healthcare is available for our citizens."

CONTRIBUTIONS AT WORK

New Diagnostics for Patients with Difficulty Swallowing

Imagine not being able to swallow food or drink normally. Food becomes stuck in your throat, or makes its way into your airway and lungs. It's a dangerous condition called dysphagia that affects thousands of patients and is associated with many chronic and acute conditions.



This spring, Lakewood Hospital will employ state-of-the-art diagnostic and therapeutic swallow testing that is revolutionizing treatment for those struggling with dysphagia. Known as FEES – Fiberoptic Endoscopic Evaluation of Swallowing – this portable technology means a world of difference for both clinicians and patients.

The recent acquisition of a FEES system makes Lakewood Hospital the first Cleveland Clinic hospital on the Westside to offer the technology, which will enable speech-language pathologists from the hospital's Rehabilitation Services to diagnose and treat swallowing disorders in both its inpatient and outpatient populations.

Many medical conditions can cause the disorder, including stroke, brain injury, Parkinson's disease, and multiple sclerosis. Other causes include cancer of the mouth or throat, and surgery or injury involving the head or neck. Michelle Fritz, speech therapist and clinical team leader at Lakewood Hospital, champions the FEES system and its ability to aid treatment.

"Difficulties with dysphagia include food sticking in the throat and the patient being unable to move it into the esophagus and down to the stomach," Fritz says. "Or instead of going the direction it should, food gets into the airway and then the lungs, leading to aspiration pneumonia," she adds.

The FEES system uses a flexible endoscope (a small camera with a light attached) that is inserted up through the nose into the nasal passage to view the throat while the patient is eating and drinking. It allows the therapist to watch a patient swallowing, in real time.

Lakewood Hospital currently uses a procedure called the Modified Barium Swallow Study (MBSS), which involves a radiologist, a radiology technologist and a speech-language pathologist. The seated patient is fed barium-coated food while being x-rayed. Drawbacks include the time limitations that are necessary to reduce radiation exposure, and the fact that food and liquid are often simulated using liquid or paste barium.

"The benefits of FEES are many," says Fritz. "You are using food the patient would normally eat. It can be done bedside in the patient's room, where they can sit more comfortably, and there is no radiation exposure for the patient or clinician."

Other advantages include not having to coordinate with the Radiology Department schedule, no unpleasant barium-covered food for patients, and no barium-associated side effects. It can be used with patients on mechanical ventilation and those with medically-complex conditions who would have difficulty tolerating a trip to Radiology.

FEES can be done bedside in less than 20 minutes. Since there is no radiation, the studies can be sustained for longer periods of time, allowing clinicians to determine if a patient's swallowing technique is affected by fatigue.

"It's going to be more productive and more time efficient to utilize this new system," adds Fritz. "It's a cart on wheels that comes right to where the patient is, and it lets us view parts of the anatomy that we aren't able to view with MBSS. It can give us a little more insight into what is happening, and lets us know if an additional consult is warranted," Fritz said.

The funding for the FEES system, more than \$40,000, was generously contributed by the hospital's auxiliary groups – the Children's Board, Volunteer Association and Woman's Board, along with a grant from the Ambulance Chase.

For more information about FEES, call Lakewood Hospital's Rehabilitation Services at 216.529.7173.

Thanks Evermore

Each holiday season, Lakewood Hospital Foundation's Distinction in Philanthropy event recognizes and honors our donors for their annual, cumulative and deferred giving to the foundation. This event gives us a chance to offer our heartfelt thanks and appreciation to our most generous donors for their past, present and future support.

We offer special thanks and recognition to William R. Gorton and Westlake Village, the newest members of our Founder's Council. Membership in the Founder's Council is a distinction in recognition of a milestone in cumulative giving. On behalf of Lakewood Hospital Foundation, thank you for your incredible generosity and support.



Debbie Dalton with Stephanie Soucie and John Walls



Mike Busta and Marge Embлом



Nancy Huffman, Chuck Huffman and Mary Anne Crampton



Bob Potts, Dede Baker and Trina Nummela



Arthur Greene and Shannan Ritchie



Bob Soffer and Kathleen McGorray with Jim Vine



Bill Gorton and Susie Blackburn, Gerry and Peg Kuechle, Rick and Becky Smith



Todd and Jill Gilmore with Shelley and Marcello Mellino, MD



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WINTER 2014

SAVE THE DATE**Starry Night | Friday evening, August 1 | Under the Stars on Belle at Detroit**

13th ANNUAL AMBULANCE CHASE

Presented by Donald Martens & Sons Ambulance Services

For more information contact Lakewood Hospital Foundation at 216-529-7009 or speere@ccf.org

SUNDAY, MAY 4, 2014 LAKEWOOD PARK

Register online:

lakewoodhospitalfoundation.org/ambulancechase or hermescleveland.com

 **Lakewood Hospital Foundation**

Enhancing health and wellness through philanthropy