



PARKVIEW
FOUNDATIONS



Help & Healing

2017 Generosity Report

It has been a wonderful year, thank you! It continues to be such a pleasure to get acquainted with so many of our wonderful donors who have so generously supported their communities by partnering with the Parkview Foundations. The stories included in this year's report only represent a fraction of the lives you and others have touched through your compassionate support, but they are all important and worthy of our attention and care.



Your helping hands have reached across six Indiana counties and parts of northwest Ohio. Your gifts have made it possible for a young man to be given the chance to walk again, you've enabled our dedicated emergency response teams to improve patient care through vital professional development, and you've assisted many patients and families who struggle to pay for their medications while feeding and caring for their family members.

It is a distinct privilege to see and hear how grateful the recipients of your generosity truly are.

And it is truly an honor for me to represent you as I meet with Parkview co-workers to listen to their requests for support and as they share their deep appreciation for your gifts. As you reflect on this past year, please join me in celebrating all of the lives that have changed for the better through your compassionate heart and the generosity of our many donors.

Former U.S. Secretary of State William Henry Seward once said, "As a general truth, communities prosper and flourish, or droop and decline, in just the degree that they practice or neglect to practice the primary duties of justice and humanity." On behalf of the Parkview Foundations, thank you once again for enabling our communities to flourish by honoring the duty to care for those in need of support. We look forward to continuing our partnership with you to provide holistic care for all whom Parkview serves.

Sincerely,

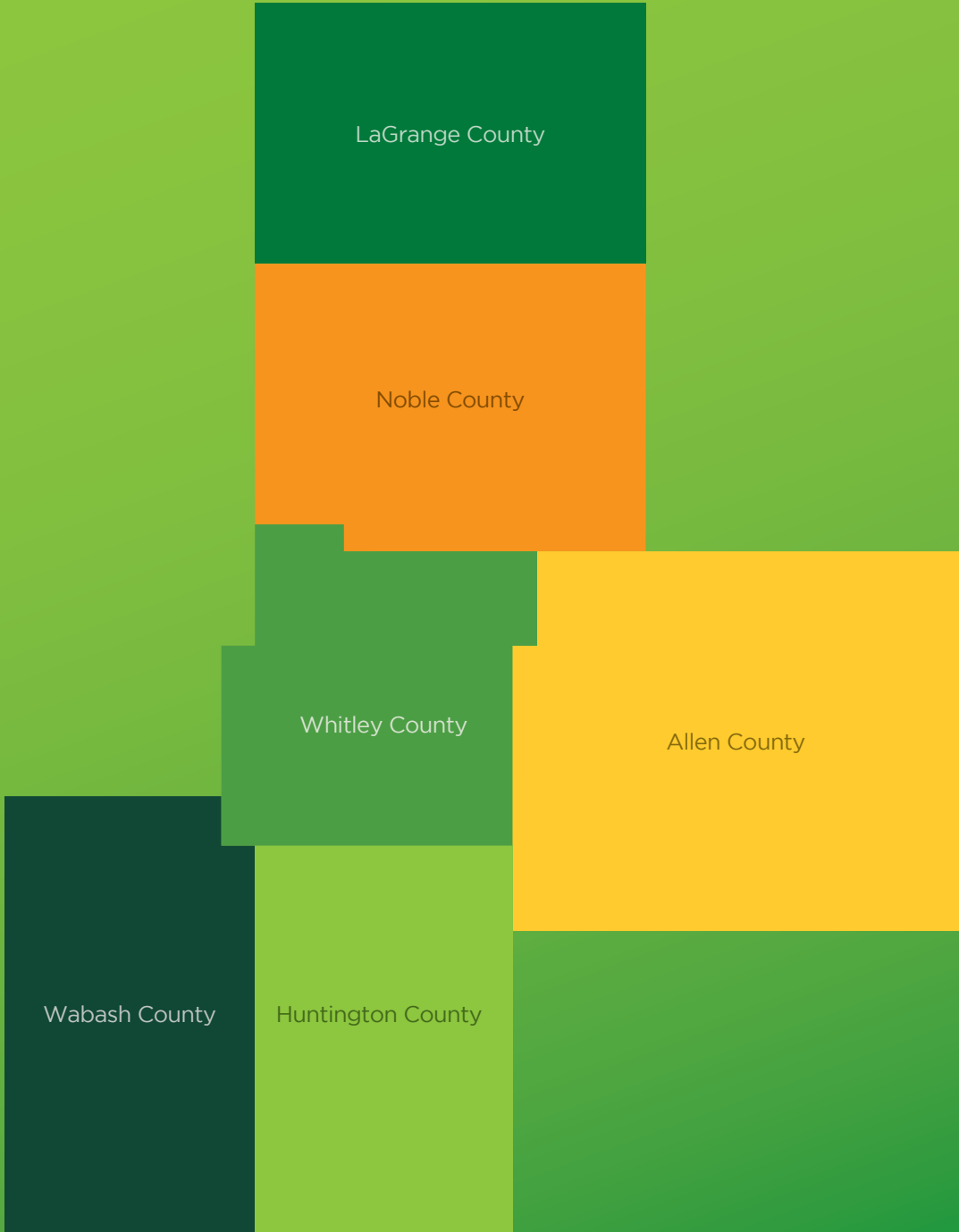


Tim McElwee

Tim McElwee

Senior Vice President,
Parkview Foundations

Helping your **community**



Acacia Claus is Coming to Town

During the month of December, most college students are stressing over the thought of their tests, especially final exams and the long hours of studying that come with the end of the semester. Yet, the Trine University chapter of the Acacia Fraternity was thinking instead about toys and Parkview Health.

The Acacia Fraternity raised funds through their annual Acacia Claus Toy Drive to purchase toys and gifts for children spending their holidays at Parkview. The fraternity's goal is to provide hope and comfort to young patients during one of the most joyful, and sometimes challenging, times of the year.

Cameron Buzzard, Vice President and Head of Acacia Claus from 2014-2017, says the Acacia Claus Toy Drive helps teach him and his fraternity brothers the importance of being a gentleman and a leader as well. "Part of being a gentleman means doing the right thing and helping others at all times. We don't conduct this for our benefit, the publicity or the recognition. We do it because it's the right thing to do, and we do it to help those kids and their families that have to spend their holiday season going through tougher times than most of us can imagine."

This may be Acacia's philanthropic event of choice since their re-founding in 2012, but that is not the only reason Cameron and his fraternity brothers enjoy giving back. The Acacia Fraternity's motto is "Human Service." Through more than 900 hours of annual community service, fraternity members obtain the ability to act and grow as leaders. Cameron and his fraternity brothers work with local businesses and the community to ensure that 100% of the proceeds are used to purchase toys for boys and girls of all ages.

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Even if one person looks at what we did with Acacia Claus and is inspired to do some sort of good on their own, then we have done our job as leaders.”

“Even if one person looks at what we did with Acacia Claus and is inspired to do some sort of good on their own, then we have done our job as leaders,” Cameron said. “That’s what makes the countless hours of work and organization that go into this event every year so worth it.”

Thank you to Cameron Buzzard and his Acacia Fraternity Brothers for helping to put the biggest smiles on Parkview’s tiniest patients.



Second from right: Cameron Buzzard, Vice President and Head of Acacia Claus, and his fraternity brothers celebrate the season.



NICU Patients Surprised by Birthday Kindness

“I was going to be induced—so I knew she would be born early and that she would be in a preemie size. My husband and I had a really hard time finding outfits in preemie sizes and that was a big reason we wanted to donate,”

said Anna Rudicel of her one-year-old daughter, Eden, and their recent gift to Parkview Regional Medical Center NICU patients.

Although still a little “peanut,” Eden is strong and healthy thanks to Parkview Obstetrician-Gynecologist, Dr. Judith Kennedy and her team. As a gesture of appreciation and based on their understanding of what NICU parents are experiencing, Anna and her husband wanted to do more.

So for Eden’s first birthday, instead of presents, Anna asked that party guests bring a preemie onesie or another outfit. Guests were also encouraged to bring an assortment of outfits for both genders. With more than 60 in attendance, guests to Eden’s party contributed more than 100 outfits for NICU patients in an assortment of both preemie and newborn outfits.

“The Rudicel family not only performed a selfless act of kindness, they also were able to give their daughter, Eden, a gift in itself. Eden will not remember the fact that she did not receive toys or presents for herself, but she will always be reminded of how on her first birthday she celebrated her life and her fight in the NICU by giving back,” said Molly Gerke, Parkview Pediatric Child Life Specialist.

Their compassionate gift is a perfect example of the fact that no act of generosity is ever too small.



Anna Rudicel and her one-year-old daughter, Eden.





“

The Rudicel family did not only partake in a selfless act of kindness, they also were able to give their daughter, Eden, a gift in itself.”

Off Tobacco Road

Once upon a time—but not all that long ago—Shelby Sheets took up smoking. Though never a chain-smoker, she enjoyed the occasional cigarette. And like most smokers, she paid little heed to the warning printed on each pack. The public service announcements on TV and radio detailing the hazards of smoking went in one ear and out the other.

Then, it happened.

A friend referred her to a support group, made up of people like Shelby, who wanted to get cigarettes out of their lives. Slowly—a day at a time, as they say—Shelby began doing just that. There was no real physical withdrawal, but there were cravings, borne of the belief that “lighting up” helped calm her nerves. And there was a spiritual dimension: Shelby found strength though her faith to halt the damage smoking was doing to her.

“I was so lucky,” she says now, in retrospect. “I was saved for a reason.”

Cigarettes, matchbooks and ashtrays are now distant memories for Shelby. The problems smoking causes are still with her, though nearly every day she sees people from the Freedom from Smoking Program at Parkview Huntington Hospital. Shelby is building on her experience as a registered nurse and a cardiac and pulmonary rehab therapist to educate, counsel, and encourage

people seeking that permanent detour off “Tobacco Road.”

Freedom from Smoking is an eight-part, 12-hour program that combines workbook lessons, videos, and breathing exercises in a support-group framework.

“Three of the five have stopped,” Shelby notes with a smile. All were longtime, heavy smokers—at least two packs a day. They had tried the nicotine patches and medications to no avail. But the group approach helped them much the way it assisted Shelby years ago.

“Addiction is a huge problem,” says Shelby, who personally crafted the Parkview Huntington program from a blueprint provided by the American Lung Association and with support from the Parkview Foundation. “It’s mental, physical, and spiritual. You have to address those three things if you really want to help people.”



In the course of her work as a respiratory therapist, Shelby saw people of all ages battling the ravages of smoking. When she learned that another Huntington organization had dropped a similar anti-smoking program, she was alarmed that there was nothing in the community to help people who wanted to quit smoking.

She approached her hospital supervisors and proposed her idea of adapting Freedom from Smoking at Parkview Huntington Hospital. She quickly received the green light.

She went about becoming certified as a smoking cessation therapist and started the program in March 2017. Having herself fought through not just smoking but also an eating disorder, she was candid with her initial class.

“I told them there is no easy way out of addiction. We’re going straight through the fire,” she recalls. “And we did.”

Shelby’s immediate goal is to see enrollment grow in each of her seven-week classes and to have more people regain control of their lives from tobacco. Her dream, she says, is to have a comprehensive clinic in the area devoted to helping people kick the habit.

“I believe it’s not important how you get there,” she says of the smoke-free life, “as long as you get there. And I want to show others the way.”

Wound Care Close to Home

Robert Garrett is a Huntington attorney who lives with a troublesome wound. Nearly 17 years ago, he underwent extensive facial surgery as part of his treatment for cancer that left him able to enjoy life and return to work, but with uncertain prospects for the permanent healing of some delicate tissue.

That tissue caused Bob to seek hyperbaric oxygen therapy (HBOT) in Fort Wayne. A hyperbaric chamber—which looks something like a tanning bed—is a pressurized environment of pure oxygen that patients breathe to enrich their blood and promote healing. Every weekday for 40 days, Bob left his home at 6:00 a.m. for the 54-mile round-trip to Parkview Randallia Hospital. The HBOT process took all morning to complete.

Should Bob require further hyperbaric therapy, things could be much different for him. Through the generosity of the residents of Huntington County, through the Parkview Foundation, that same specialized equipment, training, and healing support he received in Fort Wayne will be just a few minutes away, at Parkview Huntington Hospital's new Wound Care Center.



Robert Garrett

Diabetes and cardiovascular disease afflict many of those seeking wound care—and both rank among the top six health concerns for Huntington County, based on the Indiana Partnership for Healthy Communities’ 2016 Community Health Needs assessment. Diabetes ranks as the third-most serious concern. Obesity, often a complicating factor in wound care, was ranked the top concern.

“Our number-one goal is to take care of our patients,” says Todd Sider, M.D., a general surgeon who will be medical director of the Wound Care Center. “Addressing these underlying conditions, using what Parkview Health can provide, and educating patients about self-care can help us get ahead of the problem. Bringing a system of evidence-based procedures to bear on chronic wounds will improve the likelihood of healing.”

Bob believes having wound care close to home will address a psychological barrier he believes prevents some people from realizing the full benefit of approaches like HBOT.

“It’s an extremely tiring and tiresome process,” Bob states. “It’s a mindset—because it’s sometimes difficult to get to the treatment, people become discouraged and skip sessions. And if you don’t go, you regress. Having this here will remove that difficulty.”

Compassion, clinical excellence, and convenience—all are priorities at the Wound Care Center. For Parkview Huntington Hospital, it represents an opportunity to introduce the people of Huntington County to yet another path to a healthier future.



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Treating Food as Medicine

The negative health effects of obesity and diabetes ranked among the most serious health concerns identified by Parkview's 2016 Community Health Needs Assessment. In an effort to address these issues, Parkview LaGrange Hospital created a multidisciplinary task force comprised of clinicians from family medicine, nutrition services, pharmacy, lab, and nursing. After nearly a year of research and planning, the task force launched the Food Pharmacy pilot program at Parkview LaGrange Hospital.

The Food Pharmacy pilot program focused on helping each client experience measurable success by:

- Reducing the negative health effects of obesity and diabetes
- Using food as medicine
- Learning and practicing the skills needed to change their lifestyle
- Practicing careful and collaborative medication management



The ten clients who participated in the pilot program were required to meet certain inclusion criteria, including specific health measures, a willingness to make some lifestyle changes, and to sign a participant contract to abide by the program's standards. All clients were required to be referred by their primary care physician.

The Food Pharmacy pilot consisted of 18 sessions over a period of six months.

The classes combined education about diabetes, nutrition education, medication therapy management, and cooking classes.

Over half the classes involved hands-on meal preparation using recipes high in flavor and nutrients, and low in carbohydrates and empty calories.

To lay the groundwork for measuring outcomes, lab tests were done at the beginning, midpoint and final class of the series. In addition, each class included a weigh-in and blood pressure check. Medication changes or interventions were made for clients as needed.

By the time of the final session of the Food Pharmacy pilot program, weight

loss, improved laboratory results—including an average aggregate lowering of A1C results—and reduction in blood pressures were just a few of the benefits the clients experienced.

The driving force behind these results has been the members' new approach to food. "I can tell when my blood sugar spikes when I eat too much," said class member Tyler Dearduff. "I am checking my blood sugar all the time and have learned that I can actually lower my blood sugar when I eat healthy."

Thanks to the support from the LaGrange County community through the Parkview Foundation's Annual Paddle for Parkview event, the Food Pharmacy program will be able to help others find healing through proper diet.



Food Pharmacy class members Robin Lucas (left) and Sylvia Bills display their freshly prepared apple crisp.

Training for the Unknown

We've all heard the old saying that "practice makes perfect." For first responders—our EMS, fire fighters, law enforcement officers and others—this phrase also holds true, but with an important difference.

When a disaster strikes, it is rare for first responders to know exactly what will be facing them. It may involve a serious accident with farm equipment in the middle of a field, a multi-car accident on the toll road, an outbreak of a highly infectious virus. It could involve one person or dozens of people. The limitless variables and circumstances make it essential for first responders to identify, learn, and practice common emergency response protocols until they are second nature.

Another important variable is the rapidly expanding type of emergencies that take place around the country. Most disturbing are encounters with an active shooter like those in Las Vegas, or Sandy Hook Elementary School. In these situations, the first responders are often attempting to identify and provide care to victims while the threat is still happening and at a time when others—including the responders themselves—continue to be at risk.

Through the generosity of donors in 2017, the Parkview LaGrange Foundation was able to provide four Parkview LaGrange EMS medics the

opportunity to receive training for response to an active shooter situation in our local communities. The class is designed to decrease preventable deaths in a tactical situation.

Bruce Coney, Parkview LaGrange EMS manager, said, "This training prepares us for the unknown here in LaGrange County. We need to be trained and ready for anything that presents itself. The training is designed to teach casualty management during civilian tactical, hostile, or high threat incidents, as well as rescue operations. This training will help us to prepare—physically and psychologically—to deliver effective care at the right time during the phases of direct threat, indirect threat, and evacuation. Though we sincerely hope we never need to put this training to use here in LaGrange County, it is important for us to be prepared."

The course, Tactical Emergency Casualty Care, was taught by experts from the National Association of Emergency Medical Technicians (NAEMT). LaGrange County donors made this important training possible!



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The AlterG Freedom

Ten-year-old Landon Conley has a lot in common with other boys his age. He knows almost everyone at Rome City Elementary School, where he attends 5th grade. He considers many of them to be his good friends. When they aren't working, his parents, Mindy and Ty Conley, can be found coaching the East Noble Youth Football League, devoting time to the community, taking the boys to a myriad of activities, and spending quality time together.

However, unlike most children his age, Landon has Duchenne muscular dystrophy. The degenerative muscle disease keeps Landon confined to his power wheelchair.

Landon has been coming to Parkview Noble Therapy since March 2014 for physical and occupational therapy. The goals that Landon and his therapists have established include maintaining his range of motion and muscular strength through walking and other exercises, as well as working on fine motor skills like writing.

For people like Landon, whose lower body can no longer support his full body weight, one of the best rehabilitation options is the AlterG Anti-Gravity Treadmill. The treadmill's antigravity technique reduces the weight supported by the patient's legs by up to 80%. This allows patients and athletes to regain mobility much more quickly, improve overall strength and fitness, and increase range of movement. The AlterG provides a comfortable and safe environment for patients all of fitness levels. It is an effective tool for therapy because it provides instant visual feedback which allows patients to correct their movements quickly. The treadmill also provides a safe environment not only for the patient, but for the therapists and caregivers as well.

Thanks to funds provided by generous Parkview Noble Foundation donors, Parkview Noble Therapy was able to purchase the AlterG Anti-Gravity Treadmill. Multiple patients have benefited from this innovative treadmill therapy and Parkview Noble Therapy is the only Parkview facility to have this treadmill.

Physical therapy is often difficult and painful for Landon. But using the AlterG was something he looked forward to. It gave him a sense of achievement. It allowed Landon to walk again at approximately 50% of his body weight and experience the full range of his feet and legs, long after he had been confined to a wheelchair.

“Before he started using the AlterG, Landon was doing aquatic therapy,” explains his mother, Mindy Conley. “We would have to go to a pool in Fort Wayne once a week all through the winter. He would have to use a very uncomfortable harness to support him and it didn’t offer him the same range of motion. The AlterG was much more comfortable and allowed him to wear his splints. The camera showed how his feet and legs were moving, helping him and the physical therapist talk about what he could do better or differently.

“But, the best part was that Landon was not scared or anxious about the AlterG. In fact, he looked forward to it!”

Landon used the AlterG once a week for about six months. The treadmill can be inclined and the pace can be adjusted to his needs. Landon started with approximately eight minutes of walking on about 50% of his body weight and increased to 30-minute walking sessions.

“Landon was walking and it was making him stronger. He was able to use the full articulation in his foot, and the incline on the AlterG helped as well,” explained Ty Conley. “I was so happy and excited when Landon worked up to walking on 80% of his body weight!”

“Landon really liked the freedom that the AlterG gave him,” said his father.

“I even got to run! My legs felt like they were going to pass out, because I went so fast,” beamed Landon. “It was the best thing I ever used!”



Ge'Onna Decker, Outpatient Physical Therapist (left) and Jenny Fox, Outpatient Occupational Therapy Assistant at Parkview Noble Therapy help Landon increase his strength and refine his motor skills.

Extension Homemakers Donate Nursing Covers

The Noble County Extension Homemakers of Noble County donated 25 handmade nursing covers to the Parkview Noble Foundation for nursing mothers at Parkview Noble Hospital.

Community service projects are an important focus for the local homemakers group, which has over 50 members in Noble County. Melba Larrison, a longtime member of the group, explained that much of the material used was donated to them. Making nursing covers has become one of their preferred projects, with up to 15 members participating in “project meetings” to cut material, iron, sew, and fold the colorful covers.

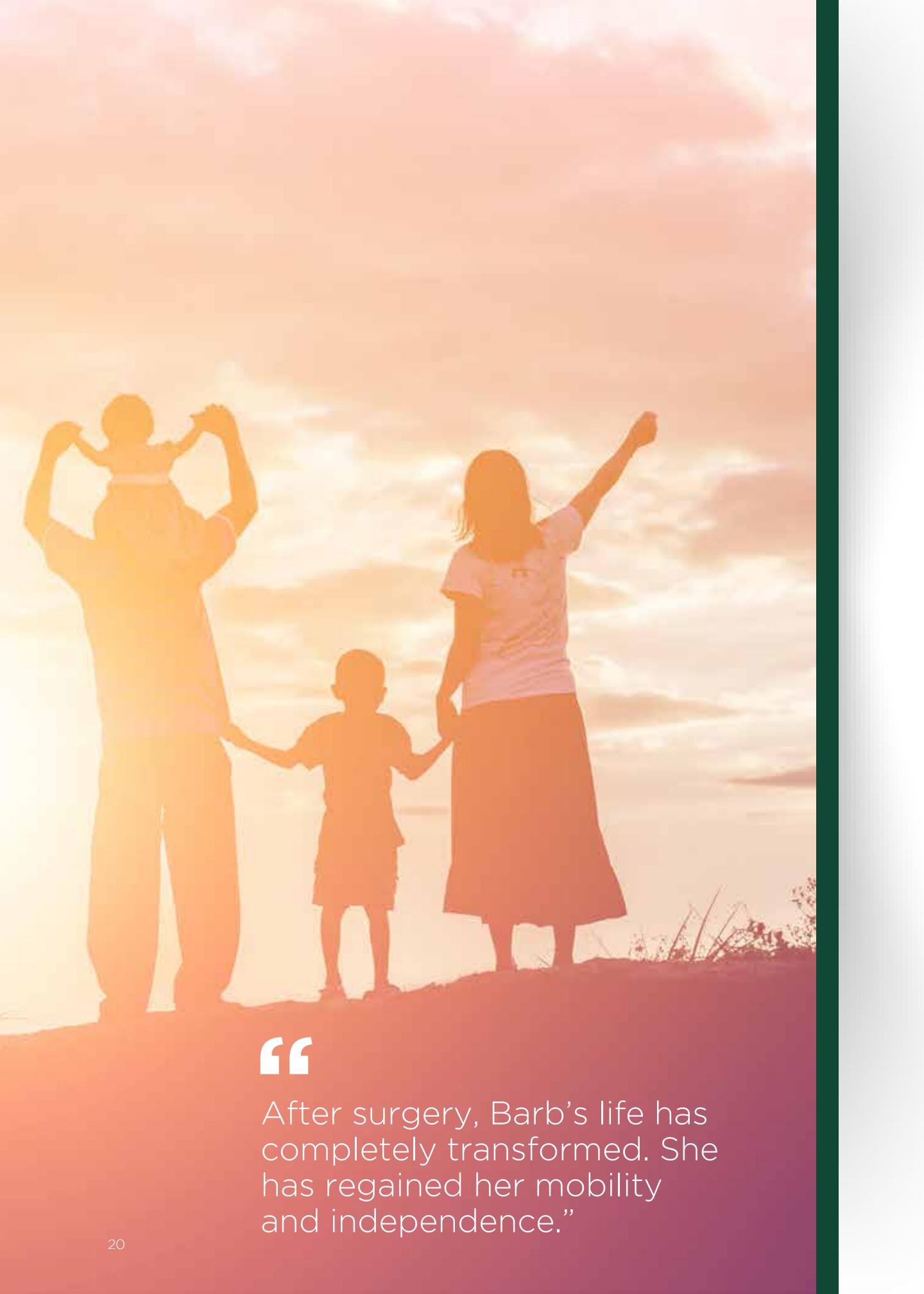
Ashley Rodenbeck, Family Birthing Center supervisor at Parkview Noble Hospital, said that about 80% of the babies born at the hospital each month are breastfed by their mothers. She and Heather Antal, Family Birthing Center manager, agree that mothers feel more comfortable nursing when they use the covers.

“Being able to give new mothers a nursing cover is just one more way we can encourage our mothers to breast-feed their newborns,” said Heather Antal. Statistics show that the longer babies are breastfed, the healthier they are in their first year of life. As they grow up, they have fewer allergies and are less likely to be obese later in life.

Holding the nursing covers from left to right: Cathy Linsenmayer, Parkview Noble Foundation Director; Melba Larrison, Noble County Extension Homemakers member; Heather Antal, Family Birthing Center Manager; Ashley Rodenbeck, Family Birthing Center Supervisor.







“

After surgery, Barb’s life has completely transformed. She has regained her mobility and independence.”

You Helped Barb Get Back on Her Feet

Pain. Frustration. Difficulty accomplishing the simplest tasks. This was Barb's existence before your generosity changed her life.

Barb had undergone double knee replacement surgery as well as a left hip replacement. Several years later, the pain in her right hip became constant and debilitating.

Before she was able to undergo another hip surgery, Barb was diagnosed with breast cancer. Her battle against cancer was ultimately successful but it left her emotionally and physically drained. Meanwhile, the pain in her hip continued to grow worse.

It was obvious to the surgeon that after everything she had endured, Barb was not physically strong enough for hip replacement surgery. Upset and hopeless, Barb could not imagine her circumstances improving.

When surgery was not an option, Barb was referred to the Parkview Wabash Hospital therapy department where clinicians began working with Barb in the therapy pool, helping her gain strength.

The generosity of donors through the Parkview Wabash Foundation provided financial support for the therapy pool that would be vital in Barb's rehabilitation.

When Barb began her therapy, she required constant assistance – walking from the car to the building, preparing to swim as well as entering the pool. The treadmill in the pool helped her to start walking again, eventually gaining strength to walk longer distances.

Within months, her physical condition began to improve. Even though she still struggled with hip pain, she grew stronger and was able to move quickly toward a plan for surgery and relief.

After surgery, Barb's life has completely transformed. She has regained her mobility and independence. And she is once again able to care for herself and her family.

“Parkview Family” Takes on a New Meaning

Generosity touches not only our patients, it also allows us to extend a helping hand to our coworkers in need.

When Marcie first started her career at Parkview Wabash over two decades ago, she was a single mother of three. Today, she finds herself in that increasingly common stage of life in which she is caring for several generations within her family. Marcie and her husband, George, continue to help her three kids face adult health challenges. Marcie also cares for her mother who is in assisted living. With her children and her mother in need of support, Marcie’s resources were quickly diminishing. She found herself at a breaking point.

Unexpected repairs meant that credit card bills began to snowball. Expenses continued to pile up. Marcie and her husband sought credit counseling in an effort to better manage their growing financial concerns. Just then, Marcie was faced with yet another unexpected family emergency.

But as Marcie desperately faced these mounting difficulties, her Parkview family stepped in to encourage her, just as they always have. Marcie knew about the Employee Emergency Assistance Fund and her supervisor urged her to seek help through the program.

“It wasn’t a lot,” Marcie said. “But it was just enough to keep us afloat.”

The Employee Emergency Assistance Fund is made possible entirely through the generosity of Parkview coworkers in support of Parkview coworkers. Whether it is a house fire, a medical situation, or one of life’s random curve balls, the fund provides a haven from despair as it meets the most immediate needs our coworkers face.

Sometimes “just enough” is exactly what we need. Today, Marcie and George are doing much better financially. The generosity of Parkview coworkers saw Marcie through her difficult period, as it has for so many others.

In sharing her deep appreciation, Marcie passed along this note of gratitude: “Thank you to my coworkers for their friendship and willingness to support me in my time of need. I couldn’t have made it this far in my journey without them.”

The generosity of the Parkview Foundation’s supporters is important and does not go unnoticed. Thank you!

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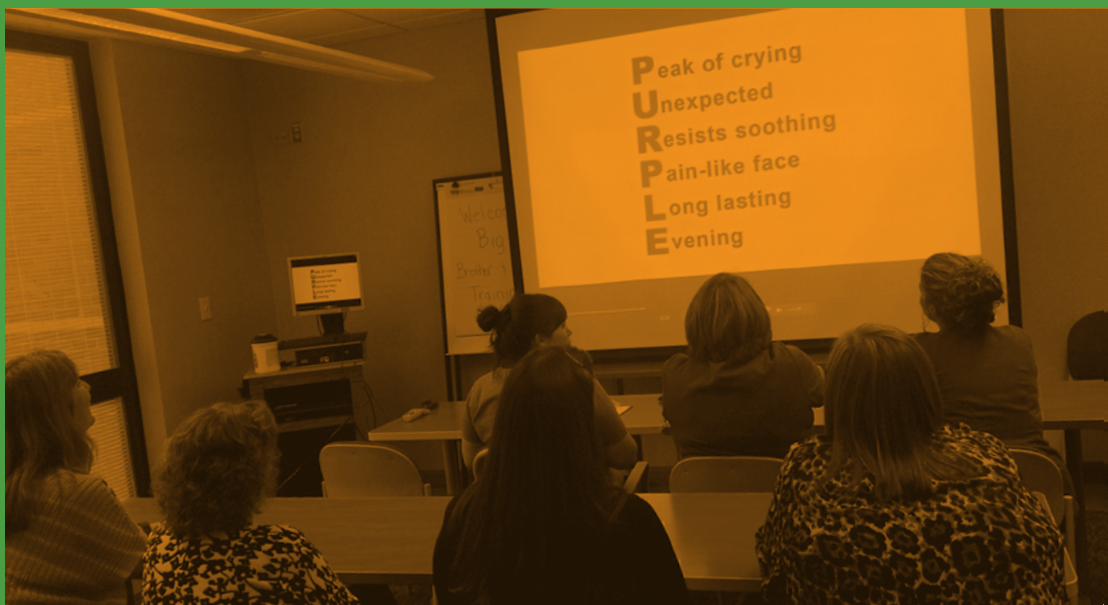


Period of PURPLE Crying

In 2017, Fort Wayne Children’s Foundation, Inc. awarded the Parkview Foundation a grant to support the *Period of PURPLE Crying*. These grant dollars have specifically supported the purchase of educational materials and community awareness efforts throughout communities like Whitley County.

The *Period of PURPLE Crying* was developed as an evidence-based prevention program by the National Center on Shaken Baby Syndrome (NCSBS), a nonprofit organization with a mission to prevent shaken baby syndrome and promote the well-being of infants through the development and implementation of programs, policy and research; and to support and educate families, caregivers and professionals.

It has been repeatedly proven that the most common stimulus for shaking a baby is frustration with an infant’s crying. Surprisingly enough, most parents and caregivers have not been told that all babies experience a normal period of increased crying—including unsoothable crying—in the first few months of life beginning at about two weeks of age, peaking in the second month and generally ending by about three or four months.



Because they are uninformed, many parents and caregivers believe there is something wrong or abnormal with their baby or with themselves as caregivers when they are unable to soothe and calm their crying infant. This increases the likelihood that they may react in frustration and anger to the crying by shaking or another form of abuse.

With the *Period of PURPLE Crying* program, new parents will receive a DVD with a 10-minute film about the period of PURPLE crying and the dangers of shaking an infant, as well as a 10-page full color booklet. Additionally,

parents will receive a 17-minute video with evidence-informed strategies for soothing a crying infant and techniques for coping with crying that may become frustrating. The program is delivered by a trained professional following the birth of a baby and is given to parents to take-home to review and share with other caregivers.

Because of this generous grant and support from Parkview Foundation donors, this program has continued into 2018, serving Whitley and several other counties in northeast Indiana.

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Surprisingly enough, most parents and caregivers have not been told that all babies experience a normal period of increased crying—including unsoothable crying—in the first few months of life.”

A Quicker Recovery

Janice Gordot went to Parkview for a total knee replacement. “I’ll say right up front that even though I was having the surgery, I really thought there was absolutely no way I’d ever regain the full use of my knee.”



Cindy Ruich, Registered Physical Therapist
– Parkview Whitley Hospital

But Janice was in for a surprise. Her doctor had her on her feet almost as soon as she came out of the anesthesia, and physical therapy started soon after. She had two sessions a week for seven weeks, and each session lasted 45 minutes to an hour.

“The therapists were wonderful people,” said Janice. “Very caring and very careful. They took the time to explain why they were doing what they were doing. They never hurried me through a session or made me feel rushed. They took as long as I needed for me to feel confident and at ease learning to use my new knee.”

One reason for that sense of ease was due to the fact that—thanks to the generous donors who contribute to the Parkview Whitley Foundation—the therapy department at Parkview Whitley Hospital was able to purchase additional therapy tables. Even at peak times, patients no longer have to wait for a table to become available.

Janice reports that she has gained full mobility. “You wouldn’t even know I had knee surgery,” she stated. “And I owe it all to the wonderful therapists at Parkview.”

Even though she may not realize it, Janice owes a small part of her recovery and rehabilitation to the generous donors who made it possible for the therapy department to buy those extra therapy tables.

Generosity **heals:**

thanks to **You**

THANK YOU

Thank you to the **4,900 individuals and organizations** who gave through the Parkview Foundations in Allen, Huntington, LaGrange, Noble, Wabash and Whitley Counties.



\$2,023,146

Total money distributed

\$106,563

was provided to support **hospice care** in all six counties.



\$74,678

donated through the Employee Emergency Assistance Fund (EEAF).

112 COWORKERS ASSISTED

\$209,403

given for pediatric healthcare advocacy training through The **Catie B. Circle of Care** program.

