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CONTRIBUTIONS AT WORK

Welcomed Relief, Double Impact

Twenty-six weeks into her first pregnancy, Heather was told she had gestational diabetes, a potentially life-threatening diagnosis for both her and her baby, particularly without careful management from a multidisciplinary medical team. But the panicked mom-to-be did not have insurance or the extra funds to pay for costly test strips or diabetes classes required to manage her diagnosis. She needed help and quickly!

The 29-year-old found it from Lakewood Hospital's Diabetes Assistance Initiative (DAI). Heather applied for assistance and was awarded a scholarship to attend diabetes education classes to learn about blood sugar monitoring, meal planning, carbohydrate counting, understanding food labels, and benefits of exercise.

Launched in 2009, the DAI was formed to help the uninsured and underinsured afford their diabetes medications and testing supplies, and receive comprehensive diabetes education with a certified nurse and dietitian – two cornerstones of an integrated and sustained diabetes treatment plan.

"The crucial part with gestational diabetes is an expectant mother's understanding that not one, but two lives are at risk and time is not on their side," says Gina Gavlak, diabetes program development coordinator for Lakewood Hospital's Diabetes and Endocrine Center. "Typically diagnosed between the 24th and 28th week of pregnancy, the clock is ticking. They need to interact quickly with our physicians and educators as the health of both mom and baby are definitely at stake."

Considered high-risk, Heather was thankful to receive financial aid through the DAI that covered the costly test strips used to monitor her blood sugar levels throughout the remainder of her pregnancy.

"Diabetes is expensive," Gavlak says, adding that women with gestational diabetes need to test their blood sugars at least four times a day, and 100 test strips cost more than \$100. Some women with gestational diabetes also require insulin injections to control blood sugar levels with an average cost of \$385 per box, plus the pen needles at \$40 per box.

Often these critical supplies, medicines and educational components are not covered by insurance. This is when the DAI can become an incredible safety net for expectant mothers.

"Dealing with diabetes in pregnancy presents many challenges and requires a disciplined approach to managing their condition," says Dr. Kevin Borst, an endocrinologist at Lakewood Hospital's Diabetes and Endocrine Center. "Expectant mothers have to monitor their sugars regularly and, in many cases, follow a complicated insulin regime. Worrying about affordability at this point can further complicate the situation."

Just as the prevalence of Type 2 diabetes is increasing so is the number of moms-to-be facing a diagnosis of gestational diabetes. "It's becoming quite common," Borst says.

According to the latest analysis by the Centers for Disease Control and Prevention, the prevalence of gestational diabetes is as high as 9.2%.

Left untreated, gestational diabetes can have serious short- and long-term consequences for mom and baby, says Dr. Kristen Ekman, an obstetrician and gynecologist with Lakewood Women's Health Institute, who estimates that at any given time she has 15-20 patients diagnosed with gestational diabetes.

"The problem with gestational diabetes is its tendency to lead to a much more complicated pregnancy. These women are typically at higher risk for hypertension, high blood pressure and bigger babies that can result in difficult labors and the potential for a traumatic birth given the higher risk of C-section," says Ekman.



The assistance Heather received through the DAI removed barriers and made it possible for her to work with a team to develop an individualized diabetes management plan that met her unique needs. She had an uncomplicated pregnancy and delivered a healthy baby boy. Heather's gestational diabetes went away after her baby was born; both are healthy and doing well.

While the majority of gestational diabetes cases clear up after birth, it does set the mom and baby up for a much higher risk of developing Type 2 diabetes later in life.

"The DAI ensures these women access to the care they need with the same attention any other patient would receive whether they can afford it or not," Gavlak says. "And those benefitting from the Diabetes Assistance Initiative are not only empowered with the resources needed to control their situation, but understand the impact of their actions today on the future health of their child and themselves."

As the only resource of its kind in our community – and because it is funded solely through contributions – the need for support of the Diabetes Assistance Initiative continues. Your gift will directly assist in improving the health and life potential of those with diabetes struggling to afford the management of their disease. Make a gift - make an impact. Visit lakewoodhospitalfoundation.org/giving or call 216.529.7009.

Spirit of Giving recognizes contributions made to Lakewood Hospital Foundation, and keeps donors and friends informed of the stewardship of these gifts. ©Lakewood Hospital Foundation 2015
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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.

GRATEFUL PATIENT

Make chocolate-chip pancakes ✓
Squeeze a lime into a margarita ✓
Still working on the “wearing flip-flops” goal.



These are a few of the personal goals set by Cindy Clark, a veteran occupational therapist in Lakewood Hospital’s Outpatient Rehabilitation department, after she had surgery last May to remove a rare spinal cord tumor known as an Ependymoma.

A single mom of three teenage children, Clark’s experience staring down a debilitating and perplexing medical condition transformed her from a confident, experienced caregiver to a hard-working patient dogged to recover her strength and mobility. The motivated 46-year-old also was determined to regain her independence and a sense of normalcy. For one, she wanted to be able to cook her children a hot breakfast.

“My first goals once I got back home were to master the stairs and sleep in my own bed,” said Clark. “And I wanted to be able to make pancakes for my kids. I was obsessed about it.”

She flipped those flapjacks within a month of returning home from surgery at Cleveland Clinic’s main campus and two weeks of intensive therapy at Lakewood Hospital’s Acute Rehab unit.

“My neurosurgery was conducted at main campus and during recovery I was given the choice of where I wanted to go for my inpatient rehab. It was a no-brainer to go to Lakewood Hospital,” she said. “Having worked there for more than seven years, it had become my family, my home.”

Even in a supportive, familiar environment her first days were rough. She couldn’t raise her dominant left arm above table level. She used a walker to get around. After dozens of therapy sessions including occupational, physical and recreational, Clark had made significant progress.

“My physical therapist took me outside to walk on grass and on inclines,” she said. “They had me on the treadmill with a special vested apparatus called a LiteGait (see side bar), which is a contraption that can hold someone securely and safely so they can walk on the treadmill. I was fortunate to have access to the right rehab equipment and a therapist who motivated me during my recovery.”

Helping Patients Make Great Strides

For patients like Cindy Clark, access to the right rehabilitation equipment can make all the difference in successfully achieving recovery goals following a life-altering syndrome. With the help of our generous and dedicated donors, over the past several years Lakewood Hospital Foundation has proudly funded an array of physical, occupational, speech and recreational therapy rehabilitation equipment such as an upper body ergometer, treadmills, NuSteps and a LiteGait.

Clark continued intensive outpatient rehab services at Lakewood Hospital three times a week for the entire summer. In September, she returned to work part-time, as both a research clinician with Dr. Jay Alberts at Cleveland Clinic’s Biomedical Engineering department and an occupational therapist in a smaller outpatient clinic for neurology patients at the Avon Lake Family Health Center. Although Clark opted to adjust her professional environment to one outside the rigors of a hospital setting, she enthusiastically resumed her leadership role with Lakewood Hospital’s Stroke Support Group, which she started in 2010.

An empathetic therapist prior to her health struggles, Clark said the whole experience has broadened her understanding of the exertion her patients face during recovery and the impact a dedicated caregiver can make on their rehabilitation.

“I have a better insight as to what to expect with my patients. I’ve always known how to help them overcome health obstacles but now I really get it,” she said. “The fatigue people fight just to get their bodies to move through space. And the challenge that it is to keep an upward smile on where you’re headed. It’s not easy - it’s really hard work.”

THE RESULTS ARE IN
2015 Ambulance Chase a Smashing Success!



Nearly 1,100 registered participants came together on May 3 for fun, fitness and philanthropy at the 14th Annual Ambulance Chase.

A special shout-out and deepest thanks to our long-standing presenting sponsor Donald Martens & Sons Ambulance Services. Running right alongside us for the past 14 years, their sustained support has helped make a significant and lasting impact on the lives of the patients and families who are served by Lakewood Hospital.

5K winners were Jennifer Dahler of Fairview Park with a time of 20:04, and Nicholas LaCerva of Ann Arbor with a time of 17:32. New this year was the timed 1 Mile Race, and winners were Neal Ritchie of Brecksville with a time of 7:53 and Allison Ladd from Rocky River with a time of 7:58.

Team Lakewood Hospital had the strongest group showing at the event, with 196 total participants! The Garfield Middle School team followed with 56 participants and Team Pfahl joined the fun with 53 participants. Also, congratulations to the 58 energetic “future 5K runners” that participated in the Children’s Chase. We truly appreciate the support from all of our teams and individual registrants.

Lakewood Hospital Foundation is proud to continue this highly-anticipated annual event and appreciates the overwhelming support from from the Lakewood Hospital family and the community. Since 2002, more than \$475,000 in event proceeds has been used to augment a wide variety of hospital programs, services and equipment.

PROFILE IN GIVING

Larry & Rosemary Faulhaber

Sharing a Philanthropic Spirit Yesterday, Today and Tomorrow

Rosemary and Larry Faulhaber have always come from a place of yes.

Married for 59 years, the inspired couple has dedicated thousands of volunteer hours and donated tens of thousands of dollars to support organizations throughout the community. Lakewood Hospital has been a fortunate recipient of the Faulhaber’s altruism for decades.

In fact, Larry, who was born at Lakewood Hospital 81 years ago, has been on the Lakewood Hospital Foundation board since 1998. Currently he serves on the Executive Committee and is the chair of the foundation’s Advancement Committee. Last November he was befittingly recognized with Lakewood Hospital’s Community Service Award.

“We tend to resonate toward community-oriented efforts because the end result is always something you can see, feel or touch,” says Larry. The couple has amassed a charitable legacy at Lakewood Hospital from contributing to annual campaigns, capital efforts and events, to generously establishing a charitable gift annuity with the foundation.

As a young couple in Lakewood, the Faulhaber’s focus on senior health and welfare began when Larry joined the Jaycees in 1958. The organization was looking for a project that would have a significant impact on the community and were told about a group of seniors who wanted to build a residential living complex in downtown Lakewood. Soon the Westerly was off the ground and so was Larry’s involvement.

Larry’s affiliation with the hospital hit its stride in the mid-1970s after he took over building management of the Westerly. “I realized there were so many connections with the medical facility in terms of the number of onsite residents who had to go there for a myriad of reasons,” he says. “I’m not sure who volunteered who but I became involved with what was then referred to as the hospital’s community advisory board.”

During this same period, Rosemary began her nearly 40-year tenure at the Barton Senior Center, the non-profit activity area in the Westerly complex. She created an onsite retail shop called *Hodge Podge*, an income source for program funding where she continues to volunteer multiple times each week. Collaboration of their time and talents came naturally says Larry, “This was our way of doing something fun and meaningful together.”

Another driving force for the couple’s support of Lakewood Hospital stemmed from their daughter, Ann Marie, who pursued a career in the medical field. A microbiologist for more than 30 years with the Cleveland Clinic, she got her start at Lakewood Hospital and worked there for many years before transferring to the main campus.

In addition to serving in volunteer posts at Lakewood Hospital and being a vigorous advocate for senior health, Larry’s community involvement over the years has touched many organizations with missions to improve the health, welfare and cultural lives of all area residents. He was president of the Lakewood Chamber of Commerce, a longtime supporter of North Coast Health, an active member of the Lakewood/Rocky River Rotary, and past board member of First Federal of Lakewood and Beck Center for the Arts, among other institutions.

“The scope of Rosemary and Larry’s contributions is remarkable. From improving the health of the community, to economic, religious and cultural efforts, to tirelessly advocating for seniors – they continue to play an active part in making good things happen across the community,” notes Lakewood Hospital Foundation Executive Director Kristin Broadbent. “The profound difference they both make in the lives of those around them, including our patients and caregivers is awe-inspiring.”

Reflecting on their many contributions, Larry shares, “It becomes part of your psyche to stay active and involved. I feel bad if I don’t have a long to-do list every day.”



HONORARY LIFETIME TRUSTEE

Recognizing 26 Years of Continued Service

Carolyn Seelbach was recently named an Honorary Lifetime Trustee of Lakewood Hospital Foundation. During her 26 years of service on the Board of Trustees, Carolyn was a formidable partner of the foundation, gifting countless hours of time, sharing her progressive vision, lending her expansive knowledge of the community, and generously supporting each and every fundraising effort. This distinction recognizes her unwavering commitment to Lakewood Hospital and the people it serves.



Proceeds from this year’s Ambulance Chase will benefit several initiatives that directly enhance patient care:

- Lakewood Hospital’s Patient Navigation program – working to identify barriers to accessing care and developing solutions that can help to better serve our patients’ needs.
- Swaddling Initiative – as part of its Baby-Friendly designation, Lakewood Hospital’s Birthing Center practices the use of skin-to-skin contact immediately after birth and throughout the postpartum stay. As an enrichment of the program, Lakewood Hospital Foundation will provide mothers of new babies born at Lakewood Hospital a Second Skin Swaddle to encourage bonding time and breast-feeding.

- Respond with H.E.A.R.T.® – empowering Lakewood Hospital caregivers to use compassion and care by providing immediate resources that can help them exceed patient and family expectations at the point of service.

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Drawn July 31, 2015

Proceeds benefit Lakewood Hospital's Diabetes Assistance Initiative



Thanks to our generous raffle partner,
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Continuing Our Mission ...

Lakewood Hospital Foundation proudly continues our mission to support initiatives that help make a difference in the health and well-being of those served by Lakewood Hospital. Thanks to our generous donors, individuals and families throughout the greater west shore communities are benefiting from a wide array of programs, services and equipment made possible through philanthropic pursuits.

Spirit of Giving highlights how the work of the foundation is positively impacting individuals across a wide spectrum of ages and needs. From providing a morale boost through patient support groups to education on self-managing a newly diagnosed condition to financial assistance for critical medication, each reflects a commitment toward promoting better lives and advancing health and wellness.

During these challenging times, Lakewood Hospital Foundation remains committed to enhancing the health and wellness of Lakewood Hospital's patients and caregivers.

Every day, contributions from our donors make an impact. Whether it is through the availability of state-of-the-art medical equipment, advanced training for staff, assistance for those in need or expanded programming and services ... every gift - every donor - makes a difference!

We invite you to continue to partner with Lakewood Hospital Foundation as we hold true to our mission. To learn more about making an impact, contact Lakewood Hospital Foundation at lhfoundation@ccf.org or 216.529.7009.