Survivors help others live well

Survivors rally family and friends for Lombardi Walk for Cancer.

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Ozaukee and Oshkosh communities host inaugural Live Well events

Aurora Health Care is committed to helping people live well. In that spirit, Aurora Health Care Foundation is hosting two inaugural “farm-to-fork” style events. Local farmers, growers and merchants will engage participants in demonstrations of local products and resources to help support a healthy and active lifestyle.

Live Well Oshkosh will take place Saturday, Aug. 9 at Brighton Acres. Live Well Ozaukee will take place Saturday, Aug. 16 at The Bog.

To learn more about these Live Well events, visit Aurora.org/Foundation.

Milwaukee Mayor Tom Barrett joined Cristy Garcia-Thomas in making a social statement with their fashion on Denim Day, April 23. They joined thousands in increasing awareness about sexual violence and supporting Aurora Health Care’s abuse response services.

Crossing the finish line in a triathlon is a monumental life experience. For breast cancer survivors, Team Phoenix is an opportunity to train and complete a triathlon, truly “redefining survivorship,” as is their team slogan. 2014 Team Phoenix athletes are currently training for the July 27 race.

Message from Cristy

Survivor. There is power in the word.

To be a survivor means that something impacted the trajectory of our lives – whether it is cancer, sexual assault, domestic violence, a tragic accident or something else that you face within your lifetime. You survived it. But the word “survivor” also shows others that tough times do not define you.

The survivors I am honored to meet do more than just survive. They thrive. They are empowered to inspire others, take on new challenges and support others.

I am inspired by those who adopt that passion for their life to truly make a difference. To support a cause that is important to them.

I am proud so many women and men who are passionate about supporting survivors – of cancer, sexual assault, domestic violence, organ transplant and more – turn to Aurora Health Care Foundation to make a real difference in their communities.

They know we will steward their gift to make the greatest impact – because we are committed to survivors. And we help survivors live well.

Always,

Cristy Garcia-Thomas
Executive Vice President, Aurora Health Care
President, Aurora Health Care Foundation

PS. Rallying your family, friends and neighbors to share your passion for an important cause is fun, rewarding and made easy with new online tools. Connect with Jeannie Jackson at thankyou@aurora.org or 1-877-460-8730 to learn about creative ways to share your cause with others and truly change lives.
They’ve got spirit, how about you?
Cancer survivor rallies family and friends for Lombardi Walk for Cancer in Oshkosh

Joe and Tammy Lefeber’s team at the Lombardi Walk for Cancer in Oshkosh definitely turns heads and inspires people. And they are surely ones to beat as the reigning champs of the Team Spirit Award for four years running.

“We pick a theme every year that is fun but also meaningful,” said Joe. “The first year we had a small team of 10 or so and we all dressed up like the TV show, ‘Survivor.’ We wanted everyone to know exactly who we were walking for.”

As a cancer survivor himself, Joe, along with his wife, Tammy, organize the team each year to give back. “I know I got lucky,” said Joe. “I can’t let that go to waste. There are a lot of walks and runs these days, but I wanted to walk for cancer research. It is so important – it saves lives.”

In 2009, he was diagnosed with thyroid gland cancer. “They told me on Tammy’s birthday, but I just couldn’t tell her. I didn’t want to ruin her birthday,” Joe said. After his gland was surgically removed and two rounds of radiation, Joe is now cancer free. He receives ongoing care at the Vince Lombardi Cancer Clinic at Aurora Medical Center in Oshkosh.

Joe knows he has the best wife, friends and family in the world. “For all of them to show up, bring their kids, to do this walk every year – it means everything.”

The team has dressed up as “Fight Club” and walked with signs that read “Unite and Fight Cancer.” They even had a “Just Beat It” theme, with each walker wearing one white glove. Last year was a disco theme, “Stayin’ Alive,” and the team had nearly 40 walkers.

What will the theme be this year? “It will be a surprise,” said Joe. “You will have to come and walk to find out.”

Get your team together for this year’s Lombardi Walks for Cancer in Milwaukee, Oshkosh and Walworth County, go to Aurora.org/CancerWalk.

HELP US TACKLE CANCER

June 7 – Lombardi Walk for Cancer - Oshkosh
June 7 – Lombardi Walk for Cancer - Walworth County
June 14 – Lombardi Walk/Run for Cancer - Milwaukee
Sign up at Aurora.org/CancerWalk

For more information, visit: Aurora.org/Foundation
There is Light: Aurora’s commitment to complex mental health issues

In 1884, a modest building in Wauwatosa opened its doors to serve Wisconsin residents struggling with mental health issues. This year, we celebrate the 130th anniversary of what has become Aurora Psychiatric Hospital, one of Wisconsin’s most acclaimed mental health providers.

In time, Aurora Psychiatric Hospital grew from a single facility with a capacity of 15 to 20 patients, to serving more than 32,000 individuals coping with a wide spectrum of behavioral disorders. Aurora Psychiatric Hospital remains the standard bearer for this life-changing care.

On Saturday, Sept. 13, honorary chairpersons Curt and Sue Culver will join Aurora Health Care Foundation in hosting There is Light Gala, a celebration of the hope and light that Aurora Psychiatric Hospital has provided for so many.

Proceeds from the fundraising event will benefit the hospital, the substance abuse program at the Dewey Center, as well as the Kradwell School, a supportive learning environment for youth who struggle in traditional schools because of behavioral health issues.

For information on the There is Light Gala, go to Give.Aurora.org/Light.

Tony Meyer, MD, medical director of Aurora Psychiatric Hospital, will be honored with a Lifetime Achievement Award at the There is Light Gala.

Aurora Visiting Nurse Association brings healing where people need it most

A newborn going home for the first time after a six-week stay in the Neonatal Intensive Care Unit. A working father of two with a new knee and daily rehabilitation ahead of him. A proud great-grandmother whose heart is full of love for her family, but needs special attention to make sure she is feeling well in her home.

Their healing does not end when they are discharged from the hospital – and because of Aurora Visiting Nurse Association, neither does their health care.

In 2013, 716 Aurora Visiting Nurse Association caregivers drove more than 3 million miles across eastern Wisconsin making 266,200 visits to patients. They provided much-needed health care, hospice and palliative care services.

Your support makes this happen.

5 ways to support Aurora Visiting Nurse Association:

2. Buy an engraved brick for the Memory Walk garden at Aurora Zilber Family Hospice.
3. Make a donation online at Give.Aurora.org.
4. Organize a fundraising event or project with your friends or co-workers to benefit patients or families.
5. Share how Aurora Visiting Nurse Association cared for you or your loved one by emailing thankyou@aurora.org.

To make a gift or get involved, contact Judi Strout at Judi.Strout@aurora.org or 414-615-5935.
Donor gift brings family coach to the NICU

A family expecting a baby has so many hopes, dreams and expectations. For many, experiencing a difficult childbirth, a short- or long-term stay in the Neonatal Intensive Care Unit (NICU) for their newborn baby, was not part of the “plan.” Even when a NICU stay is anticipated because of health needs, it is a great stressor on the family.

That is why Aurora Family Service and Aurora West Allis Women’s Pavilion partnered to support families in the NICU with their very own family coach, Sharon Hempel.

The Family Coaching program is made possible through a generous gift from an anonymous donor who had cared for premature infants and wanted to help NICU families.

A licensed family therapist, Hempel finds joy and purpose in engaging, coordinating, supporting and strengthening families throughout their health care experience.

“I am here to help them emotionally cope with the experience,” said Hempel. “It is difficult when you are discharged from the hospital, but your baby is not. It is so hard for the family unit to find that new way of being – struggling with balancing time with their baby in the hospital, kids at home, work and more. And if mom or dad (or both) are experiencing post-partum depression, anxiety or birth-related, post-traumatic stress disorder, it becomes tremendously important to have that network of support.”

Because of this generous gift through Aurora Health Care Foundation, they don’t have to struggle alone.

The experiences of mothers, fathers and family units when their baby needs 24/7 medical care are complex. So Hempel collaborates with the medical team, physicians, nurses, occupational therapists and others to make sure the families receive what they need and feeling equipped to manage this difficult time.

“Families come to the NICU with their own unique strengths,” explained Hempel. “I am here to help families facilitate a plan to best utilize their strengths, in order to manage the emotional ups and downs of their hospital experience.”

The families who have relied on the NICU for their baby know how important that support truly is.

Hospital launches “Project Lifesaver: Neighbors Helping Neighbors” in Walworth County

Cardiopulmonary resuscitation, or CPR, saves lives. First responders are certified to provide effective CPR in case of emergency.

The American Heart Association recommends a compression/ventilation ratio of 30:2 with a compression rate of at least 100/minute. They further recommend interruptions of chest compressions be kept to a minimum and last no longer than 10 seconds. “Even under the best of conditions, those providing CPR become fatigued and the quality of chest compressions begins to decrease rather quickly,” said David Fladten, emergency medical services coordinator at Aurora Lakeland Medical Center.

The physicians and leaders at Aurora Lakeland Medical Center know that in an emergency, when every second counts, it is important to have the best tools available. That is why they are working with the community to raise funds to outfit 16 Walworth County emergency medical providers with AutoPulse units. These devices constrict the entire chest instead of compressing it as a person would, improving blood flow for patients experiencing cardiac arrest.

Aurora Health Care Foundation and the Medical Staff of Aurora Lakeland Medical Center hosted the 29th Annual Benefit Ball to help raise funds for this initiative called, “Project Lifesaver: Neighbors Helping Neighbors.” The goal is to raise $225,000.

“When you give to this project,” said Michelle Weber, director, Aurora Health Care Foundation, “you are investing in the lives of your neighbors and friends. This is all about neighbors helping neighbors.”

To support this project and bring these AutoPulse units to Walworth County, contact Michelle Weber at Michelle.Weber@aurora.org or call 262-741-2382.
Families now have a place to rest their heads, as loved ones undergo cancer treatment

When Marilyn Kindwall made a gift to Aurora Health Care Foundation in honor of her late husband, Dr. Eric P. Kindwall, she wanted the gift to make a difference—just as Eric had for so many people throughout his life.

Known as the “father of hyperbaric medicine,” Dr. Kindwall truly left his mark on Aurora St. Luke’s Medical Center. The first medical director of the Center for Comprehensive Wound Care and Hyperbaric Oxygen Therapy, he was passionately committed to hyperbaric medicine until he passed away in January 2012 from cancer.

Marilyn still remembers visiting her husband in the hospital while he was receiving cancer treatment. So when the Foundation asked for support to create a family overnight lounge on an inpatient cancer unit, she and her daughter, Tara, felt it would serve as a meaningful tribute to his memory.

“Eric would love this,” said Marilyn as she gathered with friends and Aurora Health Care leadership to dedicate the space for families.

The lounge is located on an inpatient floor for people undergoing an Autologous Stem Cell Transplant as treatment for their multiple myeloma, non-Hodgkin’s lymphoma or Hodgkin’s lymphoma. Patients stay around one to two weeks to recover from the procedure.

Jayme Cotter, clinical nurse specialist for inpatient oncology, was amazed at the transformation of an old training room into a beautiful, private space for families. “The only place patients could really reconnect with their family members was in the lobby area,” she said. “Now we are able to offer them a more private space for those reunions that mean so much for their healing.”

* To join the Kindwalls in their support of patients and families at Aurora St. Luke’s Medical Center, contact Jim Thompson at Jim.Thompson@aurora.org or 414-219-4764, or make a gift online at Give.Aurora.org.

Charitable gift annuity builds cancer fund, resources for colorectal cancer prevention

It has been 10 years since Pat and Joan Kerns lost their beloved daughter to colon cancer.

To honor the life and legacy of their daughter, a young wife and mother of three, the Kerns established the Judy Kerns Pence Cancer Fund to encourage screenings and support advancements in the early detection of colorectal cancers. They established a charitable gift annuity to build the fund.

“We wanted to help create a world with more cancer survivors,” said Pat and Joan. “In memory of our daughter, Judy.”

This past year, $37,000 from the Judy Kerns Pence Cancer Fund provided oncologists with the tools necessary to optimize participation in genetic counseling and early detection. The generous support of donors to this fund is educating people, making them more aware of their risks and taking the next step to be screened for colorectal cancer. Nationally, there are now more than 1 million survivors of colon cancer.

“It brings us great peace knowing that Judy’s legacy is saving lives.”

* Contact Steve Davis, director of gift planning, at legacyinfo@aurora.org or 414-219-4751 to learn more about charitable gift annuities and other ways you can change lives through legacy planning.
Aurora St. Luke’s receives $2 million donation to support cardiovascular research

Aurora Health Care Foundation is proud to announce His Highness Sheikh Khalifa bin Hamad Al Thani, former Emir of Qatar, has made a $2 million donation to advance cardiovascular research conducted at Aurora St. Luke's Medical Center in Milwaukee. The donation will support Aurora's Center for Integrative Research on Cardiovascular Aging located on the Aurora St. Luke's campus. The Center is being renamed **Sheikh Khalifa bin Hamad Al Thani Center for Integrative Research on Cardiovascular Aging**.

“We are extremely grateful for the generosity of His Highness Sheikh Khalifa bin Hamad Al Thani,” said Nick Turkal, MD, president and CEO of Aurora Health Care. “This gift will go a long way in furthering the important work of Drs. A. Jamil Tajik and Arshad Jahangir and their cardiovascular aging research teams at Aurora Health Care.”

“Receiving this generous gift from across the globe to further advance the science of cardiovascular health validates the importance and the international reach of the work we do at Aurora,” said A. Jamal Tajik, MD, FACC, FAHA, president of cardiovascular services at Aurora Health Care and personal cardiologist to His Highness.

Cardiovascular disease is the leading cause of death among men and women of all racial and ethnic groups in Wisconsin and is a prevalent condition among the elderly. In addition, Wisconsin’s aging population is growing — increasing by 10.6 percent since 2000, per recent U.S. Census reports.

Aurora’s **Sheikh Khalifa bin Hamad Al Thani Center for Integrative Research on Cardiovascular Aging** is one of the few research centers in the country devoted entirely to study the effect of aging on the cardiovascular system. Its mission is to support and conduct clinical and basic research on the biology of aging and to develop diagnostic, predictive and therapeutic interventions to preserve wellness, prevent age-related cardiovascular dysfunction and improve the quality of life of older people.

“This gift will help us continue this important research to improve the quality of life of seniors in our communities and around the world,” said Arshad Jahangir, MD, FACC, FAHA, FHRS, program director at Aurora Health Care.

For more information about the Sheikh Khalifa bin Hamad Al Thani Center for Integrative Research on Cardiovascular Aging and Aurora’s cardiovascular programs, visit [Aurora.org](http://Aurora.org).

Vince Lombardi Cancer Foundation pledges support to cancer care services and research

Erin Hareng, executive director of Vince Lombardi Cancer Foundation (VLCF) announced the funding for projects to promote cancer care services and research at Aurora Health Care.

She quoted Vince Lombardi, who once said, “Individual commitment to a group effort — that is what makes a team work, a company work, a society work, a civilization work.” “I know those words ring true today,” said Hareng, “as we collaborate in helping people live well.”

- VLCF will fund one additional cancer nurse navigator to serve patients and families at Aurora St. Luke's Medical Center.
- VLCF will continue its support of cancer research with a $200,000 commitment to the 2014 Aurora Research Institute Cancer Research Awards.
- VLCF is committing $200,000 for a multidisciplinary clinic renovation at Aurora St. Luke's Vince Lombardi Cancer Clinic.
- To read the Vince Lombardi Cancer Foundation annual report, visit [LombardiFoundation.org](http://LombardiFoundation.org).

For more information, visit: [Aurora.org/Foundation](http://Aurora.org/Foundation)
Aurora Health Care Board Member Charles Harvey recognized for service, impact
Charles Harvey’s portrait has joined the historic and prestigious Martin Luther King, Jr. International Chapel at Morehouse College for his tremendous service around community initiatives and assisting educational advantages for the disadvantaged. Harvey spearheaded an initiative to transform the lives of young people in Milwaukee by raising scholarships to send Milwaukee urban youth to college.