Having support from a nurse midwife has made all the difference for first-time moms like Tiffany.

Read more | page 3

The nursery was a busy place at Mount Sinai Hospital in 1954. Aurora Sinai continues the tradition of advanced critical care for newborns at our Level III neonatal intensive care unit.

Aurora Sinai Medical Center:
A legacy of care continues
Dear Friends,

Since the launch of Inspire last fall, we’ve been sharing updates about Aurora Sinai Medical Center’s 150th anniversary. The rich history of Aurora Sinai and its predecessor hospitals that merged to form this medical center have made an impact on health care as we know it today.

I recently had the opportunity to speak with Carolynn Glocka, RN, president of Aurora Sinai Medical Center and Aurora St. Luke’s South Shore, about her vision for Aurora Sinai.

Q: Caregivers often talk about the spirit of Aurora Sinai. How would you describe it?
Carolynn: Aurora Sinai’s spirit is centered on compassion and drive; it is vibrant and resilient. I’m proud of and humbled by our caregivers for all they do for our patients, families and for each other.

Q: While Aurora Sinai serves patients in and around the downtown Milwaukee area, many people travel here from across the state for care. What draws them to Aurora Sinai?
Carolynn: Our reputation for clinical excellence and specialized programs, including our Women’s Health programs and Level III Neonatal Intensive Care Unit. Recently, a couple from Kenosha selected our hospital as the birthplace for their quadruplets. Aurora Sinai also hosts innovative programs, including those for weight management and bariatric medicine; orthopaedics and the Aurora Sports Medicine Institute. Aurora Sinai serves as our health care system’s hub for Abuse Response Services, which helps survivors of sexual assault and intimate partner violence.

Q: What is the biggest challenge at Aurora Sinai today?
Carolynn: We all know that health care is changing, and that alone has caused anxiety. What I can tell you is that Aurora Sinai is – and will continue to be – a vital part of Aurora Health Care. In today’s world, we have to be operationally efficient, while focusing on strengthening our core patient services, such as primary care. As we continue to excel in clinical quality, patient experience and resource stewardship, we will carry on our tradition of meeting the diverse health care needs of our patients. It takes a community to work together to create a healthier future, and Aurora Sinai is a strong part of that.

Q: What makes you the most proud?
Carolynn: I’m grateful for all of the caregivers who help patients understand they are in a safe place of healing at Aurora Sinai. As a nurse, I’ve been fortunate to share common patient experiences with our caregivers – many times uplifting, but sometimes heartbreaking. As a leader, I’ve had the opportunity to witness the individualized and personal care that is provided to our patients. It’s in these precious moments that I’m reminded of the legacy of care for which we are known.

Aurora Health Care Foundation is proud of our affiliation with Aurora Sinai Medical Center and all who provide care within its walls. And thanks to support from our generous donors and the community – Aurora Sinai has a strong past and an even brighter future, as we continue to build a Well Community.

Always,

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

Well Community programs of Aurora Sinai Medical Center:

• Abuse Response Services:
  Sexual Assault Treatment Center and Nurse Examiners
  The Healing Center
  Safe Mom Safe Baby
• Midwifery and Wellness Center
• Center for Senior Health and Longevity
• Bread of Healing Clinic
The Midwifery and Wellness Center at Aurora Sinai Medical Center has been a forerunner in reducing infant mortality in Milwaukee. With a mission of supporting safe pregnancies and delivering healthy babies, the Center has provided personal, educated, competent health care to women for 26 years. Aurora's midwifery services are available to women at every stage of life and include annual exams and other gynecologic needs.

As the largest midwifery clinic in Wisconsin, the Center's 14 midwives provide physical support to laboring mothers, but also provide health and wellness education that directly impacts infant mortality rates. The Center boasts a 97 percent healthy birth outcome rate, compared to 91 percent in the city as a whole.

"Six percent may not seem like much," noted Jackie Tillett, certified nurse midwife and director of the Midwifery and Wellness Center, "but its impact is huge."

"We have about 500 births a year at the midwifery center," Tillett said. "We have no home births, but we try to create a homelike atmosphere in the hospital – with the safety and support from our caregivers."

Tillett credits the improved outcomes to individual case management. Moms-to-be receive personalized, one-on-one coaching and support throughout their pregnancies. They also receive the same extensive prenatal care and diagnostic testing that they would receive from an obstetrician-gynecologist.

This personalized care also allows for better use of resources. "When this coaching is in place, you'll see fewer emergency room visits, because people better understand what's happening during pregnancies," said Tillett.

With this intense case management, women are taught how to recognize the signs of high-risk pregnancy. "We teach women the value of prenatal care," explained Tillett. The Center has achieved this not only at Aurora Sinai, but also through outreach programs at neighborhood clinics, schools and community centers.

In addition, Aurora Sinai provides the Centering Pregnancy program, which offers pre- and postnatal support and education. The program is based on the idea that women can build on each other's knowledge. In addition to having one-on-one visits with certified nurse midwives, patients meet with each other every two weeks to discuss their pregnancies.

"We've found that the women's knowledge really builds on the knowledge of their peers," said Tillett.

Often, women want to experience a natural birth without epidurals and other heavy painkillers. "Many people don't realize you can have a safe vaginal birth," added Tillett, noting that the center's cesarean-section rate is lower than average, at 6 percent. (In Milwaukee County in 2010, 23 percent of live births were cesarean deliveries.)

"I feel honored that women choose to come here and have us participate in this very special time in their lives," Tillett said. "Our patients tell us that not only do they feel safe here, but they feel heard, respected and supported. We establish trust and build upon it with every visit."

"With the nurse midwifery method of care, we're building lasting, healthy relationships, which fosters successful pregnancies and deliveries," she emphasized.

Funds are needed to support prenatal care and education services for expectant moms. To learn more or to make a gift in support of the Midwifery and Wellness Center, please call 877-460-8730.
Donors’ spotlight

Enhancing patient care and wellness programs at Aurora Sinai Medical Center

Remembering a dedicated nurse with a legacy gift

“Charlyne was destined to be a nurse,” said Jim Alvord about his sister, Charlyne Rosynek Eigen. Alvord describes her as a caring sibling who looked out for her baby brother.

“She was 12 years older than me and played a big part in my upbringing. She took me under her wing and really made an impression on me,” he added. “I remember the day she graduated from nursing school.”

After graduating from Mount Sinai Nursing School in 1952, Charlyne began her career at then-Mount Sinai Hospital. “One of her proudest achievements was serving as the head nurse on the fifth floor. She was a great nurse and she always treated her patients with compassion,” said Alvord.

As an estate attorney in California, Alvord often counsels his clients on creative ways to leave a legacy to both their children and worthwhile causes. “After giving this speech so many times over the years,” said Alvord, “I decided to heed my own advice.”

Alvord and his wife, Valerie, decided to honor the memory of his beloved sister, who passed away of a respiratory illness in July 1985 at the age of 53. Through a bequest from their revocable living trust, this gift to Aurora Sinai’s Patient Experience Fund will perpetuate her memory.

“Charlyne was the kind of person who always puts others first. I hope it encourages others to follow her example and treat people well,” he emphasized.

“She always made time for me. I want to honor my sister’s memory with a gift that will positively impact others. In that gesture, Charlyne lives on.”

To learn more about how to leave a legacy to Aurora Sinai Medical Center, please contact Stephen Davis, director of gift planning, at 414-219-4751 or legacyinfo@aurora.org.

Restoring hope to survivors of sexual assault

Transformative gifts from Bob and Linda Davis have allowed thousands of sexual assault survivors to receive much-needed healing services.

Their generous contributions are designated to enhance Abuse Response Services, which include The Healing Center, the Sexual Assault Treatment Center, Safe Mom Safe Baby and the Sexual Assault Nurse Examiner program (located throughout eastern Wisconsin).

Founded in 2002, the goal of The Healing Center is to transform the lives of those impacted by sexual trauma. A survivor of sexual assault, Linda helped move this initiative from a simple concept to reality by raising awareness and support. Today, The Healing Center of Aurora Sinai Medical Center is a beacon of hope for victims of sexual abuse and sexual assault.

“Linda and Bob Davis and their family have been extraordinarily generous to The Healing Center,” said Maryann Clesceri, executive director. “Because of their thoughtful support, they’re helping others on their healing journeys.”

Through Bob and Linda’s leadership and philanthropic support, they are generous advocates for many people in need.

To make a gift in support of The Healing Center, please call 877-460-8730.
A conversation with Nick Turkal, MD

President and CEO of Aurora Health Care, Nick Turkal, MD, leads the largest integrated health care system in Wisconsin. He joined Aurora in 1987 as a faculty member of the Good Samaritan Family Practice Residency program. Dr. Turkal has held senior academic and leadership roles within Aurora and continues to practice family medicine.

Proud of his professional ties to Aurora Sinai Medical Center, Dr. Turkal shares his vision for Aurora Sinai and its future in our community.

Q: Tell us about your work as a physician at Aurora Sinai Medical Center.

My roots as a Milwaukee physician are there. I have had the privilege of delivering babies, caring for patients of all ages and sitting with patients in their final hours of life. My commitment to Aurora Sinai dates back to those days.

Q: Why is this hospital so vital to our community?

Aurora Sinai is the last remaining hospital in downtown Milwaukee. Preserving it and keeping it a healthy part of the community requires a thoughtful approach and one that takes time, energy and focus. We are enhancing our commitment to outreach efforts around Aurora Sinai. We continue to fund and run several free clinics. And our focus on women’s health and fighting infant mortality is steadfast.

Q: What sets Aurora Sinai apart from other hospitals?

Our history at Aurora Sinai dates back 150 years. We continue to do great work there every day, every month and every year. I know this because I’ve been a patient there and I hear positive feedback about the care others receive at Aurora Sinai. Because of that, I frequently refer people there. While our history is important, what matters is the future and ensuring the legacy of helping people live well continues.

Q: What would you like to say to those who support Aurora Sinai?

First and foremost, I would like to say thank you. Thank you for supporting a place where wonderful things happen every day. A place where a tiny newborn receives the most advanced treatment possible. A place where the way we care for the elderly is modeled nationwide. And a place where athletes come for treatment and rehabilitation. We couldn’t achieve what we do without you. But, as with most things, there is more to do and our drive and determination will not stop. We are committed to responsibly managing resources. We are actively exploring new kinds of partnerships with community-based organizations to find solutions to health care access issues. We continue to educate patients in order to help them find the right care in the right place at the right time.

Q: What are your hopes and dreams for the medical center moving forward?

With diligent and thoughtful leadership, and strong community partners, Aurora Sinai will remain a vital and important place of care and healing for many years to come. From our caregivers and physicians to businesses, community leaders and donors who support our work – we are dedicated to uphold the standard of excellence and quality care that is synonymous with Aurora Sinai.

Throughout 2013, we are celebrating the story of Aurora Sinai Medical Center, from our beginning as Milwaukee Hospital in 1863, to groundbreaking efforts by Jewish leaders to meet the needs of immigrants in the early 1900s, to today’s commitment to address the growing health and wellness gaps for far too many in our community. We invite you to learn more about our Well Community programs, which provide much-needed services to patients at every stage of life.

To commemorate the 150th anniversary, please consider a tribute gift to support Aurora Sinai’s Well Community programs. Please call 877-460-8730 or visit Aurora.org/Sinai150.
Keeping expectant moms safe from domestic abuse

Aurora Health Care’s Abuse Response Services includes several programs that address the sensitive needs of victims and families affected by domestic violence. Safe Mom Safe Baby is an innovative, evidence-based, collaborative model for providing sensitive services during a time of crisis. This Well Community program of Aurora Sinai Medical Center aims to help pregnant women and new moms who are living in abusive situations. A case manager guides each client through the perinatal experience and serves as a liaison to criminal justice, legal and social service resources within the community.

“I follow each woman throughout the course of her pregnancy. Domestic violence in pregnant women can affect the outcome. My role is to provide support and be a listener,” said Sharain Horn, clinical nurse specialist, who serves an average of 100 moms each year.

Since the program’s inception in 2005, more than 600 women have accessed risk reduction information and adopted more safety behaviors. Women from all across the Milwaukee metropolitan area have been served, with the majority coming from ZIP codes that have the highest rates of infant mortality.

Horn brings a unique background that seems tailor-made for her role as case manager and advocate for expectant moms and their babies. As a nurse, she’s worked in labor and delivery and as a Sexual Assault Nurse Examiner. She also has a background in law enforcement, having served seven years as an officer with the Milwaukee Police Department.

One consistent message she gives to clients: we can’t control what bad things happen to us, but we can control how we respond to them.

“Some women are overwhelmed and cannot advocate for themselves,” said Horn, who follows clients for up to six months after their babies are delivered. “It’s my job to offer resources that may have an impact, whether immediate or in the future. For women who are feeling isolated and alienated, this program provides a glimmer of hope for them and their children.”

Funds are needed to provide counseling and advocacy services for expectant moms experiencing domestic violence. To make a gift in support of the Safe Mom Safe Baby program, please call 877-460-8730.

Ensuring access to health care for uninsured city residents

Dedicated to serving the needs of the community, the Bread of Healing Clinic includes three clinic sites on Milwaukee’s near north side. Services include free medical treatment to low-income citizens experiencing barriers to health care access.

Through a strong partnership with Aurora Sinai Medical Center and Aurora Health Care, the clinics provide ongoing care with a focus on individuals with chronic health conditions such as diabetes, high blood pressure, hypertension and asthma. A volunteer dental clinic was added in 2011, providing services to adults needing tooth extractions, root canals and restorative work.

In 2012, the clinics served more than 1,200 active patients and provided 5,800 patient visits – an increase of 27 percent from the previous year. Approximately 7,000 patient visits are anticipated in 2013. Of the population served, 100 percent are uninsured and an estimated 70 percent are employed.

The Bread of Healing Clinic established the Community MedShare Program, which distributed $2.5 million worth of medications to 22 free and community clinics. This program helps uninsured individuals by providing the multiple medications needed to manage their health conditions.

Serving people from the neighborhood and surrounding areas is a priority for Aurora. With support from the United Way of Greater Milwaukee and donations from generous individuals, corporations and foundations, the Bread of Healing Clinic continues to help people live well.

“Aurora partners with neighborhoods, faith communities and organizations to try and address the growing health care needs of the underserved,” said Rick Cesar, RN, clinic director. “This is just one way Aurora Sinai is meeting the needs of the community.”

To make a gift in support of the Bread of Healing Clinic, please call 877-460-8730.
Poised for growth and opportunity

Aurora Health Care recently launched the Aurora Research Institute to centralize its many existing research endeavors and open the door for more studies, partnerships and collaborations. The administrative offices are based at Aurora Sinai Medical Center, though research supported by the Institute is conducted throughout the health care system.

“We focus on innovative research that improves patients’ quality of life,” said Randall Lambrecht, PhD, senior vice president of research.

The Institute will house research that transforms new discoveries into practical ways to improve patient outcomes. Aurora offers 700 clinical research projects, including more than 400 clinical trials – more than any other organization in Wisconsin. Through this patient-centered research, Aurora gives patients access to more new drugs and devices than any other health care system in the state.

Aurora’s research encompasses the areas of cardiovascular medicine, oncology, women’s health and the neurosciences, as well as community health, program development, training and research analytics. Research is funded by a variety of sources, including grants and contracts from government entities, foundations, industry and private sponsors.

Aurora’s research efforts include the Center for Integrative Research in Cardiovascular Aging. Headed by nationally recognized cardiovascular researcher Arshad Jahangir, MD, the Center’s work includes trials that use a patient’s own stem cells in an effort to regrow blood vessels in damaged areas of the heart.

“The Institute will allow Aurora to offer patients more options by expanding the amount of research we do within Aurora, as well as growing collaborative work with outside businesses and academic institutions,” said Lambrecht.

By organizing all Aurora research under one entity, the Institute ensures quality, consistency and compliance across all endeavors, and formalizes collaborations with industry and academia. The formula also has the potential to produce significant economic drivers to the region. In 2012, research at Aurora brought in $25 million to Wisconsin from pharmaceutical and medical device manufacturers, as well as federal agencies.

Aurora’s investigators are committed to conducting leading-edge research in the laboratory, integrating this knowledge at the patient’s bedside and communicating these valuable health care-related advancements to the community.

To make a gift in support of projects led by the Aurora Research Institute, please call 877-460-8730.

For more information, visit: AuroraHealthCare.org
The cover photo features first-time mom Tiffany Tillis in the Midwifery and Wellness Center at Aurora Sinai Medical Center.

The information presented in this newsletter is intended for general information and educational purposes. It is not intended to replace the advice of your own physician. Contact your physician if you believe you have a health problem. If you would like to be removed from our mailing list, please call Aurora Health Care Foundation at 877-460-8730. ©2013 Aurora Health Care Foundation.

Did you know Milwaukee Hospital (one of Aurora Sinai’s legacy hospitals, founded in 1863) has a connection to the attempted assassination of U.S. President Theodore Roosevelt in Milwaukee on Oct. 14, 1912?

Between 1903 and 1986, the nursing schools of the three legacy hospitals (Milwaukee/Lutheran, Evangelical Deaconess and Mount Sinai) graduated more than 5,000 nurses. In honor of our 150th anniversary celebration, we are sharing the voices of nurse graduates who continue this legacy within the Aurora Health Care system today.

To read more about these milestones and other interesting moments in the history of our combined hospitals, please visit Aurora.org/Sinai150.

Calendar of events

Aug. 24 .......... Aurora Sinai Medical Center – 150th Anniversary Gala | This event is sold out. To make a gift in support of Aurora Sinai’s Well Community programs, please call 877-460-8730.

Sept. 16 .......... Aurora Medical Center in Grafton – Aurora Challenge Cup Golf Classic | For more information, please call Sara Alger at 262-329-1072.

Sept. 21 .......... Aurora Medical Center in Kenosha – Infinity Ball | For more information, please call Michelle Weber at 262-741-2382.

Sept. 28 .......... Vince Lombardi Cancer Foundation – Lombardi Leather & Legends | To register online, please visit LombardiFoundation.org.

Oct. 10 .......... Aurora West Allis Medical Center – Evening of Promise | For more information, please call Elaine Maly at 414-219-7827.

Oct. 12 .......... Aurora Sheboygan Memorial Medical Center – Bucket List Bash | For more information, please call Erik Barber at 920-451-5117.

Nov. 8 .......... Vince Lombardi Cancer Foundation – Food and Wine Experience | To register online, please visit LombardiFoundation.org.

Nov. 9 .......... Vince Lombardi Cancer Foundation – Celebrity Chef and Wine Dinner | To register online, please visit LombardiFoundation.org.

Nov. 16 .......... Aurora Medical Center in Summit – Lake Country Gala | For more information, please call Karlyn Agnew at 262-434-1062.

Nov. 20 .......... Aurora Family Service – Pabst Mansion Family-to-Family Dinner | For more information, please call Leslie Wininger at 414-219-4737.

Nov. 22 .......... Vince Lombardi Cancer Foundation – Food & Wine Connoisseur Room | To register online, please visit LombardiFoundation.org.