

FOCUS

Family Grateful for Cancer Care

Ardi Forrester loved her 50 years of working as a nurse. She was a caregiver by nature and spent much of her career providing comfort to hospice patients. That's why it was so difficult when a cancer diagnosis reversed Ardi's role and compelled her to accept care instead of give it.

Just as 71-year-old Ardi started to enjoy the freedom and flexibility of retirement, she found a lump in her breast and her doctor confirmed it with a diagnosis of advanced Stage 3 breast cancer.

After looking into care options in her home state of South Dakota, Ardi ultimately came to the Twin Cities and Ridgeview Medical Center—where she found ample treatment choices and plenty of family members to support her along the way.

"When health care is needed by one of your family members, you go to the people you trust," explained Randy Schneewind, Ardi's son-in-law. "We liked what we heard at Ridgeview and trusted the health care professionals we met," recalled Michael Forrester, Ardi's son. "Ridgeview has a small-town feel with the sophistication of big-city medicine."

Families like Ardi's appreciate Ridgeview's consolidated and integrated oncology approach. The Minnesota Oncology & Ridgeview Cancer & Infusion Center provides the most comprehensive, convenient oncology/hematology and specialty infusion care in the region. A variety of specialists work together to meet the individual needs of each patient and ensure the best-possible outcome.

After careful consideration, Ardi, with the support of her team of doctors and family members, decided to move forward with surgery to remove the cancer.

Dr. Kevin Taylor, general surgeon, Lakeview Clinic, Ltd., demonstrated the high-quality and compassionate care for which Ridgeview is known. "He's one of the best. He is a skilled and talented surgeon," said Katherine Forrester-Schneewind, Ardi's daughter. "The extra care, concern and love he showed our mom surpassed every possible expectation."

The most difficult part of Ardi's journey began after surgery, during the five months of chemotherapy. Ardi and her family are thankful that Dr. Nicole Hartung, an oncologist with Minnesota Oncology, was with them every step of the way.

"Dr. Hartung was fantastic and such a blessing to our family," Katherine said. "The whole team at Minnesota Oncology & Ridgeview Cancer & Infusion Center made the most difficult experience as seamless as possible with the great care they provided."

When Ardi moved into the radiation phase of her treatment plan, there were many unknowns. But Dr. Paul Sperduto and the staff at Minneapolis Radiation Oncology kept Ardi and her family well informed and explained the treatment in detail.

"When a loved one hears 'you have cancer,' you are faced with anxiety, lack of knowledge and concern, but you need to figure out how to pull it together for the best-possible



outcome," Katherine explained. "Each and every person who was part of this process at Ridgeview helped us through Mom's cancer diagnosis and treatment in a way that made it effortless and comforting. We are so thankful."

Now that she has been given a clean bill of health, Ardi is looking forward to enjoying her retirement at home in South Dakota. She'll be back to Zumba class, yoga and even training for her 12th half marathon next June. "I'm really excited that I've been given the all-clear," Ardi said. "I feel so lucky. I'm truly blessed."

Ardi's extended family has aided Ridgeview Foundation for many years, and they are excited to support Ridgeview in the future. "The level of health care—in combination with the compassionate staff—just can't be replicated," Randy said. "Ridgeview has some of the best technology and cutting-edge equipment because of our generous community."

Your support of Ridgeview Foundation makes a profound difference for community members—like Ardi and her family—who have health care needs.



Fred Green

Fred Green

Ridgeview Foundation
Board Chair

Time really does fly! This is my last letter to you as chair of the Ridgeview Foundation Board. It seems like only yesterday when the Waconia Campus Emergency Department expansion and renovation was a dream. Now, just two years later, construction has begun on the new Norman and Ann Hoffman Emergency Center.

The new Center will allow us to continue Ridgeview's legacy of excellent care, close to home, but it will now be accomplished in a new, state-of-the-art facility where the "patient experience" is at the core of its design.

Wow! Thanks to all of you who have made this dream a reality. Time after time we have asked for your help, and your philanthropy has never failed us. How gratifying it must be to help make this possible. And how comforting it is to know that Ridgeview Medical Center is there for you and your family when you need it most—at those critical moments where every second counts.

It has been humbling to serve as Ridgeview Foundation's chair these past two years. The generosity of the community continues to astound me. In the past two years, Ridgeview Foundation has received nearly \$10.7 million in new gifts and pledge payments in support of its many important programs. You are truly remarkable.

In closing, I'd like to thank the Ridgeview Foundation Board for this incredible experience and for making my term as chair so gratifying and successful. And for all the readers of *Foundation Focus*, know that I turn the reigns over to two very capable successors: Kathryn (Katie) Barnes has been appointed as the new chair and Jon Crow as the vice chair. Please treat them as well as you have treated me!

Ridgeview Breaks Ground on New Norman and Ann Hoffman Emergency Center in Waconia

Ridgeview broke ground Oct. 22 on the new Norman and Ann Hoffman Emergency Center on its Waconia campus. Slated for completion in 2020, the \$18.8 million, 23,000-square foot remodel and ED expansion will enhance Ridgeview's capacity to provide lifesaving procedures and care for the thousands of patients and families who use Ridgeview's emergency services each year.

"This is one of the most exciting and important improvements we will make to Ridgeview's Waconia campus," said Michael Phelps, Ridgeview president and CEO. "Ridgeview and the community it serves are deeply grateful to Norman and Ann Hoffman for their lead gift to make this significant project possible," Phelps said.

The expansion will include improved patient experience and privacy, increased treatment and support space to enhance patient care, eight observation rooms and four behavioral health Emergency Department rooms. The project will also include space for cardiac/pulmonary rehab to support patient recovery and wellness, improve patient experience and be more accessible to patients with a covered parking lot.

"We also thank the many generous community members, businesses and other supporters of our *Lifeline for a Lifetime* campaign, through which Ridgeview Foundation and its Board are raising funds in support of this significant project," Phelps added. "We especially recognize Charter Bank; Lakeview Clinic, Ltd.; Security Bank & Trust; Emergency Physicians & Consultants, PA.; Melchert, Hubert & Sjodin; and the Droege Family for their commitment to this campaign."



When Minutes Matter

Sixth-grader Brady Sackett loves all things hockey and is truly grateful to be back on the ice this season following a serious playground accident two years ago.

In the fall of 2016, Brady was playing tag with friends during recess when he slipped, fell and landed on the playground equipment stairs—hard. He went to the nurse's office at Bayview Elementary in Waconia because he wasn't feeling well and wanted to go home.

When Brady's mother, Cathy, arrived at school, she quickly realized something was seriously wrong. "I was shocked when I saw Brady. He was white as a ghost, dripping with sweat and in a lot of pain," Cathy said. An ambulance was called and within minutes Brady arrived at the Emergency Department at Ridgeview Medical Center in Waconia.

Emergency medicine physician Dr. Sara Fish immediately performed a bedside ultrasound called FAST (focused assessment with sonography for trauma), commonly used in an emergency department as a screening and assessment tool. "After performing the ultrasound, I realized I was unable to see one of Brady's kidneys," Dr. Fish explained. "We sent him to Ridgeview's Imaging Department for a CT scan and confirmed that he had serious kidney damage."

Due to the severity of Brady's injury, he was immediately transported to Children's Hospital in Minneapolis—a level I trauma hospital for emergency care. As an independent hospital, Ridgeview has unique partnerships in place with organizations—like Children's Minnesota—with the option to transfer emergency patients in need of greater levels of trauma care.

"We couldn't believe it. Everything was happening so fast; it was just over 20 minutes from the moment we arrived at Ridgeview to the time we left for Children's," Cathy said.

Ridgeview staff coordinated Brady's care with Children's Minnesota. They consulted with the doctors and nurses and sent



the ultrasound, CT scan and blood work before Brady even arrived at the facility. "The team at Children's was ready for Brady as soon as he came through the door," recalls Matt Sackett, Brady's father. "After talking to the surgeons, we learned that Brady had a kidney fracture. Basically, his kidney was in pieces and he had severe internal bleeding."

The next days were very difficult while the Sacketts waited to see if Brady's kidney would begin to heal itself or if it would need to be removed. "It was really painful and scary," Brady said. "I wasn't able to move or eat or drink for almost two days. All I really wanted was a hamburger and some water."

Thankfully, Brady's kidney began to heal itself. After a long recovery—full of ups and downs—Brady is back to full strength, eating lots of hamburgers and so happy to be back playing hockey.

The Sacketts are forever grateful to the staff at Ridgeview for the speed at which Brady was diagnosed and for the compassionate care their whole family received during such a difficult time. "Seeing your child in pain is devastating; it was such an unknown and frightening time for us all," Cathy said. "There aren't enough words. We are just so thankful; thanks for saving Brady."

2019 Scholarship Deadline is March 8

Each year, Ridgeview Foundation offers \$2,000 scholarships to area college-bound high school seniors interested in pursuing a career in health care. In 2018 the Ridgeview Health Care Scholarship Program expanded to a system-wide program covering all three of our hospitals (Ridgeview Medical Center, Ridgeview Sibley Medical Center and Ridgeview Le Sueur Medical Center). The three hospitals work together to award scholarships to one student from each of the 20 local area high schools in Ridgeview's service area. Additionally, there is one scholarship awarded to a nontraditional high school student, as well as a scholarship for a son or daughter of a Ridgeview employee. All interested and eligible students are encouraged to apply, provided they meet the specified criteria.

Please visit www.ridgeviewfoundation.org for a list of eligible high schools and detailed application information.

Applications will be available online starting Feb. 1 and open until March 8, 2019. Please call Shannon Mattson, major gift officer, 952-442-8061, or email shannon.mattson@ridgeviewmedical.org if you have any questions.

Another Good Year for Achieving a Healthy Balance Event



Inspiring! Engaging! Excellent! These are the responses from more than 150 guests attending our 16th annual women's event, *Achieving a Healthy Balance* held on Nov. 3rd at Oak Ridge Conference Center.

Brenda Langton provided her practical and simple approach to cooking and providing well-balanced nutrition. Attendees had an opportunity to buy her cookbook, with wonderful practical information on how to cook creatively and healthy.

Anne Bechtel connected diet and wellness, providing practical nutritional information and tips for families. Anne's encouraging presentation provided well-balanced, doable strategies for making permanent, healthy changes and direction for a lifelong healthy lifestyle.

Chris Heeter provided a refreshing approach for how to live authentically. Chris's thoughtful presentation challenged us to engage with nature to bring out the best of ourselves to live life wildly present and mindful for a more full and connected day-to-day life.

Guests generously supported the purchase of Super Tory, a much-needed neonatal simulator for Ridgeview's Center for Women and Children. More than \$7,800 was raised to provide Ridgeview this life-saving tool.

Awesome Attendance at Under the Harvest Moon

More than 320 guests dressed in their best flannel to attended our "Flannel Formal" Harvest Moon event on Nov. 17 at Hazeltine National Golf Club. This annual gala raised more than \$360,650 in support of Ridgeview Foundation *Lifeline for a Lifetime* campaign, specifically to build the Stabilization and Trauma Room in the new expanded emergency department in Waconia.

Attendees had fun playing hammerschlagen and participated in a chance to win a diamond bracelet in a jewelry box surprise game. Raffle and live auction winners went home with amazing prizes, including a dream vacation to the Bahamas. Ian Leonard, Channel 9 chief meteorologist, made sure the audience had fun with his costumes and many laughs.

Ridgeview Foundation is grateful for its generous supporters who have made this event the highlight of the season.



Thank You to Our Incredible 2018 Corporate Partners and Sponsors



Ridgeview Foundation is very excited to continue with each of our current partners, as well as invite new organizations to join the Corporate Partnership Program:

- Are you looking for ways to increase awareness for your business brand?
- Would you like to create an opportunity to further engage your employees?
- Do you simply want to make a positive impact in the communities you serve?

To learn more about our "Big Three" Partnership packages, please contact Shannon Mattson at shannon.mattson@ridgeviewmedical.org or at 952-442-8061.

Join Us for the 2019 Rocks for Ridgeview



Our annual curling event attracts more than 250 attendees for a day of fun on and off the ice. Attendees enjoy a curling lesson and match, then hop off the ice for food and drinks. You don't have to be a curling connoisseur to get in on the action. Attendees can also participate in a bean bag tournament and enjoy bidding on great items at our Rocks for Ridgeview silent auction. Join us April 5, 2019.



Ridgeview Sibley Medical Center Construction and Campaign Update



Members of our community gathered at Ridgeview Sibley Medical Center to view the latest renovations as our Phase I of construction wraps up.

Phase I updates include the reopening of the new helipad and an expanded and repaved patient parking lot. Services such as the pharmacy, laboratory and infusion area will be relocated to new spaces in the lower level of the building to free up space for Phase II to begin. Phase II includes renovations to the trauma bay and private Emergency Department spaces.

This is a wonderful transformation taking place and we are happy to report such progress is being made. Ridgeview Sibley Medical Center construction is expected to be completed in late spring 2019.

Ridgeview Hospice Touches Patients' Lives in Extraordinary Ways

Don Kubal's health was rapidly declining after adverse reactions to his lung cancer treatments left him in and out of the hospital. The 85-year-old Korean War veteran told his family he was done with treatment, that he wanted to leave the hospital behind and spend his remaining days in the comfort of his own home in Arlington.

The Kubal family knew they would need to coordinate hospice care, so they called who they knew and who they trusted: they called Ridgeview. The Kubal's first experience with Ridgeview Hospice was years earlier with Don's wife, Shirley.

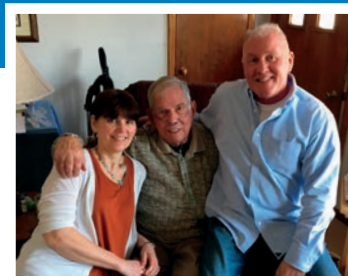
Don's beloved wife, Shirley, worked at Ridgeview Sibley Medical Center, formerly Arlington Hospital, as an LPN for 45 years. In 1997, Shirley was diagnosed with breast cancer. She received treatment and spent years in remission, but the cancer came back in 2014.

After exhausting her treatment options, the time came when Shirley wanted to spend her final days at home. Don and his children coordinated hospice care with Ridgeview to ensure Shirley was comfortable and at peace before she died.

"We were so happy with the compassionate care that Mom received through the hospice program," said Lisa. "We found comfort in knowing Ridgeview would be taking care of Dad, too."

Don and his family appreciated Ridgeview's patient and family-centered approach that embraces the physical, spiritual and emotional aspects of care. In the six months that Don received care, he became close friends with the members of the Ridgeview Hospice team.

"Our dad loved them all! The time they took, the care and reassurance they gave, the conversations they had, all truly eased his mind and heart," Lisa recalled.



Don looked forward to his time with his care team, enjoying visits with the nurses, home health aides, social workers, volunteers and the chaplain. Beyond receiving pain management care at home, Don's team helped perform some of the activities of daily living and basic routine, administered massage therapy, helped with medications and provided spiritual support.

"Dad was at peace with his decision to stop treatments and go home to start hospice care," recalls Lisa. "He really missed my mom, he was ready to go."

But, true to his family-man nature, Don set a goal to live long enough to meet and hold his soon-to-be-born, great-grandson. With the help of his loving family, supportive friends and the Ridgeview Hospice team, Don achieved this goal with great excitement before passing away in June 2018.

Ridgeview Welcomed New Providers in 2018

To meet the needs of its patients, Ridgeview continues to expand services, specialty care and access to providers. Welcome to these new providers who joined Ridgeview in 2018.

Nima Adimi, MD, Ridgeview Spine & Pain Center

Genna Alden, FNP-BC, Ridgeview Sibley Medical Center

Jessica Cain, FNP-C, Ridgeview Chanhassen Clinic

Carol Eggersgluess, FNP, Ridgeview Sibley Clinics

Jennifer Finger, CNM, Western OB/GYN

Ellen Freeman, PA-C, Neurology, Ridgeview Specialty Clinic

Nolan Gartin, DO, Emergency Physicians and Consultants

Daniel Holmberg, MD, Family Medicine, Hospitalist

Cody Honl, DO, Ridgeview Anesthesia Associates

Ashley Morehouse, NP, Ridgeview Sibley Clinics

Christopher Ott, MD, Emergency Physicians & Consultants

Christopher Solie, DO, Emergency Physicians and Consultants

Jayanthi Vijayakumar, MD, MS, Minnesota Oncology & Ridgeview Cancer & Infusion Center

Heather Wilson, DO, Ridgeview Westonka Clinic

Donors Attend Annual Insider's Gathering



A group of Foundation donors met in September for our Annual Insider's Gathering at ENKI Brewing. Mike Phelps, Ridgeview president and CEO, shared some highlights from latest state legislative session and how they affect Ridgeview's priorities. He also spent some time expressing gratitude to the group and explaining how the support of donors help Ridgeview ensure we continue to provide world-class health care in the southwest metro region.

For more information on how you can help support our important projects, contact Kelly Mulleady, development manager, at 952-777-5099 or kelly.mulleady@ridgeviewmedical.org.

For news and event information from Ridgeview Medical Center and Clinics, join Ridgeview online:



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34th Golf & Taste Celebration
 Island View Golf Club
 June 24th



Rocks for Ridgeview
 Chaska Curling Center
 April 5th



Under the Harvest Moon
 Hazeltine National Golf Club
 November 23rd



For These Upcoming BIG EVENTS 2019

Save the Dates

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