

Defining Moments

Winter 2017

A Publication of the Howard Young Foundation



Chronic Pain?

See Dr. Conrardy at the Howard Young Medical Center Pain Clinic

Page 11



Thank you for helping our not-for-profit hospitals shine!

The Howard Young Foundation is proud to invest in our local healthcare through the support of you, our generous donors. You keep Howard Young Medical Center and Ascension Eagle River Hospital at the leading edge of rural healthcare with recognitions that make them and their physician partners a valuable asset to Ascension's network of 23 hospitals and over 110 clinics across Wisconsin.

FOR SERVICES PLEASE CALL:

Howard Young Medical Center 715.356.8000

Ascension Eagle River Hospital 715.479.7411

RECENT HONORS

HOWARD YOUNG MEDICAL CENTER

- 2016 and 2017: Rated among the nation's "100 Great Community Hospitals" by *Becker's Hospital Review* based on quality of care and service to community.
- 2016 iVantage Award: Top 100 Rural & Community Hospital

ASCENSION EAGLE RIVER HOSPITAL

- 2017 Excellence Award for Ascension Wisconsin's Critical Access Hospital with the highest ranking HCAHPS score (Hospital Consumer Assessment of Healthcare Providers and Systems)
- 2016 iVantage Award: Top 100 Critical Access Hospital

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The Mission of the Howard Young Foundation

The Howard Young Medical Center was built in 1977 through a very generous bequest provided by philanthropist Howard Young. Bearing his name to honor his philanthropic gift, the Foundation was established in 1984 to advance the health and wellness of all people in the communities we serve through your charitable support.



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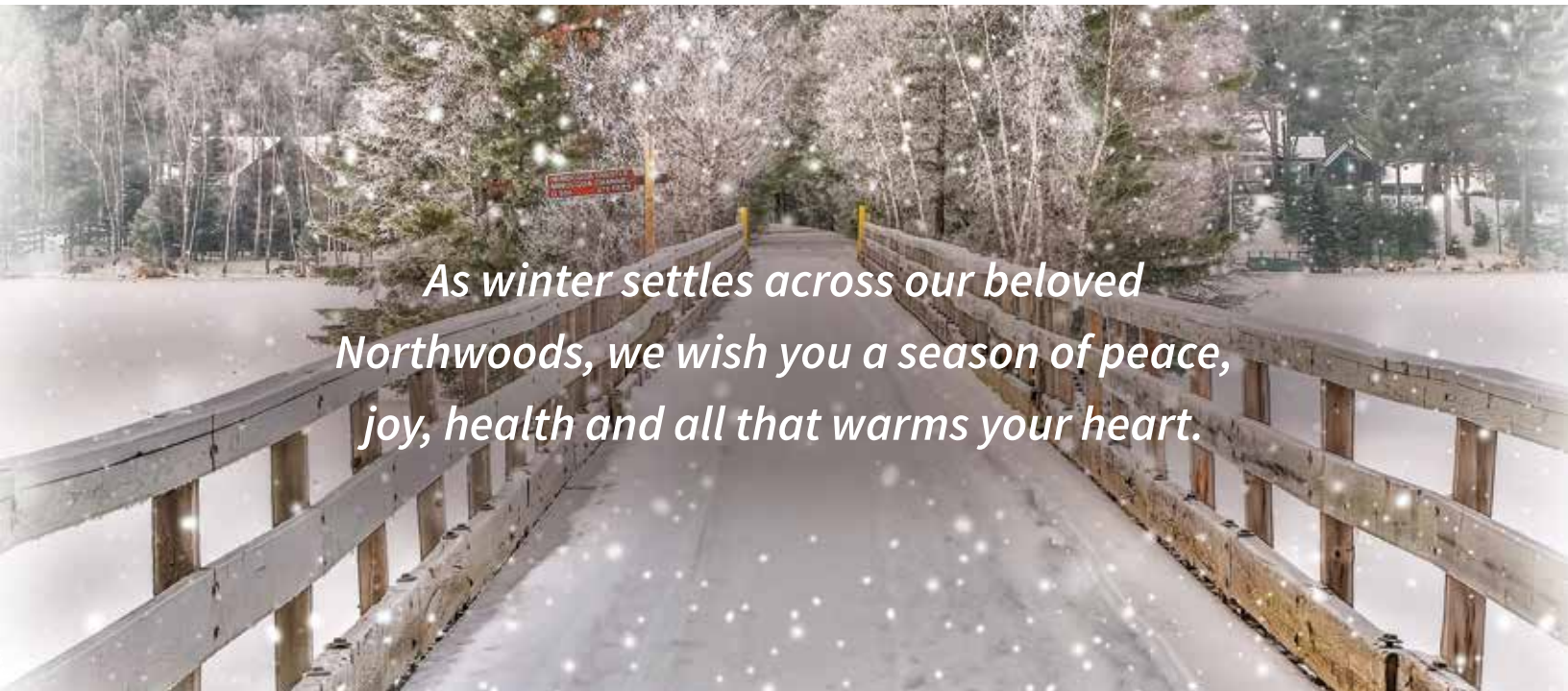
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Cover Photo by Shelly Huske - Pictured left to right: Kristen Anderson, Melissa Long, Sandy Grambow, Dr. Philip Conrardy, Sue Ohlsson, Liz Kaufenberg, Melody Wilson



As winter settles across our beloved Northwoods, we wish you a season of peace, joy, health and all that warms your heart.

Photo by Shelly Huske

From the Chairman

Local healthcare is a gift to all



Trig Solberg
Board Chairman

We dedicate this issue of *Defining Moments* to the memory of Betty Koller, who passed away in early November. Betty and her husband, Frank, are Howard Young Foundation Signature Society members and also have worked tirelessly to advance mental and behavioral health in the Northwoods. Betty's legacy will live on through the couple's generosity and philanthropic vision.

We are humbled by the support of all our donors. Look what we accomplished together in 2017:

- Contributed \$400,000 to improve patient access to the Ascension Medical Group Clinic located within the Howard Young Medical Center
- Raised \$99,000, exceeding our year-end appeal goal to donate sepsis diagnostic capability and motorized stretchers to both of our hospitals
- Raised \$257,000 during the second annual Minocqua Dragon Boat Festival, including a dollar-for-dollar match by Ascension, to meet our hospitals' immediate and future needs



Erin Biertzer
Foundation President

Thank you for investing in our area's healthcare through the Howard Young Foundation. We are truly partners in advancing healthcare in the Northwoods.

HAVE YOU MET ERIN?

I couldn't be more delighted to introduce you to Erin Biertzer, new president of the Howard Young Foundation. Erin has been a highly valued and respected member of our board of directors, as well as our annual giving chairman, since 2013. She also is co-chair of the Minocqua Dragon Boat Festival. Erin was our unanimous choice for president and assumed the role in June.

Erin's qualifications include serving as chief operating officer for the Western Europe Division of Barclays Global Retail Bank, London, where she was responsible for retail operations supporting 2.7 million customers, 1,300 stores and 15 contact centers across Spain, Portugal, Italy and France, and executive director in charge of streamlining strategic, operational and distribution services across the United Kingdom.

Erin also has held numerous high-level positions at Washington Mutual, which grew to become the sixth largest bank in the U.S. during her tenure.

We are glad Erin's travels brought her to Minocqua, her husband's hometown, and that she is now putting all of her expertise and energy into leading the Foundation into the future. We are in good hands!

Sincerely,

Trig Solberg, Board Chairman
Howard Young Foundation

President's Perspective

\$5 million upgrade under way at HYMC



Sandra Anderson *President, Howard Young Medical Center, Ascension Eagle River Hospital, Ascension Sacred Heart – Saint Mary's Hospitals*

RENOVATING TO GIVE EVERY PATIENT AN EXCEPTIONAL EXPERIENCE

One of the benefits of being part of the Ascension organization is having greater access to capital for improving our facilities. Now under way, a \$5 million investment in Howard Young Medical Center's emergency and outpatient rehabilitation departments is the first phase of a multi-year project.



IN THE EMERGENCY DEPARTMENT . . .

Associates at the registration desk will now have a direct line of sight to the entrance so they can quickly respond if patients need assistance in the drop-off area. An additional treatment room and a dedicated triage area to expedite care when patient volumes are high, plus the addition of a second restroom will be huge satisfiers for our patients.



IN OUTPATIENT REHABILITATION . . .

The occupational, physical and speech therapy areas are being co-located to make care more efficient for associates and more convenient for patients. Three enclosed treatment rooms are being added to provide more privacy and rooms for massage, driver evaluation and cognitive performance tests are being relocated to a quieter section of the space.

Overall, the ED and rehab areas will have upgraded flooring and finishes, creating a more modern, attractive and comfortable environment for our patients. All work is being done in stages so that we can remain open and continue to meet the healthcare needs of our community and visitors during construction.

Over the next several months, please excuse our mess and any inconvenience we may cause our patients as we work to improve your overall experience with our rehabilitation and emergency services.

Warmest regards,

Sandra



We Love Our Community – and Dragons Too!

— Thank You for Helping Us Raise —
\$257,000 for Local Healthcare Initiatives

The Lakeland community and dragon boat racers from far and wide came out in full force for the 2017 Minocqua Dragon Boat Festival on August 19 at Torpy Park in Minocqua. Thanks to our sponsors, volunteers, donors, civic groups, paddlers, the Town of Minocqua and Ascension, \$257,000 was raised to support the Howard Young Foundation's mission to fund technology and facility upgrades at Howard Young Medical Center and Ascension Eagle River Hospitals. We couldn't do it without you!

THANK YOU TO . . .

OUR SPONSORS, VOLUNTEERS AND THE TOWN OF MINOCQUA

Next time you stop into one of our 23 business sponsors, please thank them for donating more than \$60,000 in sponsorships and in-kind donations. It is through their generosity that we can offer this event free to the public and use 100 percent of every dollar raised to benefit our Northwoods hospitals and patients.

Many of our sponsors have supported the festival for two years in a row, including Merrill Lynch who shared how impressive the Minocqua Dragon Boat Festival was. "It was so well organized and great fun, and it was so wonderful to see the community come together for this cause."

We also want to thank our 76 volunteers whose hard work made the day go so smoothly. They said it was more fun than work, but we're pretty sure they were exhausted by the time they went home.

ASCENSION AND OUR PARTNERS

Special thanks to Ascension for its generous dollar-for-dollar match on all funds donated and to the following partners who also went above and beyond for this year's festival:

- Shawn Stigsell, Stigsell Creative
- Bob Jaskolski and the entire Trig's team
- Mark Pertile, Town of Minocqua
- Mike Michalak and Duff Damos, NRG Media
- Howard Young Emergency Medical Services
- Bill Fricke, Boathouse
- JJ's Acres
- Jared Kassien

THE MINOCQUA DRAGON BOAT OVERSIGHT COMMITTEE

It takes eight months of planning and countless volunteer hours for our committee chairs to execute this festival. Paddlers commented, "We've been to a lot of dragon boat festivals all over the U.S. and Canada and this is one of our favorites."



We applaud our committee chairs who have so kindly volunteered their precious time to deliver this exciting event two years in a row:

- Erin Biertzer, Co-Chair
- Sherry Jacobi, Co-Chair and Marketplace
- Audrey Bohn, Fundraising and Finance
- Rouleen Gartner, Dragonlings Children's Activities
- Mike Gibbons, Sponsorships and Race Logistics
- Dan Lincoln, Entertainment
- Barb Maines, Volunteers
- Gami Miller, Marketing
- Brian Nerdahl, Lakeland Noon Rotary Beer Garden
- Troy Oungst, Race Logistics
- Leah Trojan and Gina Borowczyk, Lakeland Lady Lions Food Court
- Beth Wetzler, Site and Registration
- Mike Mondrall, Advisor
- Pan Am International, Race Services

OUR CAPTAINS AND PADDLERS

Thank you to the 26 teams made up of 575 paddlers from 136 cities and 9 states who ranged in age from 15 to 84. Team pledges are an integral part of the festival's fundraising efforts and brought in \$47,000, which was doubled to \$94,000 with Ascension's dollar-for-dollar match.



LOCAL CIVIC ORGANIZATIONS

With activities by the Northwoods Children's Museum, food by the Lakeland Lady's Lions and a beer tent by the Lakeland Noon Rotary the festival truly had something for everyone.

When reflecting on the festival, Howard Young Foundation President Erin Biertzer said, "The Foundation has always been out there raising funds to support our hospitals, but to have members of the community participate with their pledges, donations and time in this way is a wonderful addition to our efforts and our mission." Only two years old, the festival has raised more than \$.5 million.

Join Us!

Saturday, August 18, 2018
8:00 a.m. – 5:00 p.m.
Torpy Park and Lake Minocqua

ATTENTION RACERS

Limit of 48 Teams, REGISTER TODAY!

Become a sponsor or volunteer, sign up your team or pledge your support:

www.minocquadrdragonboat.com



FOR MORE INFORMATION PLEASE CALL THE HOWARD YOUNG FOUNDATION AT 715.439.4005

Facebook.com/MinocquaDragonBoatFest

@MQADragonBoat



A DAY OF FUNDRAISING BENEFITING LAKELAND AREA HEALTHCARE BROUGHT TO YOU BY:





Lady Yakkers are Superheroes at Heart

Meet our 2016 and 2017 Fundraising Champions

“I think other teams are really going to step it up, which means we have to ramp up our game, too!”

The Lady Yakkers transformed themselves into Wonder Women for the 2017 Minocqua Dragon Boat Festival and used their superpowers to become fundraising champs for the second year in a row.

“We raised \$10,981 and it all goes into our community hospital. It doesn’t go out of state or someplace else. It benefits our community hospital, and it’s a wonderful hospital,” declared team captain, Pat Hall.

The secret to their fundraising success? Let’s just say it’s hard to say no to this dynamic team of energetic women, whose average age is 72. “When you have the enthusiasm that we have, people tend to give,” laughed Pat. That enthusiasm led to \$10,241 in team pledges before the day of the festival, and an additional \$740 on race day. “We had such great costumes. Everyone was taking our picture and donating right then and there,” Pat said. The team began sewing their costumes one month after the 2016 race.

Based on the Lady Yakkers’ popularity, Pat predicts that more teams will come in costumes next year. “I think other teams are really going to step it up, which means we have to ramp up our game, too!”

MOST SPIRITED TEAM TENT

Next year’s teams should ramp it up when it comes to decorating their tents, too, if they want to steal the Most Spirited Team Tent award from the Lady Yakkers, who have held the honor for two consecutive years. “This year we had Wonder Woman flags all around, and of course, a dragon head. We decorated all the tables. For kids we made little dragon heads with streamers that looked like fire when you blew on them. We had Chinese fans and fortune cookies. It really was fun!” Pat said.

ABOUT THE LADY YAKKERS

The Lady Yakkers is a group of 50 mostly-retired women who have been kayaking together once a week each summer since 2002. The ladies come from all walks of life and include attorneys, a flight attendant, accountants, a money market manager and school teachers. Several of the Lady Yakkers also are members of the Women’s Legacy Council.





The Women's Legacy Council



A Short History: *The Legacy of Giving Continues*



Beginning with the indomitable Dr. Kate, followed by philanthropist Howard Young, a vision of bringing first-class medical care to the Northwoods area came to fruition in 1977.

In 2011, a core group of 16 women came together to continue the legacy. Today that core group, the Women's Legacy Council, continues the commitment of sustaining high-quality healthcare in our community. Guided by values and visions, the WLC is now supported by 292 individuals, all sharing the strong belief in the future of a legacy begun so long ago.

OUR FIRST PROJECT: KEEPING HEART CARE LOCAL

To begin, we answered the question, "What is most important to us and our families?" The answer was immediate, "A diagnostic Heart Center." The ability to diagnose locally before transporting elsewhere would relieve the family anxiety and concerns that always accompanied the time needed for transport to a larger facility.

Work began on our first huge project, cultivation events were organized, and personal contacts were made. Tremendous support allowed the WLC to raise \$400,000. This was matched dollar for dollar by Ministry Health Care for a total of \$800,000, allowing the WLC to provide half of the cost of creating our new cardiology suite. The *One Heart* Cardiology Suite, located within Howard Young Medical Center, opened its doors in September of 2014.

We enjoyed a donor recognition event in October, 2014. How wonderful to see people applaud their shared accomplishment made possible by coming together.

OUR SECOND PROJECT: BRINGING 3D MAMMOGRAPHY TO THE NORTHWOODS

In our *Defining Moments* summer 2016 edition, the WLC wrote of our next large undertaking, "Early Detection – Here and Now." This was a campaign to improve the imaging department at Howard Young Medical Center with a 3D Mammography System. Multiple studies show that 3D mammography increases both the sensitivity and specificity of mammography. This means that more breast cancers are detected and recall rates are lowered.

Once again the cost was great and the support was amazing. The funds raised to purchase the 3D were matched dollar for dollar by Ascension. The community support continued and many smaller donations followed, thus allowing for the remodeling of the imaging department's waiting and changing areas, creating a sense of comfort and serenity.

Another donor recognition event was held in July of 2017. The Women's Legacy Council was honored to thank our amazing campaign donors as we announced that through contributions to our "Early Detection – Here and Now" – campaign, the 3D Mammography System is now in use.



Pictured: 3D Mammography Donor Appreciation Event. Carolyn Sonnentag, John Sonnentag and Toni Budelier (top photo left to right).



CARING FOR BREAST CANCER PATIENTS

“Let’s Tee Off” Against Breast Cancer is a yearly event put on by Trout Lake Ladies Golf League. This year the WLC worked with the league to purchase “We Care Totes.” These small bags are filled with essentials to bring comfort to breast cancer patients.

Become a part of THE LEGACY!

Moving forward we will be choosing the next greatest need for our area with several options currently being considered. You can help us address those needs by becoming a donor. Please join us and know that you will be a part of the great work the WLC is able to do because of you.

Choose a level that is important to your values and share in the legacy as we continue to make a difference.

CHOOSE A LEVEL THAT SUITS YOU

- Abigail Adams..... \$100 - \$999
- Sacagawea\$1000 - \$2,499
- Florence Nightingale\$2,500 - \$4,999
- Clara Barton\$5,000 - \$9,999
- Eleanor Roosevelt..... \$10,000 - \$24,999
- Jacqueline Kennedy Onassis \$25,000 - \$49,999
- Dr. Kate Pelham Newcomb\$50,000 & above

To make a donation or to learn more about the Women’s Legacy Council, please contact Barb Maines at the Howard Young Foundation: 715.439.4005 or bmaines@hyfinc.org.

Women’s Legacy Council

Membership

- CHERYL PITMAN** *Chair of Philanthropy*
- PAT HALL** *Chair of Donor Relations (Stewardship)*
- JUDY RUSSELL** *Chair of Education*
- KAREN HELGERSON** *Chair of Communications*
- MARILYN HOPPER** *Community Advocacy*
- MARY AHERN**
- TONNA APPELGREN**
- LAURIE HERZOG-DRAEGER**
- ELAINE HOTH**
- CHERYL SELL**
- EILEEN GOGGINS-SCHULTZ** *Advisor*

Founding Past Members

- SUSAN HOLMES & JUDY RUSSELL** *Co-Chair Founders*
- MARY FONTI**
- EILEEN GOGGINS-SCHULTZ**
- GLENDA HAUG**
- DAWN MADRIGRANO**
- JEANNE McJOYNT**
- MAX MULLEADY**
- LISA WOLTER**





Dr. Conrardy's approach to pain relief includes non-invasive state-of-the-art equipment such as the C-Arm Fluoroscopy Radiology machine and the Cooled Radiofrequency Ablation machine (on cart).

Did You Know?

You can find pain relief at the HOWARD YOUNG MEDICAL CENTER PAIN CLINIC

If you see an out-of-town provider for pain management, we have great news for you. Comprehensive pain management services, including some not offered at any other hospital in Wisconsin, are now available locally at Howard Young Medical Center and Ascension Eagle River Hospital.

Dr. Philip Conrardy, Director of the Pain Management and Anesthesiology Departments at Howard Young Medical Center, has been treating patients at both hospitals since moving to the Northwoods last year. He is an interventional pain physician, board certified in both pain management and anesthesiology and has been in practice for 26 years.

A MULTI-DISCIPLINARY APPROACH TO PAIN RELIEF

Through a multi-disciplinary approach, Dr. Conrardy's goal is to reduce patients' pain, reduce or eliminate their need for opioid medications and increase functionality so patients can get their life back.

"After evaluating and consulting with the patient I determine what tests need to be done and develop an individual care plan," explained Dr. Conrardy. Through the multi-disciplinary approach, the plan might involve physical therapy, occupational therapy,



Photo by Shelly Huske

aquatic therapy, orthopedic or surgical consults, or chiropractic care along with interventional procedures that help reduce the patient's pain."

Interventional procedure options include steroid injections, Botox injections for migraines, nerve blocks, kyphoplasty, radiofrequency ablation, electrical modulation, spinal cord stimulation and surgery.

For an appointment, please ask your primary care provider for a referral.

HOWARD YOUNG MEDICAL CENTER PAIN CLINIC SERVICES

NEW TECHNIQUES TO TREAT YOUR PAINFUL:

- Knees
- Hips
- Back
- Neck
- Thorax
- Bulging Disc
- Sacroiliac Joint
- Arthritis
- Fibromyalgia
- Reflex Sympathetic Dystrophy
- Failed Back Syndrome
- Spinal Compression Fractures
- Acute and Chronic Conditions

CLINIC HOURS

Howard Young Medical Center
Monday - Thursday 7:00 a.m. - 4:30 p.m.
715-356-8655

Ascension Eagle River Hospital
Twice Monthly
715-479-0279



Photo by Shelly Huske



Meeting the Needs of Our Rural Hospitals

Annual Appeal Raises \$99,000 for Emergency Care

If an accident or illness lands you in the emergency department, the quality of the resources available to treat you can impact your care, your safety and quite possibly your outcome. Thanks to donor response to our 2016 annual appeal and a dollar-for-dollar match by Ascension, both of our hospital emergency departments will have the ability to diagnose sepsis more quickly and to transport patients more safely.

WHEN IT'S SEPSIS, TIME MATTERS

Sepsis is a common but life-threatening infection that enters the blood stream and rapidly spreads throughout your entire body. **If not diagnosed and treated promptly, sepsis can lead to tissue damage, organ failure and death. Early intervention is key to a patient's survival.**

Sepsis has many of the same symptoms as other conditions—fever, chills, headache, dizziness—making it difficult to diagnose. Emerging news in medical literature suggests that testing a patient's blood for a protein known as procalcitonin can provide conclusive evidence of sepsis. However, the equipment needed to perform this specialty testing was available only at our reference lab in Stevens Point, making the turnaround time for a diagnosis far too long to effectively treat our patients.

TEST RESULTS IN MINUTES, NOT DAYS

To make this important testing immediately available in our local emergency departments, Dr. Roderick Brodhead, Medical Director of Emergency Services, turned to the Howard Young Foundation, which funded the \$27,000 cost for the reagent needed to test for procalcitonin at both hospitals.

“Having procalcitonin testing onsite allows emergency department physicians to make a definitive diagnosis within 30 minutes so we can expedite treatment for these critically ill patients,” said Dr. Brodhead. “It will definitely save lives.”

SEPSIS STATISTICS



THE CDC REPORTS:

- More than **1.5 million people** get sepsis each year in the U.S.
- At least **250,000** Americans die from sepsis each year
- About **1 in 3 patients** who die in a hospital have sepsis

THOSE MOST AT RISK:

- Adults 65 or over
- People with chronic medical conditions
- People with weakened immune systems
- Children under age one

“The Howard Young Foundation and its donors continue to be instrumental in fulfilling the most pressing needs at our hospitals, ensuring that we have state-of-the-art care available for our patients.”



Stryker Prime Zoom motorized stretchers reduce overexertion injuries for associates when transporting patients weighing up to 700 pounds.

MOTORIZED STRETCHERS: KEEPING STAFF AND PATIENTS SAFE

Lifting patients to transfer them from one stretcher to another is all in a day's work for emergency department staff. So is manually adjusting the head of the stretcher for patient comfort and pushing the stretcher from one area to another. However, these duties pose the single greatest risk factor for overexertion injuries in healthcare workers, especially when working with heavier patients.

Stryker Prime Zoom motorized stretchers, funded through the generosity of our donors and Ascension, will reduce that risk in the emergency departments at Howard Young Medical Center and Ascension Eagle River Hospital. Designed to accommodate patients weighing up to 700 pounds, the stretchers reduce push force by 50 percent and steering effort

by 60 percent. The stretchers are fully positional with the push of button and include a “recovery chair” position so the same stretcher can be used for both treatment and recovery, eliminating the need to lift patients from one stretcher to another.

Two stretchers are being purchased, one for each emergency department, at the cost \$14,700 each. “The Howard Young Foundation and its donors continue to be instrumental in fulfilling the most pressing needs at our hospitals, ensuring that we have state-of-the-art care available for our patients,” stated Dr. Brodhead. “We are grateful for their commitment to meeting the healthcare needs of the communities we serve.”

My 9-1-1 Moment

As a physician assistant, Sue Teichmiller always comes through for her patients. After she nearly died, they came through for her.



Pictured left to right: Angela Ventura, Spirit Flight Paramedic; Lisa Caruso, Spirit Pilot; Sue Teichmiller; Dr. Aubrey Hoye; Scott Langa, 911 Paramedic Oneida County EMS/Howard Young Medical Center.

On Sunday, August 21, 2016, Sue Teichmiller called her supervisor to say that she would need a little time off on Monday for a doctor's appointment. She had been having fainting spells and needed to find out why. Shortly after hanging up the phone, she fainted again.

"We were on the couch talking about this whole situation," commented Sue's husband, Andrew. "Then she put her head on the armrest, let out a big sigh and collapsed."

Sue had fainted three times during the week and had always regained consciousness within seconds. But, not this time. Even worse, she didn't have a pulse. Andrew screamed for their two daughters to call 9-1-1 and began CPR. "I've done CPR before, but it's different when it's your wife," he said softly.

By the time 9-1-1 was called, Andrew had been doing CPR for 10 minutes. A friend of the girls who was there at the time also knows CPR and jumped in to help. "It seemed that we would bring her back and then we'd lose her again," Andrew remarked. "That happened for 10 or 20 minutes, and then she was just done."

Oneida County EMS, located at Howard Young Medical Center, arrived within 11 minutes of the 9-1-1 call. Scott Langa, Supervisor of EMS and Clinical Services, Northern Region, described the scene. "Sue was kind of in a corner against the couch. She was not breathing and didn't have a pulse. We immediately began resuscitation efforts."

Terrified for Sue's survival, Andrew and the girls could only watch as the paramedics tried to save her.

GIVING IT THEIR ALL

The paramedics did everything possible to revive Sue. "We inserted an endotracheal tube so we could ventilate for her," Scott recounted. "We put her on a cardiac monitor and one team member did manual compressions while another got the LUCAS™ ready." The LUCAS™2 Chest Compression System delivers CPR automatically, allowing paramedics to focus on other lifesaving procedures.

Defibrillation was attempted, but failed to get Sue's heart beating again. "Things didn't look good for Sue," Andrew remarked.



He began making the necessary calls to alert family while the paramedics drilled an intraosseous line into Sue's lower leg. "It does the same thing as an IV," explained Scott, "but gives us access much more quickly."

Within 28 minutes of the paramedics' arrival at the Teichmillers' home, Sue was being rushed by ambulance to the emergency department at Howard Young Medical Center. Meanwhile, the LUCAS™ kept Sue's blood circulating to her vital organs as the paramedics worked feverishly to keep her alive.

Ten minutes later Sue was in the emergency department where a medical team had assembled to try to save her. To have any chance at all, they needed to get Sue's heart beating so she could be flown to Saint Clare's Hospital in Weston for further critical care. The Ascension Wisconsin Spirit Medical Transport – Spirit 2 Helicopter and crew, based onsite at HYMC, was readied for flight.

Dr. Mark Richards, who assisted Dr. Aubrey Hoyer in Sue's resuscitation, recalled it being a long and difficult resuscitation that included the LUCAS™, advanced cardiac life support measures, multiple medications, nurses, paramedics from the ambulance, and the nurse and paramedic that would fly her to St. Clare's. No one was giving up on Sue.

Andrew was able to be at Sue's side through it all. "It wasn't that Sue was fighting for her life; it was that we were all fighting for her life," he said.

After an hour of heroic effort, Sue's heart finally began beating. She had been defibrillated three times, was still unconscious and sedated, had a breathing tube in and was on a ventilator. But she was alive and now stable enough to be airlifted to Saint Clare's.

Flight paramedic Angela Ventura and flight nurse Colleen Fraley took charge of Sue's care for the 35-40 minute flight. "We have pretty much the same equipment that the ED has, but in a compact size," noted Colleen. "We can provide the same level of care as the ED or the ICU, so the level of care remains the same."

FEELING THE LOVE!

Sue was at St. Clare's for four days, where she was placed in a medically induced coma and hypothermic state to protect her brain function. From there she was flown to UW Hospital in Madison by Ascension Wisconsin Spirit Medical Transport – Spirit 1 Helicopter. During her two weeks there, her left leg was amputated below the knee due to complications from loss of oxygen. After 10 days in a coma, Sue finally regained consciousness and except for losing her leg, has made a full recovery. Today she is back to work and doing all the outdoor activities she loves.

"The community set up a fund for me to have legs made so I could do sports," Sue beamed. "That's how I got my ski leg. I also have a leg that can get wet so I can go paddle boarding, kayaking and swimming—whatever I want to do. I can't begin to tell you how great our town is. My patients came out in droves to support me. It was just amazing."

This community is indeed amazing. The following equipment used in Sue's rescue was available because of charitable gifts to the Howard Young Foundation.

- LUCAS™2 Chest Compression System
- King Vision® Laryngoscope
- Ascension Wisconsin Spirit Medical Transport – Spirit 2 Helicopter Hangar
- Motorized Drive Stretcher used to transfer Sue from the emergency department to the helicopter on the helipad

MAKE A DEFINING DIFFERENCE

By becoming an HYF donor, you can make the defining difference in someone's life. Please call us at 715.439.4005 or visit our Web site at howardyoungfoundation.com to learn how.





Why We Give

Advanced Medical
Care Starts with You

John Raitt, *Benefactor*

When the nearest hospital is nearly an hour away, ambulance crews need to have the very best equipment when responding to an emergency. So when the Howard Young Foundation sought funding to help provide outlying EMS departments with LUCAS™2 Chest Compression Systems, John and Mary Raitt were generous with their support of the Foundation as well as the cause.

“It’s important to have strong emergency response units in our remote areas,” said John, who has a vacation home in Presque Isle. “My late wife, Mary, used to remind guests to be careful while they were here, because it’s a 45 minute drive to Howard Young Medical Center. There is always that concern.”

Mary, John and other donors enabled the Foundation to provide a 50-50 match for 11 EMS departments to purchase the LUCAS™2 Chest Compression System for their ambulances. The most advanced technology available for hands-free CPR, the LUCAS™2 dramatically increases the possibility of survival for cardiac arrest patients.

HEALTHCARE PHILANTHROPY FOR THEIR HOME AWAY FROM HOME

As donors, John and Mary’s generosity is also helping to ensure healthcare excellence in the Northwoods. “We’ve been generally supportive of healthcare causes, most notably Mayo Clinic and our local hospital in Chicago. We became familiar with Howard Young Medical Center when Mary received chemotherapy

The community’s support of our local hospitals raises the bar on rural healthcare. Whether you give to meet an immediate need or a future initiative, your donations to the Howard Young Foundation ensure that the medical care you need is right here, when and where you need it. Call us at **715.439.4005** to become one of our amazing donors!



“ I give because I like the Foundation’s cause. ”

there for several years during the summer. **Many people who spend time in the Northwoods support their medical institutions where they live, but it’s also important to have a high-quality hospital and medical care available to you when you’re not home. Howard Young Medical Center provides that. Supporting the hospital also helps the community. It makes a difference.”**

John Raitt is retired president, CEO, and U.S. Investment Analyst at Harris Associates L.P. in Chicago. He and Mary loved spending summers in Presque Isle, and vacationed there for nearly 20 years before purchasing their summer home. Mary passed away in 2015, but her legacy lives on through the impact of the couple’s selfless generosity.

(Read how the LUCAS™2 Chest Compression system aided in saving the life of this issue’s featured patient in the “My 9-1-1 Moment” article pages 14-15.)



Jim & Karen Grace, *Benefactors*

“ We give to support healthcare excellence in our local communities. ”

Originally from Waukesha, Wis., Karen and Jim Grace spent many vacations in St. Germain before retiring there. Like so many others who retire to the Northwoods, access to local healthcare is important to them. “The older we get, the more we value having quality care close to home,” commented Karen. “For that reason, we want to support the Howard Young Foundation in any way we can.”

DONORS MAKE THE DIFFERENCE

The couple made a multi-year commitment to the Foundation’s Our Legacy campaign in 2015 to help fund a \$1 million diagnostic scanner for the *One Heart* Cardiology Suite at Howard Young Medical Center. After that commitment was fulfilled, they pledged support for the Rural Residency Program, a partnership between the Howard Young Foundation and Ascension Wisconsin to increase the number of physicians practicing in the Northwoods. Through the program, graduates from the Medical College of Wisconsin-Central Wisconsin will do clinical rotations at Howard Young Medical Center and Ascension Eagle River Hospital.

“Recruiting new physicians is difficult in a rural area such as ours,” remarked Karen. “We saw firsthand how a similar program in Waukesha served as a magnet to attract new physicians to the area—physicians who stayed once their residencies were completed. We believe that will be repeated with the program being planned here.”

Karen and Jim encourage others to join them in supporting the Rural Residency Program. **“We’re proud to be among the first to get on board,” said Jim. “Our prayer is that many others in the community will partner with us. The program will keep new physicians here, making quality healthcare more readily available and making the Northwoods not only a beautiful place to live, but also a healthy place to live.”**

***Karen and Jim Grace** are natives of Waukesha, where Karen was involved in fundraising for Carroll College and the Waukesha Memorial Hospital Foundation. Jim worked for 41 years in the foundry business in the Waukesha and Milwaukee areas. They are active members of the St. Germain Prime Timers. Karen also volunteers in the Howard Young Foundation office, and Jim enjoys fishing, snowmobiling and bowling.*



Meet the “ZeroG”



Improving Outcomes for Rehabilitation Patients

Imagine how much easier exercise would be if you could do it in zero gravity. That is the concept behind the robotic ZeroG® Gait & Balance System, which partially supports a patient's weight during physical rehabilitation as they work to regain function.

ZeroG's computerized robot rides on an overhead track and monitors the patient's movements from above while providing precise, constant and individualized body-weight support and fall protection.

Wearing a harness connected to ZeroG, patients experience a “zero-gravity” environment that enables them to begin therapy sooner, feel lighter, and accomplish more during their sessions without tiring as quickly or worrying about falling.

WE CAN BRING THIS BREAKTHROUGH TECHNOLOGY TO THE NORTHWOODS

The most advanced robotic body-weight support system in the world, ZeroG is available at only a handful of hospitals in Wisconsin, and those are in major metropolitan areas. Our rural patients also deserve to have access to this life-changing technology. With your charitable support, we can make ZeroG available to rehabilitation patients at Howard Young Medical Center. The system costs \$224,900.

Won't you please consider helping us purchase ZeroG for our Northwoods patients? All contributions are being matched dollar for dollar by Ascension, thereby doubling the impact of your gift.

TO MAKE A DONATION:

MAIL your gift to Howard Young Foundation, P.O. Box 470, Woodruff, WI 54568-0470

VISIT our Web site at www.howardyoungfoundation.org, or

SCAN this code with your smart phone.



QUESTIONS?

We'd love to help! Call our office at 715.439.4005.

WHO CAN BENEFIT FROM THE ZeroG?

ZeroG's state-of-the-art system helps patients regain function for daily living activities such as walking, balancing, reaching and going up and down stairs. It is ideal for patients with:

- Balance and Mobility Issues
- Stroke
- Orthopedic Injuries
- Hip and Knee Replacement
- Traumatic Brain Injury
- Spinal Cord Injury
- Amputation
- Parkinson's Disease
- Cerebral Palsy
- Multiple Sclerosis



Letter from our Foundation's New President

Thank you for reading! As president of Howard Young Foundation I am thrilled to have shared with you, in the pages of this magazine, how the generosity of our donors is supporting exceptional healthcare at Howard Young Medical Center and Ascension Eagle River Hospital.

When I moved to Minocqua with my family four years ago, the quality of the area's healthcare was an important consideration. I did my research and was amazed to learn that the care available right here rivals what is available in large metropolitan areas.

The generosity of the community is also unique, so when I was asked to join the Foundation's board of directors in 2013 and then to be the annual giving chair, it was a great opportunity to meet fantastic people in my new hometown who are passionate about giving back and helping out. That is reflected in the tremendous response to the Minocqua Dragon Boat Festival, which I am proud to have brought to Minocqua in my role as annual giving chair.



Erin Biertzer
President, Howard
Young Foundation

HEALTHCARE PHILANTHROPY: AS MUCH A PART OF THE NORTHWOODS AS OUR BEAUTIFUL FORESTS AND LAKES

People in the Lakeland community look out for each other. In 1954 and 1961, they pulled together to fund and help build our area's first two hospitals. In 1972, a \$20 million bequest from Howard Young provided for the building of Howard Young Medical Center. Today, that philanthropic spirit lives on through your charitable gifts to the Howard Young Foundation, whose mission is to advance the health and wellness of all people in the communities we serve.

I am excited to be in a position to further the board's mission and to continue growing the Foundation to invest in our charitable, not-for-profit hospitals which benefit us all. One of my first goals is to personally thank each of our donors and to understand what your passions are so that together we can keep delivering great healthcare for our communities.

Please feel free to call me at 715.439.4005, or stop by our office at 420 Oneida Street, Minocqua. I would love to meet you!

Sincerely,

Thank you to our board of directors for their vision, loyalty and leadership in fulfilling our mission of advancing the health and wellness of all people in the Northwoods.

Howard Young Foundation

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Photos of Minocqua Dragon Boat Festival



Remember Your Community this Holiday Season



Whether you are a year-round resident, a seasonal resident or someone who loves to vacation in our beautiful Northwoods, your contributions to the Howard Young Foundation are made immediately available to meet the needs of the hospitals we all depend upon for healthcare and emergency care.

There are many technology and equipment upgrades on our hospitals' wish lists. You can help make them possible with a tax-deductible contribution to the Howard Young Foundation this holiday season. **It couldn't be easier, and it just might be the most meaningful and thoughtful gift you ever give.**

3 EASY WAYS TO GIVE

- Mail your gift to Howard Young Foundation, P.O. Box 470, Woodruff, WI 54568-0470.
- Log onto our Web site at www.howardyoungfoundation.org.
- Scan this code with your smart phone.



Thank you for caring enough to give!