At Ridgeview, we believe that patient care doesn’t always end when an individual is discharged from the hospital. Often, the road to recovery has just begun—and expert care and support for the journey ahead is crucial. Such is the case for Mick Giesen of Waconia.

Mick and his wife of 58 years, Shari, credit Ridgeview Rehab Specialties for helping him “get his life back” after a cerebral hemorrhage. Bleeding in his brain caused him to have a stroke on Nov. 21, 2014.

Mick was home alone when the stroke happened. When his son called to check in, he noticed his dad’s words were slurred. Something didn’t seem right, so he called 9-1-1.

Shari was out of state for their grandson’s graduation when she got a call from Ridgeview telling her Mick had been rushed to the emergency room for life-saving diagnosis and treatment. She was told “things weren’t looking good,” and that she should leave for home immediately to be with her husband. Shortly after arriving at the hospital by a Ridgeview ambulance, Mick heard a nurse say, “I think we lost him.”

Everything was touch and go for several days, but—with Shari now by his side—Mick started to rebound.

On Jan. 22, he was transferred to a rehabilitation facility for recovery. While there, Mick began physical therapy under the care of Ridgeview Rehab Specialties. After four months he was well enough to go home. Ridgeview Home Care was called into action to make sure Mick’s recovery remained on course.

Ridgeview’s Rehab team took care of organizing everything so Shari could focus on her husband. They scheduled Mick’s appointments and kept Shari informed of his schedule well in advance. They also coordinated his transportation to and from appointments, since Mick was confined to a wheelchair.

"Ridgeview made it so easy for me," Shari said. "I got the rehabilitation plan for the whole month, so I knew ahead of time when his appointments were. I can’t say enough good things about them.”

It has taken time for Mick to build up his endurance, but he’s continuing to work hard with his therapists. He’s seen a significant improvement. “It used to be hard for me to get in and out of a wheelchair. I’m a lot stronger now. Although they do wear me out a little," he said, with a smile.

Mick’s focus now is getting better so he can tackle household projects. And he wants to give his kids their wish for Christmas. “They told me all they want this year is for me to walk. I’m going to try hard to give them that.”

To learn more about the services Mick received, visit www.ridgeviewmedical.org.
Dear Friends of Ridgeview,

As the year comes to a successful close, Ridgeview Foundation has many reasons to reflect on our good fortune and celebrate our successes. It is only through philanthropy that Ridgeview Medical Center can provide the "critical margin" that allows it to attract and retain amazing physicians, have outstanding facilities and to provide the latest in state-of-the-art medical technology. Without you, it'd be just another hospital.

The year 2015 brought us a great many blessings in the form of philanthropic support. Here are just a few of the highlights:

• The Every Moment Counts campaign is well on its way toward a successful conclusion. The goal of this five-year campaign is to raise $50 million in endowment, which will ensure that Ridgeview will be here in the southwestern corridor in perpetuity. We recently surpassed $30 million in total revenue.
• I am proud to announce that Ridgeview's (lifetime) employee giving exceeded $1 million. Ridgeview is among the national leaders in employee participation in philanthropy. This speaks loudly to the work and the vision of any organization.
• You might have joined us at the 30th Annual Golf & Taste Celebration. More than 500 of Ridgeview's best friends joined the Foundation for a day (and evening) of celebration at one of the state's signature summer events. Attendees enjoyed a day of golf, fun and celebration, and the event's proceeds exceeded $1 million for the sixth consecutive year.
• At the November Ridgeview Under the Harvest Moon event, Foundation leadership announced it will embark on a new initiative—that of a major renovation of the Emergency Department in Waconia. The campaign to fund the "emergency department for the future" will begin in earnest at the beginning of 2016.

Please remember to visit the Foundation’s new interactive website with many resources and gift planning tools. Look for a donor portal to be added next year, which will allow you to access all your giving history to Ridgeview Foundation.

As I look forward to my second year as chair of the Ridgeview Foundation Board, I can’t begin to express how moved I am at the community’s continuing generosity. I am humbled by and appreciative of your commitment to providing outstanding health care to this western-most part of the metropolitan region. Please enjoy this edition of Focus.

Chuck Spevacek
Ridgeview Foundation Board Chair

Thank you to our 2015 Corporate Partners

Thank you to our incredible 2015 “Big Three” Corporate Partners. Your support is crucial to the success of Ridgeview Medical Center programs and services.

For 2016, Ridgeview Foundation is very excited to continue with each of our current partners, as well as invite new organizations to join our 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.
Emergency care for life’s unpredictability

“Cancer isn’t for wimps,” says Crystal Gravelle of Watertown. This busy 32-year-old mom, high school paraprofessional and volleyball coach fought and won the battle against Hodgkin’s lymphoma. Then, two years after diagnosis, she announced delightful news that no one expected.

Although Crystal experienced pain and setback along her courageous cancer journey, she never lost sight of the finish line. The starting line was Ridgeview Emergency Department in Waconia.

“When I went to the ED, I thought I had a kidney stone,” Crystal said. “This wasn’t exactly the news I anticipated.”

Bobbi Painter, the Ridgeview Emergency Department nurse who selflessly stood by Crystal’s side that day, gave her strength and a lifetime of gratitude she’ll never forget.

Crystal said, “Thankfully, the right people were with me at the right time.”

After getting the news of a cancer diagnosis, Crystal said she was surrounded by “the best doctors” who won her trust with personalized, upbeat orchestration of her treatment plan—all complete before she left the Emergency Department.

With the care plan and Ridgeview team on her side, along with an army of friends, family and community cheering her on, Crystal said she had what it took to “kick some cancer butt.”

During a series of tests, scans, lab work and six months of grueling chemotherapy, Crystal believed through it all that stumbling wasn’t part of the game plan. Finishing strong was. She did exactly that.

Today, she is cancer-free and credits the entire Ridgeview team who made her feel important, and—when it mattered most—comforted.

Now for the surprise.

Shortly after her treatment, Crystal became pregnant.

Her son, Brody, is now big brother to his new little sister, Olivia, born in October.

“My beautiful baby girl is the precious reward at the end of my rigorous race,” Crystal said with a beaming smile.

Ridgeview hosts another successful Achieving a Healthy Balance women’s event

Ridgeview Foundation hosted its 13th annual women’s event, Achieving a Healthy Balance, on Oct. 3 at the Oak Ridge Conference Center in Chaska, with more than 140 women attending.

This day, designed by women for women, was filled with entertaining speakers, a unique shopping experience and wonderful food. Anne Voas, director, Ridgeview Rehab Specialties, provided inspiring solutions for healthy aging in each stage of life. Kris James delivered fascinating information in using everyday herbs not only for culinary purposes but also for their medicinal and fragrant properties. Guest speaker and humorist Deadra Stanton reminded attendees to pause and see the gifts in everyday life.

Darel Radde, director, Ridgeview Ambulance, Communications and Security, walked guests through a day in the life of a paramedic.

More than $7,000 was raised to make it possible to provide a pediatric stabilization board for each Ridgeview ambulance. This life-saving device will make a difference in the lives of children when they are being transported in an emergency when they are most vulnerable.

Information about the 2016 women’s event will be found on www.ridgeviewfoundation.org or by calling Ridgeview Foundation office at 952-442-6010.

New active medical staff members

To meet the needs of its patients, Ridgeview continues to expand the services, specialty care and access to physicians. Welcome to these new providers who joined Ridgeview in 2015.

Eric Deal, MD, Twin Cities Orthopedics
Timothy Ebbitt, MD, Consulting Radiologists, Ltd.
D. Charles Eggert, MD, Twin Cities Orthopedics
Paul Fadden, MD, Urology Associates, Ltd.
Elliot Francke, MD, Midwest Infectious Disease Consultants
Rachael Harter, DO, Ridgeview Chanhassen Clinic
Kristin Jakubowski, MD, South Lake Pediatrics
Kipton Lundquist, MD, Ridgeview Wound & Hyperbaric Healing Center
Kyle Mairose, MD, Ridgeview Medical Center (Hospitalist)
Timothy Meyer, DO, Ridgeview Excelsior Clinic
Michael Miedema, MD, Minneapolis Heart Institute® at Ridgeview Heart Center
Marc Newell, MD, Minneapolis Heart Institute® at Ridgeview Heart Center
Ioanna Oltean, DO, Ridgeview Medical Center (Hospitalist)
Boriana Petkov, MD, Lakeview Clinic
Jennifer Smolinski, MD, OBGYN West
Kellie Lease Stecher, MD, OBGYN West
Plamen Todorow, MD, Ridgeview Specialty Clinic–Neurology
Maureen Utz, MD, Ridgeview Specialty Clinic–Dermatology
Gretchen Voge, MD, Minnesota Neonatal Physicians, PA
Enhancing the Emergency Department experience: ‘We believe there is no better care anywhere else’

With more than 45 combined years of practicing emergency medicine at Ridgeview Medical Center, Dr. Rob Welch and Dr. Bruce Hubbard have seen the once-small, local hospital grow into a nationally recognized, multi-hospital regional health care system serving a five-county area and beyond. They reflect on the past, recognizing the communities’ needs today and into the future.

Believing “there is no better care anywhere else,” retired Ridgeview Chief Operating Officer Rob Welch, MD, and current Ridgeview emergency physician Bruce Hubbard, MD, recently shared their thoughts on why the planned renovation of Ridgeview’s Emergency Department (ED) on the Waconia campus is so important. "We provide a very high quality of care but the ED environment needs updating. This would enhance our patients health care experience," Dr. Hubbard said. "When you work at Ridgeview, you see your patients when you’re in the community. I send my neighbors here. I send my family here. This is my hospital."

Q: Could you provide a brief history of Ridgeview’s Emergency Department?

Dr. Welch—Prior to 1991, emergency care was provided at then-Waconia Ridgeview Hospital, but not by a full-time ED staff. The ED was staffed evening and weekends by physicians from Lakeview and Mound Clinics through the mid-80’s, with physicians from Lakeview Clinic running up the hill during the day if an emergency came in. Part time ED physicians began providing daytime coverage in the mid 80’s.

Dr. Hubbard—In 1980, John Devins, the first Ridgeview president; John Prondzinski, former director of Ambulance Service and currently a Ridgeview vice president; and Darel Radde, current director of Ridgeview Ambulance, shared their collective vision to develop an ED to meet the needs of the growing community. They believed the ED was essentially the “front door of the hospital” and changed the operation of the department to be seen as a complete program within the hospital. The Emergency Physicians & Consultants group, anchored by ED residency trained and board certified physicians, began providing 24x7 coverage in 1991.

Q: How did you make that 1980 vision a reality?

Dr. Hubbard—Our early expectation was that the ED physicians would be leaders on Ridgeview’s medical staff. Rob had a vision that you saw in corporate America in following years; he was way ahead of the curve—among our medical peers and corporations in general—in establishing a culture of quality review and data analysis to deliver the highest quality of patient care and outcomes that benefited our patients’ experience.

Dr. Welch—I wanted a great place for patients to receive care by physicians who were experienced in the ED, and to provide a great place for staff in which to work. I wanted the doctors to be part of the full-time staff instead of “backpackers” traveling from other area hospitals to cover shifts.

Dr. Hubbard—We started Ridgeview’s ED with the standard of emergency room care experienced in the metro emergency room as opposed to a small-town emergency room. Medical care in Minnesota is some of the best in the world. Having the reputation we and Ridgeview earned in the Twin Cities meant we provided—and still do—one of the highest standards of care anywhere.

Q: How has philanthropy benefited your work as an Emergency Department physician over the years?

Dr. Welch—In 1990 to 1991, the ED was built to its current state on the Waconia campus thanks to significant philanthropic support. Much of the essential equipment and treatment areas were funded through donations. Without philanthropy, we—as ED physicians—would not be as effective or efficient at saving lives.

Q: What is Ridgeview’s greatest need today?

Dr. Hubbard—We need a new physical space as the current ED in Waconia is 25 years old. There is little patient privacy, and it doesn’t provide the same high-quality, individualized patient experience as we do in Ridgeview’s Emergency & Urgent Care Department at Two Twelve Medical Center in Chaska.

Dr. Welch—The physical space is the greatest need, but we also need to be state of the art with regard to equipment and technology. We currently have all the equipment we need, but improvements to our space are necessary to operate more efficiently as a team.

Q: How will the planned improvements to the Emergency Department enhance the patient and family experience?

Dr. Hubbard—Through the development of the Emergency & Urgent Care Department at Two Twelve Medical Center in Chaska, we’ve learned that for the best medical care, atmosphere does matter, and we intend to bring these lessons to the Waconia ED. Changes to the Waconia ED will mean a more comfortable and private environment for patients and families. The entire space will be quieter and the restrooms closer for improved patient access. There will be more room for families, and for physicians and nurses to move more efficiently throughout the patient care process.
Ridgeview Foundation raised more than $300,000—exceeding our goal—at the sixth annual Under the Harvest Moon event at Hazeltine National Golf Club Nov. 21. More than 340 guests attended the Ridgeview Goes to the Tin Cup festivities, highlighted by Fox 9’s chief meteorologist, Ian Leonard, as emcee and Stacey McCurnin as auctioneer.

The evening featured a live auction, costume contest, putting contest, photo booth, raffle, food and beverages, and a drawing for a diamond ring. All proceeds from the event are earmarked for the renovation of Ridgeview’s Emergency Department in Waconia. This project will allow Ridgeview’s emergency services to remain as a premier health care resource in the Twin Cities.

The guests enjoyed bidding on significant auction items including Ryder Cup tickets, an exclusive stadium tour and Vikings ticket package, and an Arizona golf get-away. The Ridgeview Foundation Board also donated a Minnesota Wild ticket package, a Lake Minnetonka yacht cruise and tickets to the first concert in the new Vikings stadium.

A sincere thanks to all who were in attendance or donated to this important event, which provided Ridgeview necessary funds to continue to be a leader in emergency medicine statewide and nationally.

View more event photos at www.ridgeviewmedical.org/under-the-harvest-moon.
Family’s passionate donation delivers comfort for parents of stillborn babies

Last spring, Ashley and Chris Lorentz of Watertown had to say hello and good-bye to their newborn within just a few short hours. It’s a difficult and emotional time for which no family can prepare.

While in her third trimester, Ashley received the heartbreaking news that her baby no longer had a heartbeat. On Mother’s Day, she delivered her stillborn son, Macklin.

According to Storiesofbabiesbornstill.org, one in 160 pregnancies will end in stillbirth each year in the United States. That’s 26,000 babies born still each year—and sadly, 26,000 grieving families.

Studies show the most common, lasting regret is parents wishing they could spend more time with their baby.

“Thanks to the generous support of the Lorentz family, Ridgeview can now offer that precious gift of time to patients and their families. It is one of one of few hospitals in the country and the first in Minnesota now offering a CuddleCot™ to help support parents and families after the death of a baby.

The CuddleCot is a cooled bassinet designed to slow the natural process after death. This allows families more time to grieve and say good-bye—a few days versus a mere few hours.

“Ridgeview thanks Ashley, Chris and the Lorentz family for this generous and compassionate gift in memory of Macklin. Because of their support, we can keep families together longer and support them during a very difficult experience,” said Doug Stasek, executive director, Ridgeview Foundation.

Helping other families was Ashley’s mission. In October 2015, she turned her tragedy into hope for others by founding the Hope Remains 5k fundraiser. The fundraiser was a success; not only did it help raise stillbirth awareness, but it also made the purchase of the CuddleCot possible.

Ashley and Chris said they “feel at peace” knowing they’ve helped future grieving families have more options, and most important, more precious time with their baby.

Prayer Shawl Program seeks shawls for patients

The goal of the Shawl Program at Ridgeview Medical Center is to encircle patients of all religions and races in peace and healing. Each shawl is made by a Ridgeview employee or volunteer.

Ridgeview’s Shawl Program gives patients shawls that provide not only physical warmth but also great emotional and spiritual comfort. Although the shawls are distributed to various patients at Ridgeview, most are used for patients in Ridgeview’s Hospice program.

Do you like to knit or crochet? If so, the Prayer Shawl Program needs you. With more patients being admitted to Ridgeview, the number of shawls we need is continuing to increase. There is a patient that would get many hours of warmth and love from having one of our beautiful shawls. Contact Ridgeview’s Volunteer Services Department at 952-442-2191, ext. 5574.

Volunteers needed

Ridgeview is a nonprofit, independent hospital that relies on the kindness of volunteers to successfully offer the best patient experience in Minnesota. The time and effort contributed by volunteers is invaluable and appreciated by Ridgeview’s staff, patients and visitors.

Ridgeview’s Volunteer Services staff works with departments throughout the organization to create and develop meaningful volunteer opportunities to fit each individual’s personal interests, skills and availability.

Explore many new and exciting volunteer opportunities in caring for others at Ridgeview Medical Center in Waconia, Two Twelve Medical Center in Chaska, Ridgeview Sibley Medical Center in Arlington and the Marie Steiner Kelting Hospice Home in Chaska. If you would like to help others, learn a unique skill and establish new friendships, attend one of our information sessions, then apply for one of the many volunteer positions.

Visit www.ridgeviewmedical.org for more information.
Thanks to the vision and generosity of two families and several area businesses, future patients and their loved ones at the Marie Steiner Kelting Hospice Home can now enjoy a new outdoor playground.

Peggy Simenson, Victoria, saw a need for a playground at the residential hospice home while her husband, Larry, received end-of-life care there in 2014. After his death, Peggy contacted Ridgeview Foundation with her idea and a family gift to build a new play space on the property. Larry was very passionate about their kids and family, and Peggy felt that other families of hospice patients would benefit from an outdoor space in which to gather and enjoy physical activity and laughter while their loved ones received care.

When Lyn Kaczmarek, Waconia, heard about the possibility of a play space, she also thought of the time she spent at the hospice home with her husband, Mike, who passed in September 2011. She and Mike had three children and knew they would have enjoyed a space like this with their family during Mike’s last days. Lyn and her family joined the Simensons in pledging gifts for the project.

As word began to spread, Landscape Structures, Inc.—a manufacturer of commercial playground equipment for schools and parks, located in Delano—became involved as a project partner. They pledged a full donation of the playground equipment with design, delivery and installation.

Two other long-time Ridgeview partners—Mortenson Construction, located in Minneapolis, and Beniek Property Services, located in Chanhassen—also joined the effort this summer to make the playground a reality. They donated the installation of footings and other safety-related items, as well as landscaping supplies and services for the $40,000 project.

The playground was completed in mid-October, and a dedication ceremony was held at the hospice home Oct. 22. The Simenson and Kaczmarek families were in attendance. Children from both families were among the first to enjoy the new “playscape.”

“The playground was made possible entirely through donations from individuals and business partners. It is a very powerful example of the community rallying around a good cause that will have a great impact on the patients and families of the Marie Steiner Kelting Hospice Home for years to come,” said Robert Stevens, Ridgeview president and CEO.

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You’re Invited

Healing Hearts Celebration—Saturday, Feb. 20

Please join us for the Healing Hearts Celebration—a breakfast benefiting the Marie Steiner Kelting Hospice Home.

Gather your families and friends for a delicious brunch and inspiring stories, all in support of Ridgeview’s Marie Steiner Kelting Hospice Home.

When: Feb. 20, 2016
Time: 10:30 a.m. – 12:30 p.m.
Where: Snyder Auditorium at the Minnesota Landscape Arboretum
3675 Arboretum Drive
Chaska, MN 55318
Cost: $50

Register online at www.ridgeviewmedical.org, call 952-442-6010 or email foundation@ridgeviewmedical.org for more information.