BENEVOLENTYOICE

A publication for donors and friends of Ascension Borgess Foundation, Ascension Borgess-Lee Foundation and Ascension Borgess Allegan Foundation



A family legacy of giving

Breast cancer screenings decrease; Tree of Love assists uninsured patients

Hospital receives makeover

New equipment keeps patients closer to home



CONTENTS

- 4 A family legacy of giving
- 8 Ascension Borgess begins broadcasting Mass to patient rooms
- 9 Diabetes Endocrine Center moves, opens new satellite clinics
- 10 Ascension Borgess-Pipp Hospital receives makeover
- 11 New chaplain's calling is being fulfilled at two Ascension Borgess hospitals
- 12 Ascension Borgess-Lee Foundation adds five new board members
- 14 New equipment at Ascension Borgess-Lee Hospital keeps patients closer to home
- 15 Breast cancer screenings decrease
- 19 Thank you to our 2022 donors and sponsors
- **23** Foundation events

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Ascension

Ascension is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care. As one of the leading non-profit and Catholic health systems in the U.S., Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. In FY2022, Ascension provided \$2.3 billion in care of persons living in poverty and other community benefit programs. Ascension includes approximately 139,000 associates and 36,000 aligned providers. The national health system operates more than 2,600 sites of care – including 139 hospitals in 19 states – while providing a variety of services including clinical operations, venture capital investing, investment management, biomedical engineering, facilities management, risk management, and contracting through Ascension's own group purchasing organization.



Reflection

Brendan Keenan, M.Th., BCC Staff Chaplain, Ascension Borgess Allegan Hospital and Ascension Borgess-Lee Hospital

 ${f B}$ eing a chaplain offers a unique vantage point on the value and meaning of Catholic healthcare in the lives of our patients and in society at large. Most of you reading this issue of Benevolent Voice understand how different our business model is compared with for-profit healthcare systems. As mission-based institutions, Catholic hospitals prioritize care for the poor, the uninsured, the undocumented and those on the margins of our rapidly shifting, technology-focused culture. Many of our patients are the "invisible" and forgotten among us. We mostly hear about them in abstract terms in the media – single-parent households, recipients of government assistance, those living in or immigrating to a country illegally, the unhomed, and the countless and growing number of those suffering with forms of addiction. Of course, our patients and their loved ones are not abstractions or statistics - they are persons. When they come to us for care, they often share their stories with us.

As I was sitting in my office recently, a woman knocked on my door. Her face was familiar, but I couldn't remember her name. She was a family member of a patient named Margaret whom I'd visited a few times six months prior. This woman had been at the bedside of her mother-in-law each time I'd visited. We'd had some very deep and difficult conversations as I helped support both women through end-of-life decision making, grief at Margaret's loss of health and independence, and complicated family dynamics making everything more painful in the background. The woman at my door reminded me that her

name was Lisa. She said, "I'm so glad you're here. I couldn't think of who else to talk to." Then she burst into tears.

She shared that Margaret had died about three weeks earlier. Lisa had been her constant companion and caregiver throughout the last six years of Margaret's life. They were poor and had become poorer as Lisa quit her job to take care of Margaret. Lisa had sacrificed so much that she was now, herself, on the verge of losing her home.

She said, "I can't stop crying. It's not because of my financial troubles. I would do this all again the exact same way. It's that I loved her and I miss her and I don't know what to do anymore. It's also that her own children stayed away and never gave her what she longed for, which was just for them to show up. My heart just feels broken, even though I know it was her time to go."

We ended up talking for 90 minutes, and I was able to listen deeply, help her know that she was heard and seen and loved, and reconnect Lisa to her own inner spiritual and emotional resources. I also provided her with a list of resources available in the community and encouraged her to reach out for financial support.

Before she departed, she said, "It's amazing what you do for people here. The fact that I can walk in and find you and feel so much better seems like a miracle to me."

I didn't perform a bypass surgery or figure out an obscure or complicated diagnosis. But what I did mattered enormously to a person in our community whose life was crumbling. Each member of our team - from surgeons, to nurses, to dietary staff, to chaplains - is engaged in meaningful work. It is literally work that holds the world together because it holds people together as they are falling apart. Catholic healthcare is a key part of the infrastructure that keeps society humane and human. Our Mission focus prevents us from viewing persons as numbers, dollar signs or abstractions. Your support for Ascension plays a critical role in the real lives of real people. The care provided by Ascension's team of professionals is sometimes the only experience of holistic, compassionate and person-centered care which our patients ever encounter. Please know how much gratitude this chaplain feels for your generosity and commitment to the healing ministry of Christ - which we all strive to uphold.



Tom and Deb Ryan with family, 2021

A family legacy of giving

Ryan family's support of Ascension Borgess Hospital has deep roots

By Cindy Schrauben

For more than 40 years, the Ryan family has been a faithful presence at Ascension Borgess Hospital. Three generations have served as surgeons, while two have contributed their talents to the Ascension Borgess Foundation as Board of Trustees members. And all family members are relentless advocates for the hospital and foundation.

It all started by growing up in the hospital's shadow and having parents who urged community involvement. Then, a high school romance brought it all together.

Dr. Tom Ryan grew up on Brook Drive, near Ascension Borgess Hospital, and Deb Ryan began volunteering with her mother at the hospital when she was young. The two met and fell in love while at Comstock High School. The high school sweethearts married in 1980 and have lived most of their lives in the Kalamazoo area.

A long-time surgeon with Ascension Borgess Orthopedics, Dr. Ryan began his service to the hospital while working in the Central Transport department as a Western Michigan University (WMU) undergraduate. He remembers the hospital looming large in the community. The community's pride in the hospital was evident, he says. "It was always, 'You know this is our hospital, right?'"

The community's pride in the hospital, along with experiencing how the organization lives its Mission, fuels the family's dedication.

"Ascension Borgess has always had a reputation of showing that they care about their physicians, staff and the community," Dr. Ryan says. "Historically, it has stood out as being the hospital that provides care above all else. It's obvious there's not just lip service to the Mission statement of caring for others.

"So that sort of gratitude fostered our initial interest in giving back to the hospital that treated others that way."

Deb Ryan, who calls herself a "professional volunteer," is also a Western Michigan University graduate. She started her hospital volunteer career in the 1980s by becoming involved with the Borgess Service League at the urging of her mother, Norma Dunham, a long-time league volunteer. Deb was also a vascular technician at Ascension Borgess Hospital after graduating from WMU, while her future husband was at Wayne State University School of Medicine.

A growing family

The Ryans say they never considered settling down anywhere other than Kalamazoo. After completing his internship and residency with Southwestern Michigan Area Health Education Center and a brief rotation at Johns Hopkins School of Medicine, Dr. Ryan joined Kalamazoo Orthopedic Clinic, which later became Borgess Orthopedics.

A short time later, the Ryans welcomed their first son, Jason, who was followed by brothers Christopher and Sean. Ascension Borgess Hospital was not only a central figure in Tom and Deb's lives but in their boys' lives, too.

Jason became interested in medicine when he accompanied Tom on his hospital rounds. "I'd come with my dad every now and then on the weekends to make rounds when I was a kid," Jason Ryan says. "It helped me decide what I wanted to do for my future.

"I enjoyed that whole experience of being around patients and watching my dad care for them. Somewhere around that point, I decided that's what I wanted to do as well."

Jason's participation in rounds was impactful for the patients, too. "I still have patients that ask about whatever happened to that kid!" Dr. Tom Ryan says.

The answer to that question is that Jason is a vascular surgeon at Ascension Borgess Hospital and a member of the Ascension Borgess Foundation Board of Trustees. His involvement on the foundation board brings another of Jason's childhood activities full circle. From the time he could golf 18-hole rounds, Jason has been an active participant in the Ascension Borgess Golf for Health. Now, as a member of the foundation board, he is helping to raise money for the foundation through the golf event.

Medicine weaves its way through the Ryan children's careers. In addition to Jason's career as a vascular surgeon, his youngest brother Sean is an orthopedic surgeon at Duke University Hospital in North Carolina. The Ryan's second son, Christopher, is an Ann Arbor attorney specializing in medical malpractice defense and healthcare contracts.

Giving back through the Borgess Service League

"My parents just really instilled that you give back to your community," Deb Ryan says, "so I was kind of a professional volunteer."

From the early days of serving in the Borgess Service League with her mother to nine years on the Ascension Borgess Foundation Board of Trustees, Deb has devoted endless hours to the hospital as well as other community organizations, including serving as the president of the Gull Lake Community Schools Board of Education.

One memory of her volunteer work that sticks out in Deb's mind is the Borgess Follies, an annual show by the Borgess Service League at Miller Auditorium in the late 1980s. Members of the league and hospital employees, along with the help of a producer from New York, created the yearly extravaganza, which included singing, dancing and acting.

"Deb was always a go-getter and a leader," says community advocate Barbara Parfet, who served in the Borgess Service League with Deb. "She came up with fantastic ideas for raising money and supporting the hospital." One example Parfet remembers is strapping on roller skates and skating down the Kalamazoo Mall with Deb to promote the Borgess Follies. Their roller-skating antics – along with the sales help of other committee members – led to a sold-out show.

While it was all to support the hospital, Deb says, there was a bonus. "I had a lot of other friends who were volunteering at Ascension Borgess, so it was fun," she says. "It was a good thing to do for the community."

But her involvement with the Borgess Service League was more than fun for Deb. During her tenure with the organization, she was instrumental in the creation of the Ascension Borgess Tree of Love campaign. Established in 1985, the Tree of Love supports mammography and breast health services for those in need throughout southwest Michigan. Tree of Love is now a program of the Ascension Borgess Foundation.

Through the years that Deb volunteered with the Borgess Service League, she was impressed by the Sisters of St. Joseph, who ran the hospital then. "They really cared about the patients," Deb says. "They cared about their Mission statement, and you could feel that, and they cared about their volunteers. They were very good to us."

Deb followed her time with the Borgess Service League by

serving nine years on the Ascension Borgess Foundation Board of Trustees, including a stint as Board Chair. She says a stand-out memory of her board service was the opening of Borgess Gardens (now known as Ascension Living Borgess Place).

The opening of Borgess Gardens was important to Deb because "good rehabilitation and nursing home facilities are much needed throughout the U.S., and Kalamazoo is no different. The concept of Borgess Gardens helped to fill that void in our medical care in our community," Deb says. "Also, knowing that many of the Sisters of St. Joseph, who served the hospital patients for years, would be living out the remainder of their lives in a beautiful, state-of-the-art facility." She adds, "My father-in-law spent his final years at Borgess Gardens, so I got to see the fruits of our labor firsthand."

Joe Brogger, who worked with Deb on the foundation board, says her contributions to the Board of Trustees and Ascension Borgess Hospital went beyond the Tree of Love and Borgess Gardens.

"Deb created special fundraising programs to entice donors to give," Brogger says. From hospital equipment to brick-and-mortar projects, she found a way to raise money where it was needed.

"Deb thought outside the box to set the hospital apart from the competition," Brogger says. "I've been wowed by her passion and creativity."

Dale Rowe, MD, an orthopedic surgeon at Ascension Borgess Hospital who served on the board with Deb, has fond memories of her beginning meetings by giving members Dr. Suess books and drawing life lessons from them. "She was a pleasure to work with and a good leader."

Respected physicians

The two Doctor Ryans are as highly thought of at Ascension Borgess Hospital as Deb is.

"Tom is one of the finest doctors at the hospital," says Brogger. "He's one of the finest orthopedic surgeons we've had." Brogger added that he's been on the receiving end of Dr. Ryan's talents when he "pieced me back together."

Dr. Ryan's professional diligence is also admirable, Brogger says. "Tom's work ethic has created great respect for the Rvan name."

Dr. Dale Rowe, who helped train Tom Ryan during his residency, also highly praises him. "He's an excellent surgeon and very, very smart," Dr. Rowe says. "He's a great team player for Ascension Borgess."

Dr. Jason Ryan is cut from the same cloth as his parents, Dr. Rowe says. "He's a go-getter. I'm happy he's on the foundation board."

Brogger, who's known Jason Ryan since he was young, agrees with Rowe's assessment. "Jason's picking up the torch from where his parents left off and wants to make a difference to the hospital," Brogger says. "Jason is an asset to the board and the hospital as a doctor."

Leaving a legacy

The Ryan family story isn't complete without mentioning Dr. James R. Ryan, Tom Ryan's uncle.

Dr. James Ryan was an orthopedic surgeon specializing in bone tumors and spent most of his career at Wayne State University in Detroit. As a child, Tom would visit his uncle, who introduced him to orthopedic surgery.

"Back then, you could go into surgery - you can't do that now - but then you could just walk in," Tom says. "I was pretty young, about seventh grade, and he took me in, and we watched an operation. I said, 'That's the neatest thing I've ever seen. How do I do that?"

Tom says his uncle explained how to become an orthopedic surgeon. "He laid it all out - this is what you have to do, and so I did it. He had a huge influence on me and my desire to become an orthopedic surgeon."

When his uncle retired from Wayne State University in 1999, Tom convinced him to come out of retirement and move to Kalamazoo so they could work together. This was a time they both enjoyed, Tom says. "It was kind of nice to be able to just share cases and say, 'Hey, what do you think about this?' and 'Take a look at this X-ray.'"

"He and I were pretty close," Tom says about his uncle. "He had no kids, so I became kind of his surrogate son, and Deb was definitely his daughter. She kept him in line.

"He was very invested in not only me but then my kids. He followed them all through school and was a very proud uncle to all of them."

Dr. Dale Rowe, who trained under Dr. Jim Ryan at Wayne State University, says Jim quickly became an essential part of orthopedic care at Ascension Borgess Hospital. "When he came to Kalamazoo, he was instrumental in training our residents in orthopedic oncology." In addition, Dr. Ryan performed "complex surgeries for orthopedic tumors that no one else in our program was doing."

Personally, Dr. Rowe says Jim was a joy to be around. "He was quite a character. I remember he took apart a Ferrari in his living room but couldn't get it back together," he said, laughing.

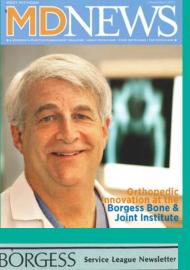
He was also a great teacher, Dr. Rowe says, and passed his knowledge on to yet another generation when he joined the Western Michigan University Homer Stryker M.D. School of Medicine.

Dr. James Ryan passed away in 2006. Before his death, he established the James R. Ryan Family Foundation to support education and medicine.

"It was understood that when he passed, all of his estate would go into the foundation," Tom Ryan says. That included his house and artwork collection.

The James R. Ryan Family Foundation, which is led by Dr. Tom Ryan, donates extensively to Ascension Borgess Hospital, including supporting capital campaigns and orthopedic research. The foundation also contributed \$100,000 when the hospital added a second floor to the Stryker Center, the hospital's outpatient treatment area.





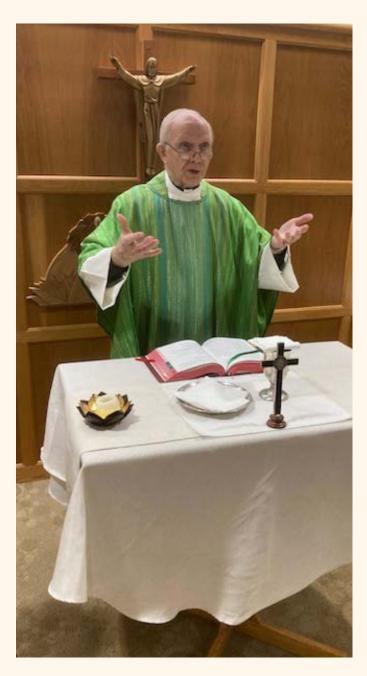






Photos show the history of Dr. Thomas and Deb Ryan's dedication to Ascension Borgess Hospital throughout the years - from the early 1980s to now.

Ascension Borgess begins broadcasting Mass to patient rooms



Msgr. Michael Hazard performs Mass at Ascension Borgess Hospital chapel, broadcast into patient rooms.

Thanks to generous donations to the Mission Fund, Ascension Borgess is living its Mission in a new way: Broadcasting weekly Mass celebrations directly into patients' rooms.

"One of the ways for us to live our Mission is to look at what it means to be a healthcare organization that is rooted in the loving ministry of Jesus Christ," says Ben Schaefer, Manager of Spiritual Care for Ascension Borgess hospitals. "It is in our Mission statement that Jesus is a healer."

With an \$8,000 investment, the Ascension Borgess Foundation is furthering the "loving ministry of Jesus Christ" and supporting the holistic care of patients and their families, Schaefer says.

The inaugural Mass broadcast into patient rooms took place last September, with Monsignor Michael Hazard presiding. Before that, if patients wanted to attend Mass, they had to be transported to the hospital's chapel, which was a difficult or impossible task for many patients.

"Most of the time, those who come and celebrate Mass with us (in person) are patients' family members because, logistically, patients have to be pretty stable to be able to come down to the chapel."

Broadcasting Mass into patients' rooms opens up a way for everyone who wishes to participate, Schaefer says.

The holistic care of patients isn't just limited to Catholic patients, he adds.

"This project is just one of many projects, tools and resources that Ascension has put forward to say 'we want to care for patients holistically – body, mind and spirit," Schaefer says. "This is a great example of caring for people holistically and making sure their spiritual and emotional needs are met as well as part of their healing process."

Ascension Borgess Hospital Borgess Diabetes Endocrine Center moves, opens new satellite clinics



The Ascension Borgess Hospital Borgess Diabetes Endocrine Center has long been a leader in providing cutting-edge chronic disease management. Now, with a move to Ascension Borgess Health & Fitness, patients are served at an even higher level – but on the ground floor.

"We love the new space. The access for patients is much better," says Dr. Michael Valitutto, who leads the clinic. "It's refreshing and bright. We've got windows everywhere and a first-floor location."

Dr. Valitutto points out that the absence of stairs and elevators plus ample parking right outside the center's doors makes for much better patient access.

The center's move from the Ascension Borgess Heart Institute on Shaffer Street in Kalamazoo to Ascension Borgess Health & Fitness brings other bonuses for patients. "We collaborated with the fitness center to lower the initiation fee to \$29 for all our patients," Dr. Valitutto says. "It's normally \$199."

Another advantage for Ascension Borgess Hospital Borgess Diabetes Endocrine Center patients is the return of group diabetes education classes, which had been paused due to the COVID-19 pandemic. The sessions are held in classrooms the center shares with Ascension Borgess Health & Fitness. The classrooms are larger than those at

the former location, so more patients can participate and learn about managing and thriving with diabetes, Dr. Valitutto says.

New satellite locations

In addition to its main location at the fitness center, the Ascension Borgess Hospital Borgess Diabetes Endocrine Center offers several outreach clinics in surrounding communities. The center has been serving patients in Battle Creek, Dowagiac and Woodbridge Hills in Portage for some time. In addition, new outreach clinics opened in Allegan and Richland in January 2023.

The outreach clinics offer the same services as the main clinic in Kalamazoo, with the convenience of bringing the services directly to the communities. "We offer the same wonderful services to the community, so patients have more access locally," Dr. Valitutto says. The outlying clinics help "cut down on driving for those living in outer communities."

Dr. Valitutto stresses that patients who qualify for treatment at the Uninsured/Underinsured Clinic can be seen at the satellite offices just as they can be at the main office. "I think the misconception for people is that they think they have to come to the Kalamazoo location to be part of our uninsured clinic," Dr. Valitutto says. "That's not the case. We can give them all the same services at the outreach clinics that they could get in Kalamazoo."

The Uninsured/Underinsured Clinic is funded by proceeds from the Touchdown for Diabetes and Schupan & Sons' Rich Holtz Golf Outing events, in addition to donors to Ascension Borgess Foundations in southwest Michigan.

To support the Ascension Borgess Hospital Borgess Diabetes Endocrine Center-Diabetes Uninsured/ Underinsured Clinic, visit borgessfoundation.org and make your gift designation to the Diabetes Fund.

ASCENSION BORGESS HOSPITAL BORGESS DIABETES ENDOCRINE CENTER LOCATIONS

Main location 3025 Gull Road Kalamazoo, MI 49048 t 269-226-8321 Monday-Friday, 8 a.m.-4:30 p.m.

Battle Creek 3035 Capital Ave. Battle Creek, MI 49015 t 269-226-8321 Monday-Tuesday, 8 a.m.-4:30 p.m. Woodbridge 7901 Angling Road Portage, MI 49024 t 269-226-8321 Wednesday, 9:30 a.m.-2:30 p.m.

Dowagiac 420 W High St. Dowagiac, MI 49047 t 269-226-8321 One Wednesday a month (call for dates) 8 a.m.-4:30 p.m. Allegan 551 Linn St. Allegan, MI 49010 t 269-226-8321 Monday, 8 a.m.-4:30 p.m.

Richland 8450 N 32nd St. Richland, MI 49083 t 269-226-8321 Tuesday, 8 a.m.-4:30 p.m.

Ascension Borgess-Pipp Hospital receives makeover

Renovations lead to more welcoming, safer environment

When patients and visitors enter Ascension Borgess-Pipp Hospital, they see beautifully updated spaces. Walls are painted in serene colors, new fixtures shine and seamless non-slip flooring runs throughout.

But what patients and visitors don't see matters the most, says Dorotha (Dee) Hoffman, MBA, BSN, RN, the hospital's Director of Nursing. Germs can be present anywhere, and floors with carpeting or tile with seams can hold unseen germs and be difficult to clean.

The new seamless rubberized flooring included as part of the renovation at Ascension Borgess-Pipp Hospital helps keep the transmission of germs to a minimum, assisting with infection control.

Natalie Ryder, Administrator, Ascension Borgess Allegan Hospital, Ascension Borgess-Lee Hospital and Ascension Borgess-Pipp Hospital, says the new floors are safer because they are non-slip and easier to clean. In addition, she says the renovations have created a warmer, more inviting environment for patients and visitors.

Besides the main hospital renovations, the hospital's rehabilitation area received a complete overhaul, including new walls, fixtures, sinks and faucets, paint and flooring.

Hoffman says rehabilitation patients are safer with the new flooring. "The new non-slip floors have built-in textures, which is good for patients and staff," she says. "Patients are safer walking on the textured flooring, even when assisted by a staff member."

The six-week renovation project was funded by donations to the Ascension Borgess Foundation. "We are very fortunate to have such a supportive and engaged community that gives so generously to fund much-needed projects that benefit our patients and their experience," Ryder says.



Ascension Borgess-Pipp Hospital LTAC nursing desk and main east-west hallway



Ascension Borgess-Pipp Hospital Physical Therapy (PT) building, 1st floor, western third of gym space



Ascension Borgess-Pipp Hospital PT building, 1st floor reception waiting room



Western half of main east-west hallways



Ascension Borgess-Pipp Hospital PT building, 2nd floor patient treatment room example



North-south hallway leading to Radiology, Laboratory and Emergency Department

New chaplain's calling is being fulfilled at two Ascension Borgess hospitals

When he was 14, **Brendan Keenan** encountered a car accident on a rural Massachusetts road. He saw a woman who'd been ejected from the car lying in a ditch and did what came naturally to him: He comforted her as she took her last breath.

Over the years, Keenan had more experiences where he was involved with strangers as they experienced trauma or death. "After enough occurrences like this, I noticed that during the crisis, everything got really clear and slow, and I functioned really well. I don't take on the ambient anxiety of the situation," Keenan says. "That's how I realized I have the call to be with people when they are suffering."

Keenan's calling is now his profession.
In November 2021, he joined Ascension
Borgess-Lee Hospital and Ascension Borgess
Allegan Hospital as Staff Chaplain. He came from St.
Joseph Hospital in Denver, where he was a chaplain.

Before receiving his calling, Keenan considered entering the priesthood but slowly determined that it wasn't the path God intended for him. After this revelation, Keenan earned a master's degree in theology from the Augustine Institute in Denver.

"My call to chaplaincy became clear in my 30s," he says. "It became clear to me that there was a path to serve (chaplaincy), but I didn't have to be ordained. God built me with gifts that are particular to this type of work."

One of Keenan's gifts is listening, says Beth Cripe,
Development Officer for the Ascension Borgess-Lee
Foundation. "Whether or not patients are religious, chaplains
bring comfort to them. Often patients need someone to talk
to and listen to them, and Brendan is a good listener."

Keenan seconded Cripe's evaluation that listening is essential to a chaplain's duties. "The main job of a chaplain is to listen deeply," he says. "A huge part of chaplain training is being an excellent listener – making people feel seen and heard. Only from there can you advocate for people and help them make sense and meaning of their situation."

Keenan says that being a hospital chaplain is not about

preaching or trying to convert nonbelievers. "A chaplain is not a person who goes into an encounter seeking to get patients to talk about religion or spirituality. We are not trying to convert. We meet people where they are and try

to discern through the art of listening what is meaningful to that person."

Keenan says that chaplains minister to all people, regardless of their faith or if they are nonbelievers. A chaplain's role, he says, is to figure out how to support patients. Sometimes, that involves listening; other times, he will find someone from the patient's faith to visit with them.

Keenan frequently counsels members of the hospitals' staff when he's not serving patients at Ascension Borgess-Lee Hospital and Ascension

Borgess Allegan Hospital. "Sometimes, staff members reach out for support when dealing with intense issues involving patients," Cripe says. "Especially in the last two years, staff have been burnt out and under great pressure. Brendan is there to provide support and a listening ear."

Cripe says Keenan has fit right into his role. "He's a great fit for the community because he understands small community hospitals," she says.

As a St. Paul, Minnesota native, Keenan says he is thrilled to be living in Michigan. "What a blessing it is to be back in the Midwest." He says he is grateful to work with his teams at the hospitals and live out his calling as a chaplain in smaller communities where people often feel disconnected from the larger cities.

"The ministry of chaplaincy is interesting because we feel called to be with people in places where people don't want to be (such as ill in the hospital). We meet people when they are in the darkest, scariest places," Keenan says.

To make a gift to support the work of the chaplains and Spiritual Care department, connecting patients with their faith during their hospital stay, visit borgessfoundation.org and designate your gift to Spiritual Care.

Ascension Borgess-Lee Foundation adds five new board members

The Ascension Borgess-Lee Foundation Board of Directors welcomes five new members. All members of the Ascension Borgess community commit to upholding and achieving the Mission, but how specifically do these new board members view their roles?

Rhonda Newman CPA, UHY Advisors, Inc.

Borgess-Lee Foundation Board?
My office has a presence in
Dowagiac, and we wanted to get more
involved in the community and get to

Why did you join the Ascension

know more people.

What would you like to see the board accomplish during your tenure?

I'd like to continue to run events that help meet the needs of the hospital so that the people of the Dowagiac area get the services they deserve.

What is your leadership philosophy?

My leadership philosophy is participative. I want my team to be involved in making decisions since they are the ones who will be implementing the decisions. We learn from each other. Previous leaders in my firm were autocratic, so changing this leadership style was important to me when it was my chance.

Do you have one quote about leadership that sums up your philosophy?

"Leadership and learning are indispensable to each other." ~ John F. Kennedy

Shani Zinn

Retired, Ascension Borgess-Lee Hospital Outpatient Clinical Director

Why did you join the Ascension Borgess-Lee Foundation Board?

As a long-term former employee of Ascension Borgess-Lee Hospital, I wanted

to continue service to those who depend on the hospital.

What would you like to see the board accomplish during your tenure?

I want to help foster a relationship between hospital managers, employees and the community with the foundation board. I would like to see a group from our board speak on the board's behalf at departmental and local church and business meetings to help establish that relationship.

Also, to continue with our major fundraisers and try out some smaller fundraisers. Maybe sponsor scrub sales, jewelry sales or any "sales."

What is your leadership philosophy?

To lead by example, to allow others to figure out how they can best achieve the preset goals, to be supportive as needed, and to be fair and consistent.

Do you have one quote about leadership that sums up your philosophy?

"Get 'er done" by Larry the Cable Guy. Also, "The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." ~ Ronald Reagan

Sarah M. Northrup

Human Resources Manager, Wolverine Mutual Insurance Company

Why did you join the Ascension Borgess-Lee Foundation Board?

I joined the board because I had attended a couple of board-sponsored

events and witnessed the important work they were doing in the community, and I wanted to be a part of that. I had been looking for ways to be more involved in the community I grew up in, so when I was given the opportunity to join the board, it was a no-brainer.

What would you like to see the board accomplish during your tenure?

I would like to see the board surpass all set fundraising goals. I would also like to show the community that their donations really do pay off. If we can re-invest the money we raise to

benefit the hospital, which in turn benefits the community, then we are doing our job.

What is your leadership philosophy?

My leadership philosophy is to be passionate about what you support and believe in and work with others who may have different opinions than you. Working together is the key to success.

Do you have one quote about leadership that sums up your philosophy?

"Success is not how high you have climbed but how you make a positive difference in the world." - Roy T. Bennett

Sue McCormick

Retired, Director of Administrative Services for Ascension Borgess-Lee Hospital

Why did you join the Ascension Borgess-Lee Board?

I was employed at Ascension Borgess-Lee Hospital for 30 years in administration. My last position was Director of Administrative Services, which included serving as Director of the Foundation. My passion for this hospital and the services it provides to our small community entails 30 years as an employee, nine subsequent years on its foundation board, a one-year hiatus, and now a new term on the board.

What would you like to see the board accomplish during vour tenure?

I want the entire board to be actively engaged and utilize their numerous skills, talents and expertise to expand our fundraising activities to enable continued and advanced services to those in need in our community.

What is your leadership philosophy?

My leadership philosophy is to lead by example. My engagement and passion are demonstrated by my actions, which will assist with the engagement of others.

Do you have one quote about leadership that sums up your philosophy?

Many quotes inspire me and coincide with my leadership philosophy. Here are two:

"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader."

~ John Quincy Adams

"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color."

~ Maya Angelou

Janie Reifenberg

Community Assistant Vice President, Honor Credit Union Dowagiac

Why did you join the Ascension Borgess-Lee Foundation Board?

When I was asked if I would join the board, I felt very honored. I have

always felt the Dowagiac community is blessed to have such a wonderful hospital right in our backyard to serve many families and save many lives. I felt I owed it to the hospital to support its values and leadership by serving and giving back to the hospital. My long-standing ties and connection to my community and a long line of family-owned businesses will bring the board a commitment to service with purpose and compassion.

What would you like to see the board accomplish during your tenure?

As a committed and active board member, I would like to see the board continue its commitment to providing excellent healthcare services to the community now and in the coming years. I would also like to see continued growth and improvement in Ascension Borgess-Lee Hospital and outpatient physical therapy locations. As a patient myself, I would love to see an upgrade to the inpatient rooms as finances permit.

What is your leadership philosophy?

The philosophy of "conscious leadership" best describes my leadership style. "Service before self:" I give of my time freely to inspire others and serve as a role model for growth in others. I look for success with vision, lots of communication, influence and empathy. As Community Assistant VP of Honor Credit Union, bringing this philosophy to serve our members and the community is how I lead. Simply put, I will roll up my sleeves, and together, we will get it done as a team!

Do you have one quote about leadership that sums up your philosophy?

"The best way to find yourself is to lose yourself in the service of others." ~ *Gandhi*

New equipment at Ascension Borgess-Lee Hospital keeps patients closer to home

Ascension Borgess-Lee Hospital is now better able to serve patients thanks to significant equipment upgrades and additions funded by generous donations to the Ascension Borgess-Lee Foundation. The equipment makes it possible for patients of the Dowagiac hospital to receive treatment close to home.

The new equipment includes:

Ultrasound machine — The new ultrasound replaces a unit that had reached the end of its working life and could no longer be repaired.

The new ultrasound is more accurate than the unit it replaced and allows physicians to complete exams in the Emergency Room rather than sending patients elsewhere for imaging. The equipment is also used to aid in IV placement, helping to more accurately locate a proper vein to insert an IV, which can enhance the comfort for patients.

Emergency Room stretcher (bed) — The new Emergency Room stretcher is the latest piece of equipment, which arrived last summer. The stretcher is a critical purchase for the 11-bed department because it has a built-in scale.

The built-in scale is important when staff can't get patients up to be weighed, such as stroke patients. Stroke medications are prescribed based on a patient's weight, so precise measurement is vital. The new stretcher makes it possible to keep patients in the Emergency Room rather than transferring them to another area of the hospital for weighing and then taking them back to the ER. This process is quicker and safer for patients.

Surgical saws — The new surgical saws create better patient outcomes and increase patient satisfaction. The saws used for orthopedic surgeries help physicians perform procedures more efficiently for better caseload management.

Scoliosis radiology machine — The new scoliosis radiology machine benefits patients and radiologists, says Bryan Hemenway, Manager of Radiology Services, Ascension Borgess-Lee Hospital. The device makes it possible to capture an image of a patient's entire back. In the past, multiple images would need to be taken and put together into one image for evaluation. Patients are exposed to less radiation as well, Hemenway says.



Ultrasound machine



Emergency Room stretcher



Surgical saw



Scoliosis radiology machine

Breast cancer screenings decrease

Doctors call for advocating for a reversal

By Cindy Schrauben

Since the COVID-19 pandemic began, fewer people across the United States have sought medical care. According to the Centers for Disease Control and Prevention, 40% of people surveyed said they'd delayed urgent or routine healthcare because of the pandemic. The study found that 36% of women delayed routine care during the pandemic.

Unfortunately, this trend is reflected in the number of women seeking care through the Tree of Love program. In 2021, the Ascension Borgess Foundation funded 428 procedures for 87 women through Tree of Love, down from 670 procedures for 125 women in 2020.

These trends need to be reversed, says Dr. Jennifer Frink, Medical Director for Ascension Michigan Women's Health Service Line.

"To nobody's surprise, there was an impact on people's healthcare and health outcomes based on that delay," says Dr. Frink. "There was a Harvard study that surveyed patients in their region, and 20% of people in their study delayed care. But of that 20%, over half of them felt that they had a negative health impact because of that delay."

Dr. Frink says there is hope. "We've seen some numbers (of patients seeking medical care) bounce back. But not to where it was before the pandemic."

Why, now that COVID vaccinations are readily available and the crisis has eased, are patients not seeking healthcare in the numbers they were pre-pandemic? It's complicated, Dr. Frink says, and possibly tied up in concerns about COVID and financial anxiety.

"Delaying care or not delaying care is a complex decision. The perceived risks versus benefits are what patients use to make those decisions," she says. "But the reality is that before the pandemic started, there were financial drivers. Those financial pressures are still there. In fact, they have grown

"Put that on top of the perceived risk of going into a healthcare environment," where women are weighing their risk for breast cancer against other potential risks such as exposure to the COVID virus at their appointment.



"Women ask: 'What's the bigger risk for me?""

While the answer is different for every woman, Dr. Iman Mohamed, Medical Director for the Ascension Borgess Cancer Center, says every woman is at risk for breast cancer. Dr. Mohamed says that some women know they are at higher risk for breast cancer due to family history, but that is a small percentage of breast cancer cases.

"Only seven to 10% of breast cancers are genetic," says Dr. Mohamed, a medical oncologist with a special interest in breast cancer. "Most women do not have a genetic risk for breast cancer, so all women must get screened. No one is immune."

The number one risk factor for breast cancer is simply being a woman, Dr. Mohamed says, and the second is age. Breast cancer is "a disease driven by estrogen, which women have much more of than men. White women, in general, have a one-in-eight lifetime risk of getting breast cancer, and that risk is age dependent. Black women have a lower lifetime risk but a higher incidence of early and more aggressive biology of cancers when they develop.

"Breast cancer is a disease of older women," Dr. Mohamed continues. "There are more cancers as people get older because cancer is a 'mistake' in cell division that fails to get corrected or for the resulting faulty cell to get destroyed."

These mistakes in cell division happen more often as we age.

While breast cancer occurs in older women more often than younger women, it is vital that all women begin annual breast cancer screening, including mammograms, by age 50. Dr. Mohamed urges women to begin yearly mammograms at 40 if their health insurance covers it.

"Screening through mammography picks up tumors that are less than a centimeter, which is more difficult to detect through clinical exams. These tumors can be deep in the breast," Dr. Mohamed says. "When breast cancer tumors are found and smaller than one centimeter and haven't spread to lymph nodes, the survival rate with treatment approaches 90%, at least in most patients."

When a woman has a family history of breast cancer, Dr. Mohamed says, she should begin getting mammograms and breast MRIs when she is five years younger than the youngest person in the family diagnosed with breast cancer.

"If a family member is 40 at the time of diagnosis, then it's kind of silly to wait until you're 40 for initial screening,"

Dr. Mohamed says. "Breast cancer takes time to develop, and generally, it can be anywhere from two to five years (before it is detected). So, you want to start screening at 35."

Contact Tree of Love

Uninsured or underinsured patients in southwest Michigan with a family income of less than 250% of the poverty level may qualify for free breast health services through the Ascension Borgess Tree of Love.

Call 269-226-6999 to see if you are eligible and to schedule a free mammogram.

Help spread the word

As Dr. Frink points out, there are many reasons the number of breast cancer screenings is down from pre-pandemic levels. Because it is a complex situation, the solution to how to bring more women in for mammograms is also multifaceted. However, advocating for women to get mammograms is vital.

"We need all providers, not just OB-GYNs, asking patients if they've had their mammogram," Dr. Frink says. "If a patient is uninsured or underinsured, doctors must make them aware of Tree of Love."

Advocacy must go beyond medical providers, she says. "We need to advocate in the community that these services are important and available. Advocate in whatever community you are in – church, school, wherever you interact with people regularly.

"Spread the word! If finances are a challenge, don't let that be a barrier," Dr. Frink says, noting that Tree of Love is there to help women pay for breast cancer screening and care. "Through the generosity of donors, we have more resources now than we've had in the past."

Breast cancer symptoms

 A new lump or mass in the breast, usually painless and hard with irregular edges

- Swelling in part or all the breast, even with no lumps present
- Skin dimpling
- Breast or nipple pain
- Nipple retraction
- Skin on the breast that is red, dry, flaking or thickened
- Nipple discharge
- Swollen lymph nodes

At their mammography appointments, patients are asked to wear loose, comfortable clothing and to avoid applying deodorant, talcum powder or lotion to their underarms.

Breast cancer risk factors

- **Being a woman** (for every 100 cases in women, there is 1 case in men)
- Age 2/3 of breast cancers are in women age 55 and older
- Race and ethnicity White women have a 1-in-8 risk of breast cancer, while breast cancer occurs less often in Black and Asian women. However, Asian women living in the U.S. for at least 20 years have the same odds of developing breast cancer as White women. Breast cancer is more aggressive in younger women and Black women.

Lower your risk with healthy lifestyle choices

Breastcancer.org says making the following lifestyle choices can lower your risk of breast cancer:

- Maintaining a healthy weight
- Exercising regularly
- Limiting alcohol
- Eating nutritious food
- Not smoking (or quitting if you do smoke)



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Please like, follow and share the Facebook page with your friends, family and colleagues. To access the page, simply scan the QR code with your cell phone. If you already have Facebook open, you can search for the Ascension Borgess Foundations page.





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Thank you to the 2022 donors and sponsors who have partnered with Ascension Borgess Foundations to provide the best in personalized, compassionate healthcare to the southwest Michigan communities.

Save the date

Mark your calendars and save the date for these upcoming events supporting Ascension Borgess hospitals in southwest Michigan:

Golf for Health:

Ascension Borgess-Lee

July 13, 2023

Indian Lake Hills Golf Course

Eau Claire, MI

Golf for Health:

Ascension Borgess

July 17, 2023

Gull Lake Country Club

Richland, MI

Jim Gilmore Jr. Foundation Golf Outing

July 18, 2023

Gull Lake View Golf Club

Augusta, MI

Don Blackmond Memorial Wine and Beer Tasting

August 5, 2023

Indian Lake

Dowagiac, MI

Golf for Health:

Ascension Borgess Allegan

August 10, 2023

Cheshire Hills Golf Course

Allegan, MI

Tree of Love Lighting Ceremony: Ascension Borgess-Lee Hospital

November 29, 2023

Ascension Borgess-Lee Hospital

Dowagiac, MI

Tree of Love Lighting Ceremony: Ascension Borgess Allegan Hospital

December 6, 2023

Ascension Borgess Allegan Hospital

Allegan, MI

Tree of Love Lighting Ceremony: Ascension Borgess Hospital

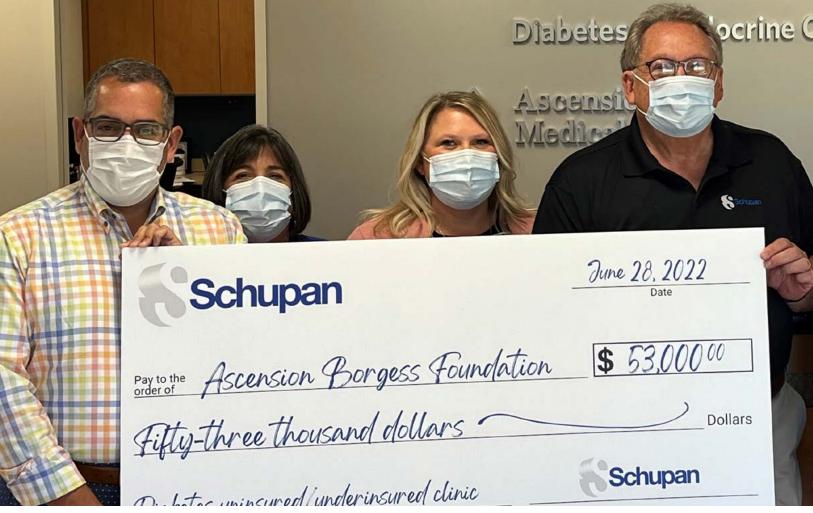
December 7, 2023

Ascension Borgess Hospital

Kalamazoo, MI

borgessfoundation.com/events





Marc Schupan presents a check to the Ascension Borgess Hospital Borgess Diabetes Endocrine Center-Diabetes Uninsured/Underinsured Clinic. Pictured left to right: Dr. Michael Valitutto (Borgess Diabetes Endocrine Center), Judy Woolsey (Schupan), Cassey Ribble (Borgess Diabetes Endocrine Center) and Marc Schupan.

Schupan & Sons' Rich Holtz Golf Outing raises \$53,000 for diabetes

By Cindy Schrauben

For more than 21 years, Marc Schupan and the entire company have taken on the fight for diabetes with the Rich Holtz Golf Outing, named for the beloved late vice president of the company's Beverage Recycling Division.

The annual outing honors Holtz and aims to lighten the load carried by many diabetes patients who are uninsured or underinsured and have difficulty paying for treatment by donating proceeds to the Ascension Borgess Hospital Borgess Diabetes Endocrine Center-Diabetes Uninsured/Underinsured Clinic.

The clinic positively impacts the lives of about 250 local diabetes patients each year. Patients who receive care through the clinic receive identical care as those who have premium health insurance. The services include seeing a doctor or another medical provider, sessions with an educator and lab services. The clinic also works through patient assistance programs to get the patients the medications they need.







Marc Schupan and golfers prepare to take the course at the Rich Holtz Charity Golf Outing.

Touchdown for Diabetes Tailgate raises record amount for Diabetes Uninsured Clinic



After two years of calling audibles due to the COVID-19 pandemic, the committee in charge of the Touchdown for Diabetes Tailgate pushed the ball into the end zone by netting more than \$132,000 at the annual event. Proceeds from the

September 29, 2022, tailgate benefit the Ascension Borgess Hospital Borgess Diabetes Endocrine Center-Diabetes Uninsured/Underinsured Clinic.

Committee member Sherry Gesmundo says it's the most money ever raised at the tailgate. She says that part of the increase can be attributed to new sponsorships, plus the dedication of long-time sponsors. "It's amazing to see so many local businesses and foundations giving back to the community."

The late Tom Cole, founder of Cole Automotive Group, started Touchdown for Diabetes, after his son Tim was diagnosed with type 1 diabetes. For more than 20 years, the tailgate was held at the Cole Buick GMC Cadillac dealership campus in Portage. In 2022, the committee decided to try a larger venue and partnered with Western Michigan University to bring the tailgate on campus to Heritage Hall. "We didn't know what to expect – stepping away from the dealership," Gesmundo says.

The committee was thrilled with the move and the fundraising results. Moving to Heritage Hall allows for the event to grow and places it in a more central location in the community, Gesmundo says.

BY THE NUMBERS

- \$132,425 donated to the Ascension Borgess
 Diabetes Uninsured/Underinsured Clinic
- 28 corporate and foundation sponsors
- 237 tailgate tickets sold
- \$30,000 raised via live and silent auctions

THANK YOU TO THE 2022 TOUCHDOWN FOR DIABETES TAILGATE COMMITTEE

Cody Allkins Jeanne Blondia Jennifer Burson Craig Chindemi Tim Cole Roy Dangel Amy Emmons Sherry Gesmundo Renee Hradsky JoDee Rolfe Julie Ruel Rob Schauer

Jim Gilmore Jr. Foundation Golf Outing



The Jim Gilmore Jr. Foundation

The Jim Gilmore Jr. Foundation Golf Outing was started by Casey Alger and Bethany Gilmore in 2013, with special assistance from Sue Brockelbank and Chris Shook. Now heading

into its 10th year, the outing has grossed over \$225,000 – which is given back to Kalamazoo area non-profit organizations and charities with 501(c)3 status.

Casey Alger, an Ascension Borgess Foundation Trustee, announced that the 2023 outing will be donating \$5,000

to Ascension Borgess Foundation in support of the Tree of Love, which provides mammograms and breast health services to women in need in southwest Michigan.

The Jim Gilmore Jr. Foundation was created by James S. Gllmore Jr., an enthusiastic booster of downtown Kalamazoo. Jim believed in investing in downtown Kalamazoo, where he could anticipate good returns. He created the foundation to continue this tradition, through a charitable vehicle.

Ascension Borgess Foundation Events

Annual Golf for Health Tournament raises more than \$105,000 for cancer genetics

The 31st Annual Golf for Health Tournament on July 18, 2022, was a great success with 124 golfers participating at Gull Lake Country Club. The tournament proceeds benefited the Genetics Program at Ascension Borgess Cancer Center. Thank you to Golf Committee Chairman Joe Brogger, and committee members Greg Dobson, Rob Doornweerd, Sherry Gesmundo, Sarah Harding, Matt Kavanaugh and Dr. Jason Ryan.



Pictured left to right: Rob Doornweerd, Optimed Health Partners; Joe Brogger, Burnham & Flower Insurance Co. (Golf for Health Committee Chair); Sarah Harding, Harding's Market; Dr. Jason Ryan, Ascension Borgess Hospital; and Greg Dobson, AVB



Congratulations to the 1st place team from Knight Watch: Ben Tappenden, Jason Peck, Cam Phillips and Andrew Saylor.

Ascension Borgess Allegan Foundation events

The Ascension Borgess Allegan 2022 Golf for Health raises more than \$16,600 for advanced digital mammography system

The Ascension Borgess Allegan Foundation celebrated its 31st Annual Golf for Health tournament on Aug. 11, 2022, at Cheshire Hills Golf Club. The tournament saw expansive growth in both sponsor revenue and number of teams present. Proceeds will help support the acquisition of a Hologic Selenia Dimensions Advanced 3D Breast Imaging System, bringing the most advanced breast cancer detection to patients cared for through the Perrigo Imaging Center at Ascension Borgess Allegan Hospital.

Thank you to the dedicated golf committee members: Andy Brockway, Dean Clendenin, Rich Espinoza, Judy Habetler, Lance Maurer and Clarence Snyder.

Don't forget to save the date for the 2023 Golf for Health on Aug. 10!



John Fisher (right) poses with Team Meduit RCM. Meduit has been a long-standing sponsor and supporter of Allegan's Golf for Health tournament over the years, and we appreciate their contributions.

Ascension Borgess-Lee Foundation Events

18th Annual Ascension Borgess-Lee Foundation Golf Outing

A great day of golf and support for the Ascension Borgess-Lee Foundation took place on July 14, 2022, at Indian Lake Hills Golf Course where 124 golfers participated. The tournament raised \$32,546 to benefit the Radiology department's Women's Health Center renovation. Thank you to golf committee members Jeremy Truitt, Carrie Freeman, Dr. Katie Marshall and John Seculoff and to our sponsors, volunteers and golfers for making it a memorable day.



Golfers gather just before tee-off at the Ascension Borgess-Lee Golf Outing.

Don Blackmond Memorial Wine and Beer Tasting

This year's event will take place on Saturday, August 5, 2023, at Blackmond's Sesquicentennial Farm on Indian Lake in Dowagiac. The event runs from 6-9 p.m. and is limited to 350 guests. Tickets are \$75 and include tastings from 12 local wineries and breweries, delicious hors d'oeuvres and a souvenir glass. Thanks to the great support of our sponsors and donors, last year's event raised over \$59,000 toward the Radiology department's Women's Health Center at Ascension Borgess-Lee Hospital, which will complete construction late this summer. The Ascension Borgess-Lee Foundation and Ascension Borgess-Lee Hospital are excited to announce that funds raised for this year's event will support the Mission Fund, providing resources to address the most immediate and pressing needs for mission-advancing programs and projects at Ascension Borgess-Lee Hospital. The Ascension Borgess-Lee Foundation Board of Trustees is very appreciative of the many contributors and volunteers it takes to make the annual event a success and are looking forward to another great event.



Guests check in at the Don Blackmond Memorial Wine and Beer Tasting.



Natalie Couturiaux Ryder, MBA-HM, MSN, RN, NE-BC, Administrator at Ascension Borgess-Lee Hospital, Ascension Borgess Allegan Hospital and Ascension Borgess-Pipp Hospital, provides opening remarks.



Guests enjoy hors d'oeuvres and tastings from local wineries and breweries.

Ascension Borgess Foundation 1521 Gull Road, MSB 300 Kalamazoo, MI 49048



Your gifts will help a patient



Your contributions to the Ascension Borgess Foundations in southwest Michigan make an impact every day by helping our healers heal. Some of the specific ways you make a difference to a patient include: the purchase of state-of-the-art equipment that provides the latest options for healing, programmatic support to ensure all your family health needs are met, and enhancements to

our caring environment to provide a secure and private habitat for healing.

Your donation of any amount will ensure our patients continue to receive the best in personalized, compassionate care. You can provide:

- Emergency clothing and items to ER patients in need (Mission Fund)
- Gas or bus tokens for follow-up appointments (HOPE Helping our Patients in Emergencies)
- Specialized nurse training and certifications and rewards for excellence (Nursing Excellence)
- Group and music therapy items (Behavioral Health)
- Care, treats, food and trading cards for Therapy Dogs (Therapy Dog Program)

Your help is needed now, and your gift will make a difference to a patient. Please visit one of our secure giving pages and select the program most meaningful to you.



To support patients at Ascension Borgess Hospital: ascnmifnd.org/abfgivenow

To support patients at Ascension Borgess-Lee Hospital: ascnmifnd.org/ablfgivenow





To support patients at Ascension Borgess Allegan Hospital: ascnmifnd.org/abafgivenow

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