

Windows to the Future

The McLaren Foundation • www.mclarenregional.org/foundation

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(Below) Don Adams demonstrates the LUCAS system to Foundation Director Roxanne Caine, Foundation Chairman Dan Anbe, M.D., Foundation Vice President Tom Donaldson and Vice President for Nursing Services Joan Maten.

Your Gifts at Work

McLaren Foundation Purchases Life-Saving Equipment for Cardiac Arrest Team

When seconds count during cardiac arrest, CPR is one of the best lifesaving techniques available. Since the 1980s, research has shown the effectiveness of CPR as well as revealed the best techniques for reviving patients.

In 2005, the American Heart Association CPR guidelines changed to help increase cardiac output and create higher coronary perfusion pressures.

While a benefit for patients, the changes

have created a physical challenge for the rescuers. Under these new guidelines, the rescuers must perform 80 to 100 chest compressions per minute. Compressions deliver vital oxygen to the brain and can prime the heart for a successful shock. Each time the rescuer presses on the chest, the motions need to

be accurate and consistent without interrupting CPR for more than 10 seconds. This rapid rate of compressions is difficult and tiring, which has created a whole new dynamic of “rescuer fatigue” – where rescuers are not physically able to effectively perform CPR for long periods of time. Several studies show the effectiveness of chest compressions can drop rapidly – often after only one minute – due to rescuer fatigue. Because rescuers have to relieve each other during cardiac arrest calls, an inconsistency of compression delivery is often created.

To help ensure patients are receiving the optimal care at their most critical time of need, the McLaren Foundation supported the purchase of three LUCAS Chest Compression Systems. The LUCAS Chest Compression System automates external chest compressions and facilitates blood flow from the moment it is turned on,





Grant Arms Patients with Information

American Cancer Society Volunteer Joe Borkowski assists patients who use the resource library at GLCI-McLaren, which includes secure websites and personalized CDs.

Providing cancer patients with the information they need to actively participate in their healing is becoming an easier task thanks to a new patient education initiative at the Great Lakes Cancer Institute (GLCI). The initiative provides individual DVDs and secure websites for patients. The project is funded by the McLaren Foundation, other charitable foundations in the McLaren system, and the American Cancer Society (ACS). More than \$120,000 from the foundations within McLaren has already been received, and a \$102,000 ACS grant will be administered over three years to all of McLaren Health Care's Great Lakes Cancer Institute campuses. In the future this first-ever initiative will be available to cancer patients nationwide.

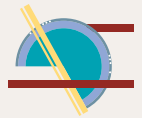
The DVDs were introduced two years ago at GLCI's Ingham Regional campus in Lansing. The DVDs include a personal introduction and biography by the patient's doctor, as well as specific information about the stage and form of their cancer, what to expect as a standard of care, types of therapies available to them, and strategies the caregiver team expects to use to treat the cancer. The DVD can be updated throughout the treatment process and checked each time the patient comes in for care.

Donors Support Cancer Patients in Need

While the economy was down at the end of 2008, generosity was up. This year's Ever Living Tree campaign raised more than \$11,500 – an increase of 15% over last year. All contributions given to this campaign support cancer patients in need of financial assistance.

"All too often, we see patients who cannot afford medications, nutritional supplements and even food," says Karla Grunow, Director GLCI-McLaren. "In 2008, more than ever before, we saw patients having to make really difficult choices of treatment over basic needs. The Ever Living Tree fund helps to provide some of these basic needs for our patients as well as peace of mind. On behalf of the physicians, staff and patients at GLCI-McLaren, a heartfelt thank you!"

Thank you!



The McLaren Foundation Welcomes New Board Members



Daniel T. Anbe, M.D.



Steve Cook



James D. (Jim) McGuirk, Jr.



Marie Wadecki



Sandra Applegate

The McLaren Foundation is pleased to announce its new Board appointments for 2009.

Daniel T. Anbe, M.D., was elected as Chairman of the Foundation Board beginning January 2009. Dr. Anbe joined the Foundation Board as a Trustee in 2005. A retired cardiologist, Dr. Anbe brings both a clinical and community perspective to the Board.

Steve Cook, Vice President of Weinstein Electric, has worked in the Flint area since 1973. His career began at McLaren General Hospital when he was hired as a maintenance worker. Steve was eventually promoted to Director of Engineering Services. In 1998, Steve left McLaren to join Weinstein and has continued to serve McLaren in a volunteer capacity through his work on the Golf Classic Committee and now as a Foundation Trustee.

James D. (Jim) McGuirk, Jr., has been a real estate broker for more than 30 years. As owner of McGuirk Realty, Jim holds a designation in commercial real estate as a Certified Commercial Investment Member (CCIM) and a Certified Property Manager (CPM). He graduated from the University of Michigan with a Bachelor of Business Administration in Finance.

Marie Wadecki retired from McLaren Health Care Corporation in September 2007, as Corporate Budget Director. After her 38-year tenure, Marie has continued her association with McLaren in a variety of volunteer roles, including the position as Foundation Trustee.

Sandra Applegate was appointed Trustee Emeritus to the Foundation Board beginning in January 2009. She has served on the board since 2001 and has held the position of Vice-Chairperson from 2002 – 2008. Sandra's contributions have been invaluable throughout the years.

Other members of the Foundation Board include Kristen Skivington, PhD; David Doherty, PhD; Frazer Wadenstorfer, M.D.; Jagdish Bhagat, M.D.; Tom Donaldson, Rick Wyles, and Don Kooy.

Community Donations of \$1 Million Recognized at Dedication of Medical Education Building



More than 150 people attended a Dedication Ceremony for the new McLaren Medical Education Building on March 12, 2009. The event featured a program and tours of the new \$7 million, 40,000 sq. ft. building, which opened in late November at G-3200 Beecher Road, Flint.

The event also unveiled a prominent donor wall, which recognizes those individuals and businesses who have contributed financial support toward the building. Gifts totaling more than \$1 million have been received from these community supporters, which provided the necessary seed money for the project to be undertaken and completed. In particular, the family of Ishwar

Dass, M.D., was recognized for their generous support in naming the Auditorium at the Medical Education Building. Also recognized as major donors were Weinstein Electric, DCC Development, Siva Sankaran, M.D., Sorensen Gross Construction Co., and the McLaren Golf Classic.

The Medical Education Building houses McLaren's Internal Medicine Residency Program, Family Medicine Residency Program, related patient clinics, research activities, Pulmonary Rehabilitation Program and the Child Evaluation Clinic. The project also includes a community walking trail. The residency patient clinics provide services to 37,000 patients per year, the majority of whom are uninsured or underinsured.

The dedication program featured presentations by



1) The donor wall in the Medical Education Building's elevator lobby recognizes all of the support received from the community for the construction of the building.

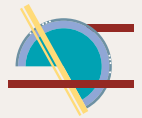
2) Don Kooy, CEO of McLaren Regional Medical Center, welcomes the guests attending the open house.

3) Nearly 200 guests toured the facility including (l-r) Ken Deighton, Virginia Churchill, Bill Churchill, Ed Abbott, Denise Dach and Nancy Konopnick.



4) Melissa Taylor gives a tour to MRMCM Board Member Duane Miller and his wife, Diane.





Donald C. Kooy, MRMC President/CEO; Parul Sud, M.D., and Paul Lazar, M.D., medical directors of the internal medicine and family medicine residency programs respectively; Val McLeod, RRT, manager of the Pulmonary Rehabilitation Program; Edwin Gullekson, M.D., and Mischa Pollard, M.D., medical directors of the Child Evaluation Clinic; and Roxanne Caine, Director of Fund Development.

Kooy thanked all of the donors whose combined contributions totaling \$1 million made possible the opportunity to move forward with building and opening the new facility.



Create a Special Tribute with a Bench!

With the change of season finally here, the opening of the walking trail is just around the corner! Friends of McLaren are invited to create their own special tribute by sponsoring a bench along the trail. A permanent legacy, these benches will offer a comfortable resting spot for people to enjoy the beauty of the trail. With a gift of \$300, a customized plaque will be installed on the sponsored bench, which will serve as a lasting and meaningful tribute for many years to come.

For more information, please contact the McLaren Foundation office at (810) 342-4087 or visit the website at www.mclarenregional.org/foundation.



Heart & Vascular Expansion Celebrated

1) Catherine Olise, RN, Clinical Improvement Specialist, admires Lavarne Ross's artwork "All Heart", in the Heart and Vascular visitor waiting area.



2) Pictured l-r are: Ed Gullekson, M.D., Vice President of Medical Affairs; Evelyn Dykewicz, Foundation Donor; Don Kooy, President and CEO; Tom Donaldson, Vice President of Development; and Roxanne Caine, Director of Fund Development, McLaren Foundation.

McLaren's Heart and Vascular team was recognized at a reception held Thursday, November 13. The event celebrated the completion of the department's expansion and renovation and acknowledged the contributions of the physicians, staff, and donors who have assisted in creating the new state-of-the-art center. The gathering was held in the visitor waiting area where recognition was also given to local artist Lavarne Ross and special donor Evelyn Dykewicz.

Ross painted "All Heart" which now hangs in the visitor waiting area in the department. He was inspired to create the artwork after his life-changing open-heart surgery. The work represents the complexities and bonds of the heart and is generously on loan from the Sud Family Foundation.

Evelyn Dykewicz, a former nurse whose late husband was a Flint area physician, was honored for her donation to the renovation of the heart and vascular department. A permanent plaque recognizing her support hangs on the north wall of the waiting area.

"I expect McLaren to offer the best care, and I know I'll get it whenever I come here," stated Dykewicz. "I am happy to support McLaren's efforts in these regards."

Some of McLaren's many cardiac firsts were shared by Cheryl Ellegood, Vice President of Business Development and Clinical Services. Recent achievements were also recognized, including outstanding door-to-balloon-time average, which is significantly lower than the national standard of 90 minutes.

James Chambers, D.O., cardiologist, stressed that the technology now at McLaren is the newest available, which means patients do not have to travel out of the area to receive the latest advances in heart disease.

In all, the Medical Center invested \$10.8 million in construction, renovation and technology for the Heart and Vascular Center.



Dass Family Honored for Medical Expertise and Generosity



McLaren Regional Medical Center is proud to announce the dedication of the Dass Family Medical Education Auditorium, housed within the new McLaren Medical Education Building.

Ishwar Dass, M.D., an orthopedic surgeon, and his wife, Shakuntla Dass, M.D., a pathologist, arrived in Flint with their two young sons in 1972. He joined the medical staff of McLaren Regional Medical Center and practiced medicine for more than 30 years. Shakuntla practiced out of Flint General Hospital and Flint Osteopathic Hospital as well as Blodgett Memorial Hospital in Grand Rapids.

Through the years, Ishwar and Shakuntla mentored dozens of aspiring physicians, including their two sons. Currently, George Dass, M.D., practices orthopedic surgery at McLaren, and Bawa Dass, M.D., is an Ophthalmologist and Retinal Specialist in Ann Arbor, Michigan, as a part of Retina Consultants.

In 2007, Ishwar and Shakuntla continued their tradition of supporting medical education by contributing to the building fund for the McLaren Medical Education Building. In recognition of their commitment to medical education and McLaren, the facility's 100-seat auditorium has been named in the family's honor. The Dass Family Medical Education Auditorium will provide a place for the medical residents to attend daily conferences and special programs. It will also be available for Medical Center and community



Your Gifts at Work

Continued from page 1

helping caregivers deliver CPR with safety and confidence. This safe and efficient tool standardizes chest compression in accordance with the latest scientific guidelines. It provides the same quality for all patients over time, independent of transport conditions, rescuer fatigue, or variability in the experience level of the caregiver. By having LUCAS as a part of the cardiac arrest team, the patient is receiving uninterrupted, efficient and unvarying chest compressions, and the rescuers are freed up to focus on other life-saving tasks and new rescue opportunities.

"Patients are waking up during CPR," says Don Adams, manager of emergency services education. "The LUCAS device is helping to keep patients alive who otherwise would have a slim chance of survival."

There are three LUCAS devices at MRMC: one in the Emergency Room, one in the Heart & Vascular Center and one that stays with the Cardiac Arrest team. These lightweight units have a simple set-up and operation with a single control knob that allows compressions that are fast and delivered continuously and effectively. The LUCAS devices at McLaren were made possible through the generous contributions from donors to the McLaren Foundation. These contributions have turned into life-saving equipment that will impact the lives of patients and their families in a time when they need help right now.

**These contributions have turned
into life-saving equipment that
will impact the lives of patients
and their families...**

McLAREN

FOUNDATION

A McLAREN HEALTH SERVICE

401 S. Ballenger Highway
Flint, Michigan 48532



Give a gift to McLaren and receive income in return.

Support Our Future Patients

Give a gift to McLaren and receive income in return.

The Charitable Gift Annuity is a great way to include McLaren in your estate planning while generating income for yourself in the immediate future.

Consider the benefits:

- Continued support of care for patients at McLaren
- Immediate charitable income tax deduction
- Tax-free income
- Possibility of more spendable income

A minimum of \$5,000 is required to establish a charitable gift annuity at McLaren. You may consider giving this gift in the form of cash or appreciated securities. In exchange for your gift, McLaren will agree to pay you a fixed payment for the rest of your life. The amount you are paid is determined by your age.

Here is an example of how a Charitable Gift Annuity works:

John is 65-years-old and decides to give McLaren \$10,000 for a gift annuity. Based upon his age, John will receive a fixed amount of money each year, of which a portion is tax-free. In addition, he will receive a charitable income tax deduction.

For more information, please contact the McLaren Foundation at (810) 342-4087 or visit our website www.mclarenregional.org