

GIVING NEWS

Together, investing in the health of our communities.

SERVING ASCENSION MEDICAL GROUP CLINICS, CALUMET HOSPITAL & ST. ELIZABETH HOSPITAL



Ascension St. Elizabeth Hospital
Foundation

FALL 2021

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Maria's cancer story of courage

Maria was scared and devastated in early 2019 when she was diagnosed with Stage 2 breast cancer at the age of 34. Maria, a wife and mother with a career she loved, appeared strong to those around her. In fact, Maria felt many things, but did not feel strong. She put her trust wholeheartedly in the medical team at Ascension St. Elizabeth Hospital's Cancer Center, and found incredible courage to fight the battle head-on.

Maria discovered a lump and called Ascension St. Elizabeth Hospital's Breast Center to schedule a mammogram. From there, things moved very quickly. When she met with Dr. Lin in Radiology for a biopsy, he said he was 90% certain it was cancer. Maria was in complete shock and disbelief, as there was no history of breast cancer in her family. Maria learned that 80% of cancer is non-genetic, something most people do not know.



Maria, cancer survivor

The cancer team at St. Elizabeth Hospital discussed Maria's case and developed a customized plan for care and treatment. Maria describes, "My cancer team has been so important in my journey because it is so difficult for anyone without a cancer diagnosis to understand how you feel. You crave a sense of belonging. Even through the fear, they helped me understand that I would live through this. I felt so grateful to have this team to develop the best plan for me. I always felt the cancer care was top notch, and the support was huge."

Maria's treatment plan was comprehensive and individualized, including chemotherapy, surgery to remove the tumor and affected lymph nodes, physical therapy and radiation followed by more chemotherapy. Treatment caused her to lose her hair, which was difficult to explain to her two small children. She also had a great deal of fatigue and this time was emotionally difficult for her and her family.

Maria also received psychological support from the team that was so important. "Fear of abandoning my children was real for me. I needed to talk through who I was now. The entire staff at the Cancer Center, no matter who I was meeting with, studied my case notes and knew my history. They took the time to know and understand me. I also appreciated the chaplains who brought the spiritual aspect to my care. I really learned you don't know what other people are going through. I feel so grateful, knowing my outcome could have been much worse if I had waited. I encourage others to do self exams and keep up to date with their mammograms. It's so important. My journey has made me a stronger person. Now I worry less about the little stuff. It has helped me feel more confident and easier for me to talk about my feelings. I am a survivor."

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Message from your Foundation Officer



Chad Hershner

*Chief Philanthropy Officer
Ascension St. Elizabeth Hospital
Foundation*

Fall is my favorite season. I enjoy brisk morning walks, watching the leaves change colors and taking time to enjoy our beautiful sunsets. It also provides me with time to reflect, appreciate and express gratitude for all the blessings in our lives.

We are grateful to you, our friends and donors, who continue to invest and support the important mission-based programs and services at Ascension Calumet and Ascension St. Elizabeth Hospitals and our Ascension Medical Group clinics.

I want to personally thank Jim Spierings for his service, leadership and dedication over the past 2 years as Chair of our Ascension St. Elizabeth Hospital Foundation Board. We are also delighted to welcome Cookie Fielkow as our new Foundation Board Chair. Jim and Cookie both freely share their wealth of experience and lead with a sense of compassion, commitment and deep connection to our mission.

Now, more than ever, the important role you play by investing in the Ascension St. Elizabeth Hospital Foundation is vital to supporting our doctors, nurses, frontline associates and our friends, neighbors and people in need in our community.

Thank you for all you do - your gifts, of any size, truly make a difference. Together, we are improving the health of our communities.

All the best,



Welcome your Foundation Board Chair

Join us in welcoming Cookie Fielkow as the Ascension St. Elizabeth Foundation Board Chair as of July 1, 2021. We also thank Jim Spierings for serving as Board Chair for the past 2 years. Jim will continue on the board and we greatly appreciate his past leadership.

Cookie was the Director of Physician Services for Ascension Medical Group Clinics in her 25-year tenure. She was responsible for physician recruitment and retention. Cookie worked with her team to help enhance healthcare for our region. Cookie retired in 2015, calls herself a life-long learner and states that no subject is off limits! She has a deep love for her communities—her family community of children and grandchildren, her community of friends and organizations, her Ascension community and the Fox Valley community.

During Cookie's career at Ascension Medical Group Clinics, she worked closely with Ascension St. Elizabeth Hospital and has always been impressed by the work of the Foundation. Cookie comments, "It was an honor to say 'yes' to becoming a board member of the Foundation and now it is my privilege to serve as your Board Chair. The board is comprised of men and women of different backgrounds with a singular passion of helping St. Elizabeth Hospital achieve its impressive goals to deliver the very best care to our community. The leadership and the staff of the Foundation are smart, energetic and creative....what a team! I felt like I was coming back home to family and knew exactly where I wanted to focus my energy. My heart is set on seeing our community strive and get even stronger. It's been a great homecoming."

Cookie adds that the Foundation's mission statement is an important meaningful document. The most significant sentence of that document to her is "We are advocates for a compassionate and just society through our actions and words." Please reach out to Cookie at cooker1818@gmail.com or call/text 920-915-0566 with your thoughts or suggestions about the work we all do together as a community. She looks forward to hearing from you.



Cookie Fielkow

*Foundation Board Chair
Ascension St. Elizabeth Hospital
Foundation*

TRIBUTE & MEMORIAL GIFTS

In honor or memory of...

Zenoun O. Abouzalam
Ruth Buchholz
Susan P. Flanner
Gregory H. Foster
Gerald D. Golden
Dorothy E. Hable
Esther Heidke
Joan Hogan
Valetta L. Jagielo Larsen
Sharon M. Janke
William Judkins
Nanette W. Krizenesky
Sally Lemke
Jaclynn Luebke
Kathleen M. Mertens
Bernardine M. Mignon
Doris Moehn
Aaron Nienstedt
DuWayne Patt
Martin Pavich
Mary Rosenlund
Carol "Tweet" M. Schmidt
Selwyn Shmitt
Joyce M. Sievert
Lois M Trettin
Lois Van De Wattering
Francis Volkman
Theodore Wilcox
Michael J. Wilfer
Vicki A. Wills
Stephen E. Woelfel
Cyprian Zemblowski

Leave a Legacy

*Consider a legacy gift to Ascension St. Elizabeth Hospital Foundation through a **planned gift** by including the Foundation in your will or estate plan.*

*If you have already designated Ascension St. Elizabeth Hospital Foundation in your will or estate plan, please let us know so that we can welcome you as a member of the **Heritage Society**.*

For more information, please contact us at 920.831.1475.

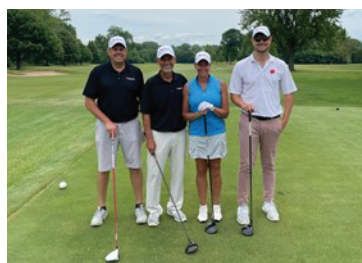
Thank you for your support of the 2021 Player's Choice event!

Thank you for your support of Ascension St. Elizabeth Hospital Foundation's Player's Choice Golf Outing and the 'Growing Forward' virtual event. Your support assisted the Foundation in providing and enhancing local cancer care for our community.

Together, we raised over \$85,000 with our events in June to benefit the Cancer Center at Ascension St. Elizabeth Hospital and cancer care at Ascension Calumet Hospital. This is because of donors, golfers and sponsors like you and your generosity to support your community hospitals.

Because of the expanded virtual format this year, we were able to include men golfers for the second time in the history of our annual event. We had 90 golfers participate (47 men and 43 women) in the Player's Choice Golf Outing, which represents a 62% increase in golfers from 2019.

We appreciate your support of Ascension St. Elizabeth Hospital Foundation. You are making a difference in the health of our community, and for that we are thankful. Please save the date for next year's 30th event—more details coming this spring and we have North Shore Golf Club reserved for June 13, 2022!



Thank you to all our event sponsors:

Mission Advocate



Mission Partners

John & Rose Bykowski

Jud & Mary Beth Fowler



Mission Supporters

BOLDT

Maria Myers—MEET Consulting

Nicolet National Bank

Dr. Veronica Tovar—Family Dental Care
United Healthcare

Mission Friends

CLA (CliftonLarsonAllen LLP)

Dr. Raymon & Roxanne Darling

Faith Technologies

The Galloway Company

Great Northern Corp

Green Bay Oncology

Midwest Insurance Brokerage

N&M Transfer

Network Health

The Neuroscience Group of NEWI
Radiation Oncology Specialists, S.C.

Remember with a Love Light

You are invited to participate in the 34th Annual Love Lights program this holiday season sponsored by Ascension St. Elizabeth Hospital Foundation. This continues a tradition started by a group of volunteers in 1987 to brighten the holiday season. Last year, we honored over 250 tributes from donors for the Love Light program!

We are going virtual! On Monday, December 6, 2021 at 5:30 p.m., a virtual ceremony and prayer service will be held to light the tree in remembrance or in honor of loved ones. If you would like to participate, please donate online at ascension.org/giveSEHF or download a form to mail. **All donations \$25 or greater will receive a commemorative ornament** to keep or share! Proceeds will benefit St. Elizabeth Hospital Volunteer Fund or Hospice Fund.



AGAIN THIS YEAR! Look for our outdoor Love Lights Tree Village along Oneida Street. To sponsor the Village or a Tree, contact Heather for more details at heather.zoromski@ascension.org or 1-815-319-2488.

TMS—Enhancing treatment for those with depression

Ascension St. Elizabeth Hospital has begun Transcranial Magnetic Stimulation (TMS), which is a safe, non-invasive method of brain stimulation used to treat depression. TMS patients return to normal daily activities directly after treatment. They often notice significant reductions in depressive symptoms and are better able to experience a greater quality of life.

Tina Lechnir, Regional Director of Behavioral Health at Ascension St. Elizabeth and Mercy Hospitals, shares a patient's success story, "We had someone that was considering applying for disability due to her inability to work from depression. She came in for her 35th session and told Tracy, our TMS Program Coordinator, that we gave her life back. She has job interviews and is looking forward to resuming her work in healthcare. She initially started with a Ham-D score of 24 and now scored 1!"

This was made possible because of donors like you. Along with a challenge grant from Lynne Cummings Keller, \$95,000 was raised by your Ascension St. Elizabeth Hospital Foundation to support the TMS equipment and renovation for Behavioral Health at St. Elizabeth Hospital.

We all know someone we care about or love that has been touched by depression or mental illness. Thank you for supporting this alternative to medication that helps people gain their lives back.

Together, we continue to invest in the health of our communities, connecting people with compassionate care and helping those in our community who need it most.

