

Message from Cristy

Dear Friends,

No matter how you look at it, a start to a new year often means new goals, new resolutions and a fresh outlook to help you aim for success.

Giving is often a part of that puzzle. It comes in many forms – such as a cash donation, volunteering of time, or other ways to support local charitable activities. However, when I hear of the selfless people who choose to give life by becoming a living donor, I'm humbled and amazed.

In this issue of *Inspire*, you will read about Jeff, who needed a kidney transplant and how Judy, the receptionist at his dental office, became his organ donor. April is National Donate Life Month and we honor people like Jeff and Judy and hope their story will help strengthen support for Aurora's Living Donor Outreach program.

I'm also proud to say that the culture of giving is strong within Aurora Health Care and with our own caregivers. Through our annual giving campaign, the Aurora Partnership Campaign, close to 11,000 caregivers helped to raise **more than \$4 million dollars**, of which \$2 million was dedicated to support Aurora Health Care Foundation funds! Our caregivers gave to more than 1,500 charities across Wisconsin, many of which are in the communities where we live and work. This level of support will have a profound effect, and I couldn't be more proud.

Giving — of all sizes — makes a difference for so many in our community. Thank you for your continued generosity and for helping to transform lives.

Always,



Cristy Garcia-Thomas
Chief Diversity and Inclusion Officer, Aurora Health Care,
and President, Aurora Health Care Foundation



Cristy brought along her daughter Jayda to help assemble 3,100 bags of groceries for Aurora Family Service's Family to Family Thanksgiving program. 2016 marked the 20th anniversary of the program.

Counting Down: When Minutes Matter

When Minutes Matter is a comprehensive, \$570,000 fundraising campaign to improve survival rates from cardiac arrest in Ozaukee and Sheboygan counties by addressing gaps in emergency medical response. You've helped raise \$555,000 toward the purchase and implementation of the tools that empower both EMS providers and residents to save lives.



Emergency Medical Dispatch (EMD), software that assists 911 dispatchers in providing pre-arrival instructions to callers



SimBaby, a high-fidelity simulator that provides realistic hands-on competency and proficiency training



EMS support vehicles to provide first responders real-time education and quality assurance on-scene



Automated External Defibrillator (AED) assessment and placement of devices in the community to assist during cardiac events



Community CPR Training

In fact, some of those trained in CPR have already had the opportunity to help save lives!

With only \$15,000 left to raise in the campaign, you can help link together the chain that saves lives when minutes — even seconds — matter the most.

To learn more or make a gift, contact Sara Alger at Sara.Alger@aurora.org.

Nearly strangers, now connected for life

Jeff Eckrich was diagnosed with Type 1 diabetes at the age of 35. As a result, his doctors knew they needed to keep an eye on his kidney function as he aged. And in 2013, Jeff's doctors didn't like what they were seeing.

"I went to see a nephrologist at Aurora St. Luke's Medical Center, and she said I was going to need a transplant or dialysis," Jeff explains.

At first, Jeff thought a close family friend was going to be his donor. But after going through the thorough testing process, that donor didn't work out. However, Jeff soon found it in a place he truly least expected it: his dental office and the receptionist, Judy Sommerfeld.

"When I heard him say his family friend didn't work out, I told Jeff, 'Look, I'm serious, I want to help. I want to get tested,'" Judy says.

So over the next few months, Judy, who was an acquaintance Jeff only saw about twice a year, and her husband Jim, who had never met Jeff at all, went through all the testing to see if they could help save Jeff's life. It turned out, Judy could.

"There are seven categories they look at, and I matched five of them. We were considered highly compatible, especially considering we weren't related or anything," Judy says.



Judy and Jeff, right after their surgeries at Aurora St. Luke's Medical Center.

And so in November of 2015, Judy donated her kidney to Jeff and they both underwent surgery at Aurora St. Luke's. Only then would they realize how great of a match it really was.

"The surgeon who actually harvested the kidney came in and told my wife, 'Jeff got a pink Cadillac. That organ was absolutely superlative,'" Jeff explains.

Each day in the United States, 22 people die waiting for a transplant because of the shortage of organ donors. Your support to the Living Donor Transplant program will help Aurora create more awareness and develop support groups for donors and recipients.

"The best part about my job is seeing outcomes like Jeff and Judy's. Becoming a living donor is a completely altruistic thing to do, but the result can have an impact on so many lives," says Ajay Sahajpal, MD, medical director of the abdominal transplant program.

To learn more, contact Michelle Schuerman at michelle.schuerman@aurora.org.



Judy and Jeff barely knew each other before the transplant; now they are like family.

Judy says the team at Aurora St. Luke's was top notch, "They were all so compassionate, I felt like I was part of their family. They treated me like I was a queen."

As far as Jeff is concerned, she kind of is: A queen who had a pink Cadillac of kidneys, anyway. And she was willing to give it away to an almost perfect stranger. "There really are angels walking among us. It's my job now to take care of her gift and keep this Cadillac running on all eight cylinders."

"I just feel such joy because God blessed me with such good physical health, so I could be a blessing to someone else. I never thought I'd do something like this," Judy shares. "But then again, I never knew I could."

Celebrating a major milestone in innovative cardiac care

They were considered too high-risk for open heart surgery. But thanks to an innovative procedure pioneered at Aurora Health Care, over 1,000 high-risk patients have been given the chance of lifesaving heart surgery.

The procedure is called transcatheter aortic valve replacement, or TAVR. It's a minimally invasive surgery that allows doctors to replace aortic valves without open heart surgery. The same two physicians, Daniel O'Hair, MD, a cardiovascular and thoracic surgeon and Tanvir Bajwa, MD, an interventional cardiologist, have performed all 1,000 of them at Aurora – more than any other team in the country.

“This innovation has helped so many patients. People come from all over the country, to not only have this procedure done here, but also because we are a major teaching center, too. Other caregivers and surgeons come here to train,” explains Dr. Bajwa.

Right now the procedure is only FDA approved for high-risk and intermediate patients, but some current studies at Aurora St. Luke's Medical Center allow patients of any age to participate.

For Dr. O'Hair, seeing the impact over the years has been extremely gratifying, “The number of patients this can be applied to has been rapidly expanding. When I hear a patient say, ‘From the bottom of my heart, thank you,’ I always say, ‘I'll tell the team.’ Because it takes so many people to make this work happen.”



Dr. Daniel O'Hair and Dr. Tanvir Bajwa celebrating right after their 1,000th TAVR procedure together.

You are part of that team as well. It's your support of innovative research and surgical therapies like TAVR that leads to milestones just like this. To learn how you can help, contact Rhonda Plotkin at rhonda.plotkin@aurora.org.



Living a resilient life is something that isn't new for Rose Chrustowski. At age 19, she survived the Holocaust after being in a concentration camp. She also survived Rheumatic Fever as a child. So when she had a heart issue in 2015, her family knew it was something she could overcome, but they didn't know how. Doctors at other facilities told her there was nothing they could do.

That's when Rose was sent to Dr. Bijoy Khandheria, cardiologist at Aurora St. Luke's Medical Center. Dr. Khandheria recommended the transcatheter aortic valve replacement surgery, or TAVR. Rose's procedure was performed in one of Wisconsin's only Hybrid Operating Rooms by Dr. Daniel O'Hair, cardiovascular and thoracic surgeon, and Dr. Tanvir Bajwa, interventional cardiologist.

“Rose is a great example of how TAVR can make a difference,” explains Dr. O'Hair. “Other procedures would have been too risky because of her age and condition. This procedure truly was a life saver.”

A month later, Rose had not only recovered from the surgery, but she had returned to her daily activities, like water aerobics. Today, at the age of 93, Rose continues to live an active, independent life.

“I'm grateful for what they did. It takes time, but thank God,” Rose shares.

Your support of Aurora Research Institute could lead to innovations in heart health

Aurora Health Care's legacy in heart health innovation continues as Aurora Research Institute announced the 2016 Cardiovascular Surgery Research Award recipients. Four researchers will split over \$148,000 to study innovations that may improve the lives of people with cardiovascular diseases.



Dr. Joshi-Mukherjee studies beating heart cells with a microscope.

Rosy Joshi-Mukherjee, PhD, received \$50,000 to modify donor tissue into beating heart cells that closely mimic those of the pediatric, adult and geriatric heart. Her team will identify differences in how cells develop specifically into heart cells and test responses to cardiac drugs. These drugs may improve heart function in patients with heart disease who would have otherwise required surgical intervention.

Gracious Ross, PhD, received \$50,000 to study the reversal of scar buildup, known as cardiac fibrosis and a key contributor to heart failure, by reprogramming the cells that have a tendency to cause the buildup. The goal is to reduce and prevent the initiation of scarring, which often leads to complications after heart surgery.

Martin Oaks, PhD, received \$48,215 to explore the effect of autoantibodies, which is an immune response, on outcomes in heart transplants. His focus is on an autoantibody that may damage the transplanted organ. This work may help define the role that these antibodies play in long-term patient survival and quality of life after transplant.

Funds are available because of the generosity of donors to the Aurora Health Care Foundation. If you would like to support innovative cardiovascular research, contact Rhonda Plotkin at rhonda.plotkin@aurora.org.

Physician leaves behind a legacy of education

Sidney Hurwitz, MD, was once the chief of urology at what is now Aurora Sinai Medical Center in Milwaukee. Dr. Hurwitz was a Milwaukee native and when he passed away in 1968 at the age of 51, there was an outpouring of support from a large group of family, friends and colleagues. Those contributions led to the creation of the Dr. Sidney P. Hurwitz Memorial Library Fund.

That fund helped create the Hurwitz Library at Aurora Sinai, and it continues to subsidize the purchase of clinical and medical books at the library as well. Those books and resources are used by health care providers in all disciplines including nursing students, medical students and other caregivers to help further their education.

In the decades since his passing, Dr. Hurwitz's friends and family have continued to support the fund and give back to the hospital and community that meant so much to him. In November, a group of them gathered at the library to celebrate what would have been his 100th birthday. His daughter, Linda, grew up to be a pediatric nurse leader and says education meant a great deal to her father, "We continue to make donations in his memory. To see what this

has become, I think he would be amazed. He would be so proud."

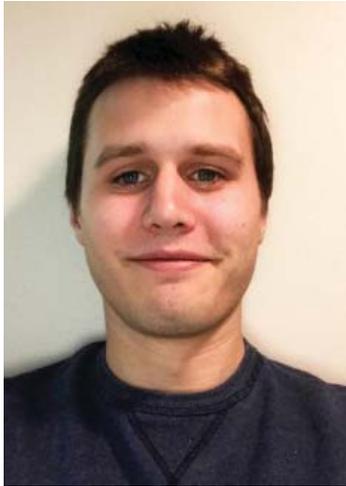
If you would like to learn more or contribute to the Hurwitz Library, contact Adam Martin at adam.martin@aurora.org.



(L-R) James Hurwitz, Linda Hurwitz Fine and Richard Hurwitz, MD. Dr. Sidney Hurwitz's three children gather near a plaque of him that hangs in the library.

Paying it forward:

How one man's journey to sobriety is helping others



Jay has been sober for two years, and now leads recovery groups at the Lighthouse on Dewey.

At the age of 24, Jay was a new dad and a seasoned drug abuser. He started drinking and smoking pot when he was 11 years old. Soon after, he began using heroin.

"I grew up having everything resolved by some sort of substance," Jay recalls. "I'd steal, lie, get a 30 second rush, and spend 15 minutes not thinking about anything. Then, I'd do it all over again."

When his daughter was born, Jay began to reevaluate his addiction, but it wasn't enough to make him stop. He remembers being in a car accident while he was high, and months later, was caught stealing.

"I was constantly hurting the people around me and I was extremely depressed," Jay says, "I was at the

point in my life where I found happiness when I thought about dying."

Jay's mother brought him to the Aurora Behavioral Health Campus in Wauwatosa. In December 2013, that's where he started an inpatient program and was introduced to the Dewey Center.

"The Dewey Center saved my life. Addiction is too powerful to pull yourself out of alone, and the different programs at the Dewey Center helped me become willing to make the change," Jay recalls.

Jay later moved to the Alumni House, an onsite transitional living facility for individuals in recovery. About a week into treatment, he visited the Lighthouse on Dewey.

Today, Jay is two-years sober and leads a second Heroin Anonymous (HA) group at the Lighthouse to help heroin addicts on their recovery journey. And at age 27, Jay is a full time student, owns his own home, is employed, has a new son and is in meetings at the Lighthouse twice a week.

"I've mentored a handful of guys, and what's hard is you can't get sober for somebody else. But you can be there to help show there is hope," Jay shares, and feels the new expansion of the Dewey Center and Alumni House will have a tremendous impact.

Be a part of the transformation.

In 2016, Aurora Health Care Foundation launched the \$1.5 million *Renew, Restore, Rebuild* campaign to help strengthen Aurora Behavioral Health Services' substance abuse and recovery programs at the Wauwatosa campus. The campaign will support the creation of more rooms, specialty programs and a new Serenity Garden. For more information, contact Judi Strout at judi.strout@aurora.org.

Doctor gives back to hospital that "feels like home"



Dr. Masood Wasiullah and his wife, Karin

Thanks to a \$25,000 gift from The Wasiullah Family Foundation, a brand new Behavioral Health Community Resource Room is now open to the community at Aurora St. Luke's South Shore.

Masood Wasiullah, MD, a family practice physician, started working at the hospital at the young age of 17 as an orderly. He remained there until he stopped seeing patients in 2014. Dr. Wasiullah's wife and children were also born at the hospital. He says it has special meaning to his family and the entire community, and he wanted to give back.

"That's the beauty of Aurora St. Luke's South Shore; it's a place you feel at home. And it's one of few places offering inpatient behavioral health services. So this new room will help enhance that already exceptional care," he explains.

To learn more about programs you can support at Aurora St. Luke's South Shore, contact Adam Martin at adam.martin@aurora.org.



The room at Aurora St. Luke's South Shore was designed to serve the whole community.

When healing comes with bold colors and a brush stroke

When Nova Czarnecki agreed to be part of an art therapy project at The Healing Center, she hoped it would help foster creativity and healing, but she had no idea it would turn out to be one of the most rewarding experiences of her lifetime.

“This has been the most supportive collaboration I’ve ever experienced. The respect being shown to each other here is so rare. To make something where it all comes together as one, it’s just so inspiring,” Nova shares.

In 2016, a generous grant from the Greater Milwaukee Foundation’s Mary L. Nohl Fund created an artist residency for Nova at The Healing Center, a Well Community program of Aurora Health Care. With the help of Art Therapist Miriah King, survivors of sexual abuse are able to express their feelings in new and creative ways, which many of them find restorative.

“There’s something about processing healing in motion, in activity, which really gets at something that verbalizing can’t completely address. It’s been an opportunity to heal that goes beyond cognition,” explains Greta, a survivor who participated in the project.

April is Sexual Assault Awareness Month, if you would like to learn how you can support survivors through programs like art therapy, go to give.aurora.org/denimday or contact Cynthia Hosale at cynthia.hosale@aurora.org.



Nova (center) worked with survivors and an art therapist at The Healing Center on two murals. The first titled “Guardians of the Deep,” is on the right. The second, “In Full Bloom,” is on the left. Both murals will be shown at Hope Shining Blue, a Denim Day celebration benefitting Aurora’s Abuse Response Programs in Milwaukee, on April 26.

Helping first responders save lives in western Racine and Kenosha Counties

Thanks to a \$140,000 donation from the Memorial Hospital of Burlington Community Foundation, Aurora will purchase new tools to better equip local emergency medical teams in surrounding communities. These tools include six new automated cardiopulmonary resuscitation (CPR) devices for emergency responders covering communities in Burlington, Raymond, Rochester, Union Grove, Waterford and Wind Lake. Aurora will also provide the team in Twin Lakes with a new nitrous oxide delivery system to assist patients with pain management.

“Every second counts when responding to a patient, especially those suffering from cardiac arrest,” says Chris Miller of the Memorial Hospital of Burlington Community Foundation. “We are excited to improve access to necessary emergency tools so our local EMS teams can help save lives.”

The automated CPR devices are designed to provide consistent, uninterrupted chest compressions during a sudden cardiac arrest episode, eliminating the need for sometimes difficult and tiring manual chest compressions. The devices sustain a higher flow of blood to the brain and heart compared to manual compressions, and will enable emergency responders — many of whom are volunteers — to complete other emergent tasks to better assist individuals suffering from cardiac arrest.

This is part of a 2016 donation dedicated by Aurora Memorial Hospital of Burlington Community Foundation to partner with Aurora Health Care. For more information, contact Michelle Weber, Director of Foundation Development, at michelle.weber@aurora.org.

Inspire

aurora.org/foundationblog



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Calendar of events

Saturday
April 8

Vince Lombardi Award of Excellence Dinner Ball

The Pfister Hotel, Milwaukee
For more information,
go to www.LombardiFoundation.org.

Wednesday
April 26

Hope Shining Blue

Turner Hall Ballroom, Milwaukee
For more information,
go to give.aurora.org/hopeshiningblue.

Friday
April 28

Thrive

Scenic View Country Club, Slinger
For more information, go to give.aurora.org/thrive.

Saturday
May 20

Benefit Ball

Geneva National Golf Club, Walworth County
For more information, go to give.aurora.org/benefitball.



A CAUSE
TO
CELEBRATE

Join us to create more access to care in the Green Bay area and to help strengthen our community through good health and strong partnerships. Proceeds from this first annual event will benefit Greater Green Bay Well Community Fund partner N.E.W. Community Clinic to help fulfill its mission of greater access to care for the underserved.

Saturday, April 22
5:30 to 10 p.m.

The Automobile Gallery
in Green Bay, WI

To learn more go to
give.aurora.org/cause-to-celebrate

Barry Alvarez named 2017 Vince Lombardi Award of Excellence Honoree



The Vince Lombardi Cancer Foundation is proud to announce Barry Alvarez as the 2017 Honoree for the 27th Annual Vince Lombardi Award of Excellence Dinner. University of Wisconsin has enjoyed remarkable success during Alvarez's tenure at the head of the athletic department, winning a combined 14 team national titles and 54 conference regular-season or tournament crowns since he took over.

The Vince Lombardi Award of Excellence Dinner Ball was created to recognize individuals who capture the spirit of commitment and pursuit of excellence; standards which define the legendary coach Vince Lombardi and the Vince Lombardi Cancer Foundation. Join us to recognize Alvarez at the Vince Lombardi Award of Excellence Dinner Ball on April 8.

Saturday, April 8 | Reception begins at 6 p.m. | The Pfister Hotel in Milwaukee

Purchase tickets at www.LombardiFoundation.org