



Medina Hospital Advocate

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Spiritual Care Supports Healing

By Elaine DeRosa Lea

When Medina Hospital Chaplain Dennis Wendling discovered spiritual care, “I felt that I had found my role in the universe,” he says.



Dennis Wendling

Before that, he was a parish minister for 12 years. “I thought the role I had in visiting people who were sick and near to death was one of my greatest strengths. That’s why I decided to try the spiritual care program at Cleveland Clinic. Within the first few months, this work made my soul sing!”

Hospital chaplains must have a master’s in divinity or theology plus another four semesters of specialized chaplain training. “Cleveland Clinic is one of best places to receive this training – it’s known throughout the U.S.,” he says.

After graduating from the program, he began his new career on Cleveland Clinic’s main campus in 2016. In 2018, he joined Medina Hospital, where he provides spiritual care and emotional support to patients and their families, as well as the hospital’s caregivers.

“You really walk with some of the different emotions with people in a hospital, patients and staff who are struggling with fear, grief, anger, sadness,” he says. “We’re always present to help them process these emotions and find their way through them. We don’t push a particular religion on anyone. Instead, we help them remember what they already believe, and to find the strength to endure or overcome.”

As a hospital chaplain, “I help people connect with their humanity,” he says. “I also help patients’ families and staff deal with a lot of difficult circumstances. Everyone is connected, and when one person hurts, everyone who loves them is affected by that pain. For caregivers, when they establish a relationship and

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Jagan Devarajan, MD and
Donielle Finding, RN

Medical Staff Honors Two Caregivers

On Feb. 21, Cleveland Clinic Medina Hospital’s medical staff presented its annual Physician of the Year and Humanitarian Caregiver of the Year awards.

Anesthesiologist Jagan Devarajan, MD, was honored as the R. Lynn Mansell Physician of the Year. He said he chose to work at Medina Hospital because its community setting allows him to practice all aspects of anesthesia rather than

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witness someone's suffering, it affects them. Part of my role is to support our staff to help them emotionally so that they can continue to take care of the next patient."

Mr. Wendling relies on a large group of volunteers to make initial visits to hospital patients. "This is a tradition at Medina Hospital, going back to the 1980s, which sets us apart," he says.

His other duties include overseeing the hospital's Healing Services program, which receives philanthropic gifts supporting on-call chaplains, harp music therapy, massage therapy and aromatherapy. He also assists with ethical decision-making, teaches classes on empathy and diversity, and coordinates music programs. Performances by musicians from the community as well as hospital caregivers often feature "an amazing piano gifted to us from the family of Dr. William Popovich."

This year, philanthropic funds are being raised for renovations to the hospital chapel, which has remained the same since the early 1990s. It needs updating to become fully handicap-accessible as well as designed in a way that is inclusive of all faiths, Mr. Wendling says.

What won't change is Medina Hospital's commitment to addressing the spiritual needs of those within its walls.

"We're realizing how much of modern illness is tied to stress and anxiety, and spiritual care is a way to address those needs," Mr. Wendling says. "But we can't bill for it. It makes a huge difference to have financial support from the community, and Medina Hospital is blessed with a community that really understands that the mind, body and spirit are connected. A lot of the people who contribute regularly benefited from spiritual care when they were in the hospital, and their gifts continue to provide that care to others."

2019 Partners For Life

This annual giving society is composed of individuals and corporations who made a gift of \$1,000 or more to the Medina Hospital Foundation over and above other gifts or sponsorships. Partners for Life are the pillars upon which the Hospital Foundation can support Cleveland Clinic Medina Hospital.

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Please Save These Dates

Please circle these dates on your calendar to remind you to join us for good times while advancing the work of Medina Hospital.

June 8

The Jack Vigneault Memorial Golf Outing

June 28

Raising Hope for Cancer Services

October 17

The BASH

Caregivers

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limiting him to a specific area.

The Humanitarian Caregiver of the Year Award went to Donielle Finding, RN, MSN, MBA, a registered nurse for more than 20 years. She has had leadership roles in nursing at both Cleveland Clinic's main campus and Medina Hospital. Ms. Finding also serves on the Medina Hospital Foundation Board.

Big Changes for Your Retirement Planning

The New "SECURE Act"

By Ann Salek

The SECURE Act, which took effect this year, will affect many aspects of your retirement plan (IRA's 401k's, etc).

Prior to the SECURE Act, most beneficiaries of an inherited IRA could opt to receive distributions from the IRA over their expected lifetime. The beneficiary must pay income tax on distributions from an IRA. Therefore, this "stretch" over a lifetime enabled the beneficiary to defer the taxable income.

However, the SECURE Act now requires the IRA distributions for most beneficiaries to be completed within 10 years after the IRA owner's death. The result is that income taxes will be paid on those funds much sooner. In addition, the distributions will be much larger than if they were stretched over a lifetime. This could cause a beneficiary to be taxed in a much higher tax bracket.

Certain beneficiaries are not subject to the 10-year distribution rule. For example, minor beneficiaries may receive their IRA distributions based on life expectancy until they reach the age of majority. Disabled or chronically ill beneficiaries may receive distributions based on their life expectancy. Spousal beneficiaries may "roll over" the IRA to their own IRA,

Ann E. Salek is an attorney with the Medina office of Critchfield, Critchfield & Johnston. She is certified by the Ohio State Bar Association (OSBA) in estate planning, probate and trust law and is a Certified Elder Law Attorney by the National Academy of Elder Law Attorneys and the OSBA. She also is a Medina Hospital Foundation Board member.

allowing the surviving spouse to defer minimum distributions until age 72, when distributions can be calculated based on life expectancy.

It is important to note that qualified charitable beneficiaries will continue to avoid paying income tax on distributions from retirement plan benefits. Considering the more severe SECURE Act tax consequences for individual beneficiaries, designating a charitable beneficiary becomes much more attractive. IRA owners can direct their lifetime required minimum distributions directly to a charity to avoid paying income taxes on those distributions. In addition, the IRA owner can name a qualified charity as the death-time beneficiary of the IRA, and the charity will receive the corpus of the funds in the IRA without paying income taxes that an individual beneficiary would have to pay. Planners also are becoming creative with IRAs and charitable remainder trusts.

You should review your current retirement plan and beneficiaries to understand the significant changes resulting from the SECURE Act. If you have an IRA and are charitably inclined, now may be the time to implement a charitable plan with your IRA.



Medina Hospital Foundation

1000 East Washington St.
 Medina OH 44256

medinahospitalfoundation.org

Medina Hospital Foundation realizes that individuals would like to learn more about its particular programs, services or developments. However, if you do not wish to receive information relating to your philanthropic objectives at this time, please call the Medina Hospital Foundation at 330.721.5941 or send an email to kern@ccf.org.



Funds raised by Medina Hospital Foundation's Vigneaute Golf Outing and BASH recently were used to benefit patients, families and caregivers. Fourteen new wheelchairs now are in service, replacing "well-used" chairs and increasing the number available on Medina Hospital's campus. In addition, water bottle filling stations are being installed in the hospital and at medical office buildings to reduce waste and prevent infections through a "hands-free" design.

These project requests, submitted by Patient Transport and the Hospital's Green Team to the Medina Hospital Foundation, were reviewed by the Caregiver Philanthropy Council and then voted on by the Foundation Board.

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