

WINTER 2018

SPECTRUM HEALTH
Foundation

SPECTRUM HEALTH
Helen DeVos
children's hospital
FOUNDATION

Giving Matters

Spectrum Health Foundation and Helen DeVos Children's Hospital Foundation Magazine



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Spectrum Health Foundation and Helen DeVos Children's Hospital Foundation are committed to advancing the health and well-being of the community through philanthropy.

Thank You



The holiday season is fast approaching, and we look forward to moments with family and friends. You are a member of this donor family, and our hearts are overflowing with gratitude for the generous gifts you give to Spectrum Health, including Helen DeVos Children's Hospital.

A member of our family is no longer here. From the beginning, Rich DeVos had the vision of what Spectrum Health would mean for a community he loved. He lived his values of faith, family, freedom and philanthropy. We honor his lasting legacy. As he always said, we "love ya, Rich."

You are an integral part of the growth and development of Spectrum Health. You create an exceptional health care resource that is serving Michigan and beyond—bringing access to world-class care to people close to their home and surrounded by family. You bring frontiers of research and medical education leading the way in precision medicine. Because of you some of the brightest minds and biggest hearts have joined Spectrum Health.

Enjoy the personal stories of why and how people choose to give back through memorial endowments to their community hospital, students dancing the night away to care for the next generation of kids, foundation gifts launching new programs in culinary medicine, and the BIG and LOUD programs for Parkinson patients.

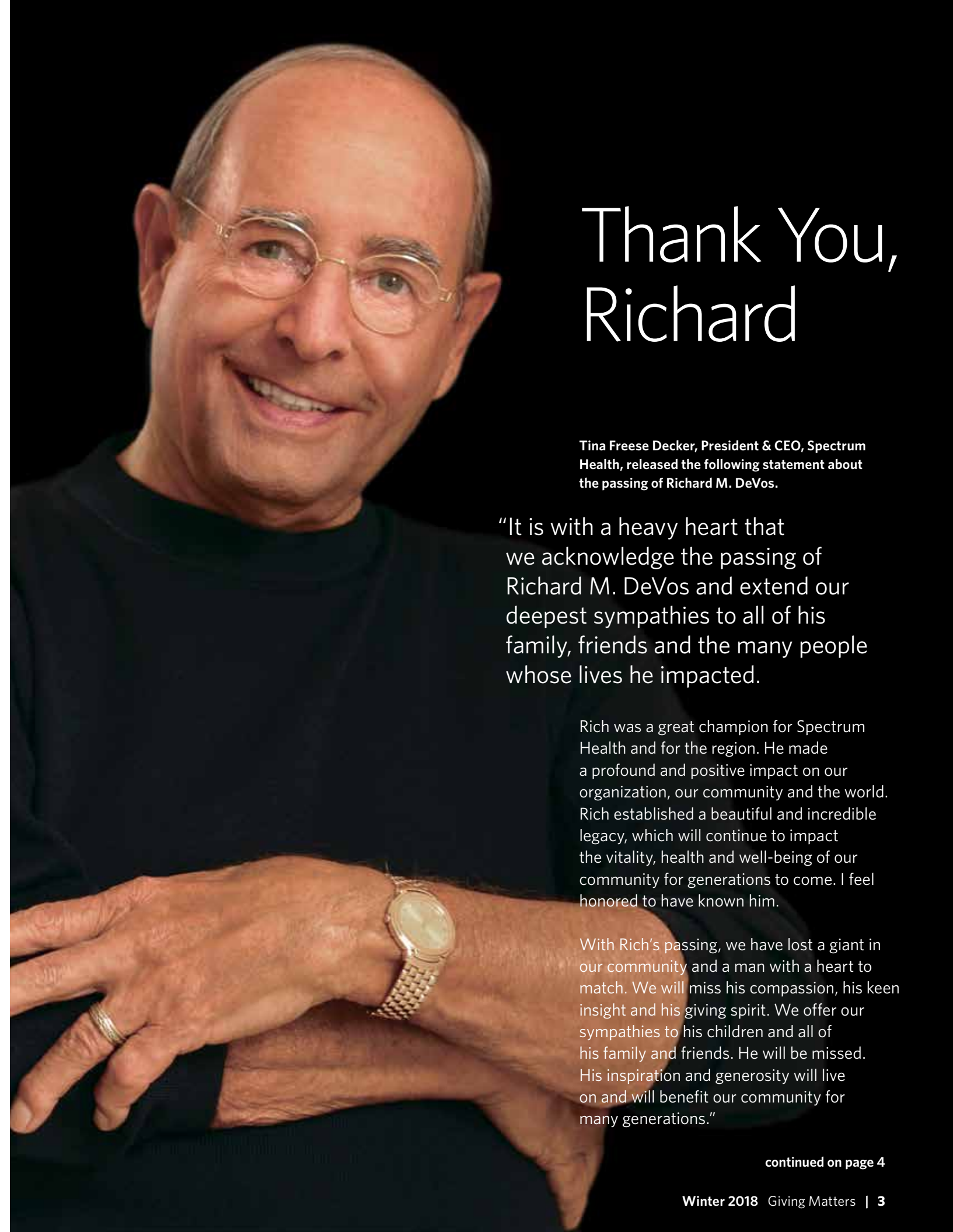
This Thanksgiving, understand you are our "why" and we are tremendously grateful for all you do.

Gratefully,

Spectrum Health Foundation
Helen DeVos Children's Hospital Foundation

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Thank You, Richard

Tina Freese Decker, President & CEO, Spectrum Health, released the following statement about the passing of Richard M. DeVos.

"It is with a heavy heart that we acknowledge the passing of Richard M. DeVos and extend our deepest sympathies to all of his family, friends and the many people whose lives he impacted.

Rich was a great champion for Spectrum Health and for the region. He made a profound and positive impact on our organization, our community and the world. Rich established a beautiful and incredible legacy, which will continue to impact the vitality, health and well-being of our community for generations to come. I feel honored to have known him.

With Rich's passing, we have lost a giant in our community and a man with a heart to match. We will miss his compassion, his keen insight and his giving spirit. We offer our sympathies to his children and all of his family and friends. He will be missed. His inspiration and generosity will live on and will benefit our community for many generations."

continued on page 4



The children of West Michigan have lost a great friend and champion with the passing of Richard DeVos.

Rich and Helen were pivotal in the creation of Helen DeVos Children's Hospital and made a significant gift to support the child life program at the hospital. Thanks in large part to their generosity, Grand Rapids is home to a nationally recognized, statewide referral and teaching center and one of only 220 children's hospitals in the nation. Rich leaves a lasting legacy of improved health care quality and access for future generations.

Bob Connors
President
Helen DeVos Children's Hospital

We lost an extraordinary friend and inspiring leader with the passing of Rich DeVos. His positivity and "can do" attitude inspired each of us to strive for excellence. Known for his generosity throughout our community, Rich was a tremendous catalyst to engage others in giving, encouraging everyone to get involved.

Because of his commitment and leadership, we are blessed with world-class health care in West Michigan.

Rich was a true people person, and he made each person he came in contact with feel valued and an important part of the team. He inspired excellence in our doctors and hope in patients and families. Rich DeVos' influence will live on in the goodness, caring and remarkable spirit he imparted on so many.

Vicki Weaver
President
Spectrum Health Foundation
Helen DeVos Children's Hospital Foundation

I am deeply saddened by the news of Rich DeVos' passing. The vision and generosity of Rich and Helen DeVos have had an enormous impact on the health and quality of life of children and their families throughout our region, our state and the nation.

Far beyond their extraordinarily generous philanthropy, Rich and Helen have been at the spiritual heart of our children's hospital from the very beginning.

Their gifts have not only made possible accessible, highest-quality health care for children, but their major commitment to our child life program at the hospital provides the very culture for this child-centered, family-friendly beacon of hope and healing. It has been a highlight of my career to be blessed to work with Rich DeVos. His legacy will continue to impact children and families for generations to come.

James Fahner, MD
Division Chief, Pediatric Hematology and Oncology
Helen DeVos Children's Hospital Foundation

I am saddened by the passing of Rich DeVos, but he leaves a lasting legacy that will continue to benefit countless people through improved health care quality and access. The Richard DeVos Heart and Lung Transplant Program provides treatment, close to home, for some of our most vulnerable patients, whose hearts and lungs are not strong enough to function on their own.

Rich's generosity is helping to enable advanced treatments and a better quality of life for patients in West Michigan who used to have no option close to home and family.

Richard McNamara, MD
Founding Co-Director
Spectrum Health Frederik Meijer Heart and Vascular Institute

Personalized Medicine

If you visited Katie and Peter Johnson's neighborhood on a hot summer day, you would often see their son, Elliot, and his three sisters playing vigorously—soccer, swinging on the tree swing or just running around as children do. These children stand out, especially in their parents eyes—strong and healthy with beautiful smiles. This is true today, but was not in 2016 or 2017.

What happened is a fear that reverberates in the hearts of all parents. "Your child has cancer" became a reality for Katie and Peter Johnson, and their son, Elliot, in January 2016. He was 7 years old when he began having seizures. The first MRI diagnosed a congenital malformation, and he was placed on anti-seizure medication. Elliot wasn't responding to the medication, and the neurologist ordered another MRI of the right temporal lobe. This MRI saw the slow-growing brain tumor, ganglioglioma. "Surgery was scheduled within the week and went amazingly well," said Elliot's mom, Katie. "He was running around and was seizure free. We thought once it was removed, it was gone forever."

Forever lasted a mere four months, and it went from a very slow growing brain tumor to a very fast-growing, aggressive brain tumor. Elliot underwent a second brain tumor surgery in October 2016. They removed larger sections around the tumor to go after the margins. The Johnsons were astounded at Elliot's resilience. "He never had any pain," Katie said. "Radiation and chemotherapy weren't required for this type of brain cancer. We would monitor it and wait and see."

But four months later, in February 2017, the tumor was back again. Albert Cornelius, MD, hematology and oncology, Helen DeVos Children's Hospital, recognized this ganglioglioma was unique and threatening and may not respond to the recommended chemotherapy and radiation. He also knew Giselle Sholler, MD, physician oncologist and Endowed Haworth Family Director of the Innovative Therapeutics Clinic at Helen DeVos Children's Hospital and an international leader in precision medicine, could help analyze Elliot's tumor and identify a personalized treatment plan. "We said 'yes!' knowing it meant another surgery," said Katie. "It was better than a shot in the dark. Thanks to Dell's donated computers and the Translational Genomics Research Institute (Tgen) it took just three weeks for the results to come back. It told us Elliot's tumor was going to be resistant to the recommended therapy—Brafv600E. Not only was it resistant, but the drug would have given the tumor a gas pedal to reproduce new pathways and grow back faster."

Personalized medicine identified Dabrafenib to shut off the pathway and stop the tumor growth. "It's only been used to treat ganglioglioma for two years," Katie said. "Personalized medicine provided us with a color-coded chart and a number of different therapies and levels of sensitivity. It also told us that he was sensitive to turmeric, cumin and myrrh essential oil."



Another benefit of participating in the Helen DeVos Children's Hospital Pediatric Childhood Cancer Research Program, Signatures, is the consortium study involving a panel of physicians, pharmacists and physician scientists. "Knowing Elliot had a team behind him and we were working together provides us so much comfort," said Katie. "We have confidence in the recommendations, including the six weeks of radiation before the chemotherapy. As a parent, you want to do the best for your child, and this program is the very best."

For more information on how your donations will fund childhood cancer precision medicine research, contact Anna Marzolf at 616.391.3141 or anna.marzolf@spectrumhealth.org.



Culinary Medicine Bringing Physicians and Families to the Kitchen

Cooking lessons—with a fun, tasty and hands-on approach—form the core of a new culinary medicine program for the doctors in Spectrum Health’s residency program. Thanks to the Michigan Health Endowment Fund and a partnership between Spectrum Health’s department of behavioral science and lifestyle management, pediatric and family medicine residency programs and healthier communities, the scientifically grounded, three-month culinary medicine program will reach 200 underserved families with children who are overweight or obese, while improving access to healthy, whole foods.

The need is great. Kent County faces alarming rates of childhood obesity, poor health behaviors and energy balance, and food insecurity. Dietary patterns have been cited as a main contributor to obesity and chronic disease. Culinary medicine blends the art of cooking with the science of medicine. Culinary medicine targets the crucial role that diet plays in preventing chronic disease such as Type 3 diabetes and cardiovascular disease. “It’s not gourmet cooking. This is about how you can cook in an easy, convenient, low-cost and delicious way for maximum health benefits,” said Leanne Maureillo, PhD, a health psychologist and

director of behavioral science and lifestyle management for Spectrum Health. “It brings dietitians, physicians and chefs together to educate about the powerful influence food has on health and disease.” The focus and messaging will focus on the positive, on healthy eating and nutrition.




In 2012, Tulane University School of Medicine launched the Goldring Center for Culinary Medicine and has since been a leader in curriculum development and research in this growing field of medicine. They formed a national collaborative consisting of nearly 30 medical schools and academic health systems, including Spectrum Health. This program works. “We all make countless dietary choices throughout our everyday lives that influence our health and well-being, disease progression and health outcomes,” said Kristi Artz, MD, emergency physician and medical director, certified lifestyle medicine fellow for Spectrum Health. “Culinary medicine is an interactive and patient-centered way in which we can partner with our community, meet them where they are in their dietary patterns, and educate and teach about appropriate and incremental changes that can support health.”



What Residents Are Saying
 “It helps not only to just better care for our patients but to better care for ourselves, to try some new recipes, to see what we can learn and what we can share.”
 “The culinary sessions allowed me to further find ways to apply nutritional concepts directly to the kitchen and dinner for my patients.”



Thank you, Michigan Health Endowment Fund, for improving the health of the communities we serve through culinary medicine. If you are interested in hosting a culinary class for friends and family or providing a class to those who cannot afford it, contact the foundation at 616.391.2000 or foundation@spectrumhealth.org.

200 families 
 80 pediatric and family medicine health care professionals 
 40 pediatric and family residents 

more than 
 individuals benefited 



“Now this is not the end. It is not even the beginning of the end, but it is, perhaps, the end of the beginning.”

- Winston Churchill

I'm More Than a Number

“What is your name? What is your date of birth?” Questions that help keep patients safe may feel repetitive to hear and redundant to answer. Especially for Jack Postma, who has been answering these questions since he was first diagnosed with prostate cancer in 2010. Jack says it best: “I’ve been here for five years now, four cancers and being the 16th and the 400th Adult Blood and Marrow Transplant patient, I know the questions before they ask—my name, my date of birth, why I am here. However, one of the things I learned very quickly is that I’m not just a number—I am a real person. I felt this every time from every provider and clinician.”

Jack is winning the battle because of the entire multidisciplinary team of cancer experts and skilled clinicians he trusts and calls family. “They said they were going to do everything they could to buy me more time,” Jack said. “More than that, they walked with me every step of the way. I was never alone. I was

more than a number. The care is beyond exceptional. I’m here celebrating 49 years of marriage to my lovely wife, Eleonore.”

The Adult Blood and Marrow Transplant Program at Spectrum Health Cancer Center, started in 2013, is surpassing expectations for growth and clinical excellence. “I had no idea we could grow this fast,” said Stephanie Williams, MD, chief of Adult BMT. “It is gratifying to be able to serve so many patients and families. We celebrate with them and the community members who made this happen.” You provide the resources necessary to grow a strong clinical, research and high-volume cancer center serving patients and families.

We know it is because of you that this “is the end of the beginning,” and we are excited to walk this journey into the future knowing we are in this together. If you are interested in learning more or contributing, contact the foundation at 616.391.2000 or foundation@spectrumhealth.org.

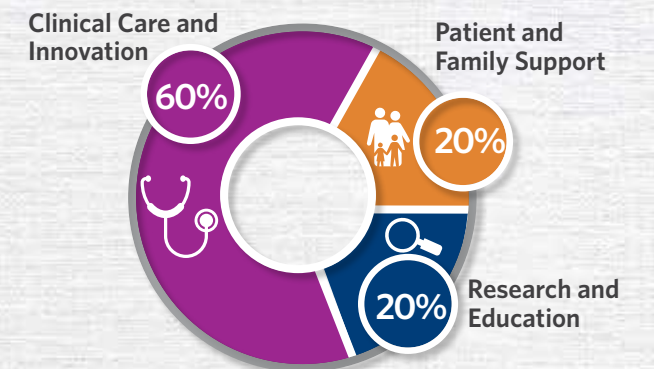
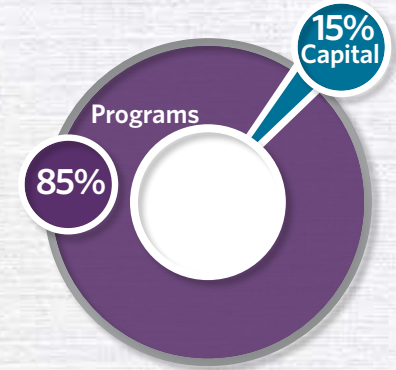
Financial Summary

Spectrum Health Foundation and Helen DeVos Children’s Hospital Foundation combined statements of activity (in thousands)

Thanks to your generosity, we were able to provide our patients and their families a broader, more sophisticated offering of high-quality services. Donations of all sizes support clinical care, patient and family support programs, and research and innovation initiatives.

Year Ending June 30	2018
Revenues	
Contributions	\$25,995
Net Investment Income	9,233
Other Revenue and Transfers	5,795
Total Revenues	41,023
Expenses	
Program Distributions	
Program Services	18,750
Capital Transfers	3,265
Total Program Distributions	22,015
Operational Costs	
Fundraising	2,581
Program	1,304
Administrative	1,425
Total Expenses	27,325
Change in Net Assets	13,698
Net Assets, Beginning of Year	161,213
Net Assets, End of Year	\$174,911

2018 Total Distribution
\$22 million



75% of donors give less than \$250 annually

5,510 first-time gifts

302 specific programs supported



BIG and LOUD

Are Improving the Lives of Parkinson Patients



“Think big, move big, one, two, three, four, five, six, seven, eight, nine, ten.” The patients bring their fingers to meet their thumb as they count through the progression. This is a community—a community of support and encouragement for patients with parkinson’s disease. “I look forward to the sessions because it is too easy to withdrawal from daily life and interaction,” said Charles (Chaz) Schaner, who was diagnosed with PD in 2016.

Thanks to the Kirk Gibson Foundation, graduates of the BIG and LOUD programs have access to continue this life-changing work free of charge. His support provides for group exercise classes following the completion of the full BIG and LOUD programs, both of which are intensive month-long 16-visit programs. The post-discharge group therapy programs meet twice monthly and are led by Kerri Vryhof, occupational therapist and Lea Norbotten, speech and language pathologist. They encourage the participants to move big and talk loud. Kerri leads them through a variety of movements addressing small motor tasks like the finger exercise to keep fingers moving and able to button a shirt, and large motor activities to maintain balance and mobility to get off of a sofa or chair. Lea leads the group through a variety of speaking exercises improving loudness and intonation, articulation and functional communication and increasing facial expressions while talking. They keep patients engaged with regular sessions and daily assignments for practicing newly learned skills.

“We say it’s the ‘disappearing person’ disease because our gestures and actions become smaller and slower, making it difficult to do things independently and express ourselves verbally and nonverbally through eye contact and smiling.”



“We are incredibly grateful to Kirk, a former Detroit Tiger and Michigan State University star,” said Lea. “He wants to find a cure, but in the meantime, approximately 1 million individuals in the United States have PD, and he wants to help those patients today. This gold-standard program minimizes the rate of progression, functional decline and preserves a greater degree of quality of life.”

This program is in need of additional funding. You can help by contacting Kris Palosaari at 616.391.2568 or kris.palosaari@spectrumhealth.org.



A Message From Dick DeVos, Chairman, Spectrum Health System Board of Directors

All the Best to Rick and Peg Breon

It is a privilege to say thank you—on behalf of myself, my father and my family—for what you both have meant to us as a family and as a community. Frankly, most people in West Michigan don't know all you've done, but I have been watching. You have been an enormous gift to West Michigan.

Peg, how you have engaged and brought your special warmth and energy into this community. Rick, I've watched your wisdom, your patience and your business judgment that has brought together an extraordinary health system that serves our community well.

Rick, you have been an extraordinary leader for 18 years. You arrived at what was a very good community hospital, and what you leave behind now is an exceptional regional medical center that is gaining national prominence. That is a phenomenal achievement. You can and should be very proud of the legacy you leave behind.

You've both left a mark on our town. A mark on our region. You've both made an enormous difference. I know you are all about results and not recognition, but I want to recognize what you've both done, what you've brought to our community. On behalf of all of us, thank you. Thank you for a job well done.

Tina Freese Decker Named Spectrum Health President & CEO

The search for the next Spectrum Health President & CEO was an exciting period and quite a process. In fact, it was a very extensive process. We sought out leaders nationally and internationally. We worked through an outside agency, talking about the capabilities, qualities and vision that will be required going forward.

The board unanimously selected Tina Freese Decker as our next President & CEO. She knows us well. She knows our community well. She knows our Spectrum Health culture well. She knows health care well, including its fast-changing landscape. She has a passion for delivering health care to every individual in our community. She wants to do it well, she wants to do it right, she wants to be constantly improving. She is an inclusive leader—she wants your opinion and will seek it out, and collaboratively, will make the best decision. She will serve you, our organization and our community very well. I look forward to working with her, standing with her and supporting her. We need to come together—the work we do is just too important to not give it our very best. Keep charging, Tina!

Caring for Kids 25 Years and Counting



For 25 years, we have been doing everything we can to keep kids healthy. Since the opening of our doors in September 1993, we have been committed to comprehensive, high-quality health care for infants, children and teens. Whether they are from Michigan or from around the world, we do whatever it takes to provide special care to our patients and their families.

Philanthropy is an essential cornerstone of Helen DeVos Children's Hospital. Donations help us to develop and sustain exceptional clinical programs, provide compassionate and comprehensive support to kids and their families, and pursue leading-edge research and innovations.

Through the generosity of our donors, the Helen DeVos Children's Hospital Foundation receives gifts each year to meet the needs of our children and their families. Thank you for giving us the reason to celebrate.

Due to the generosity of tens of thousands of donors over the past 25 years, \$260 million has been given to help save and changes the lives of patients and their families at Helen DeVos Children's Hospital. Of the total donations provided, \$103 million was given to create the new Helen DeVos Children's Hospital, which opened in 2011.

Gifts are generated by young children holding lemonade stands, customers donating \$1 at their local retail shop, community groups organizing fundraising events, individuals making legacy gifts and everything in between.

These donations are used to create world-class programs, such as the Congenital Heart Center and the Signatures Program, which helps physicians individualize treatments to help kids battle cancer. They also help to provide annual sustainable funds for The Center for Child Protection, which protects the health, safety and welfare of about 800 children annually. This program has one of just seven child abuse physicians in Michigan.

"Birthdays are a time to reflect, both on our accomplishments and on the opportunities ahead. We can all be immensely proud of what you built at Spectrum Health Helen DeVos Children's Hospital—in just 25 years," said Bob Connors, MD, president, Helen DeVos Children's Hospital. "I am enormously grateful for the opportunity to work alongside so many talented medical professionals and visionaries. I am also thankful for the ongoing support from our community partners and philanthropists, like the Rich and Helen DeVos family, as well as so many others."

To help support the patients and their families at Helen DeVos Children's Hospital, visit give.helendevoschildrens.org.



CELEBRATION OF PHILANTHROPY

The Celebration of Philanthropy, An Evening of Gratitude is a unique annual event where we get to show you, our donors, our sincere and heartfelt appreciation. The evening was filled with laughter, friendship, great food and celebration. Donors shared different ways of giving to Spectrum Health and "why" this lifesaving and life-changing work is their charity of choice. We honored the Art of Giving Award recipients, Dr. James and Gail Fahner, and heard from newly appointed Spectrum Health President & CEO Tina Freese Decker. She shared the vision of Spectrum Health moving forward and how donors are integral to fulfilling this vision. Thank you to all who attended.



Thanking You



Former Art of Giving Award Honorees:
Seated from left to right: Joyce Winchester, Wilbur Lettinga, Ethie Haworth, Lou Ann Gaydou, Dick Antonini, and Marge Potter
Standing from left to right: Barbara Gordon, Karl Betz, Patricia Betz, Dr. James Fahner, Gail Fahner, Lois Mol, Donnalee Holton, and Earl Holton

2018 Celebration of Philanthropy Art of Giving Award

Dr. James and Gail Fahner

Spectrum Health Foundation and Helen DeVos Children's Hospital Foundation are most honored to present the 2018 Art of Giving Award to Dr. James and Gail Fahner.

In acknowledging Jim and Gail, it's hard to know where to begin! We began a list of their individual accomplishments, but often found that what we attributed to Jim was really Gail, what we attributed to Gail was really Jim, but the majority of the accomplishments were both Jim and Gail. Just speak with one of them, and you too will discover they are in this together. They are incessant givers of themselves for the betterment of others, generous and gracious, authentic, with philanthropic loving hearts.

However, there are characteristics that differentiate their individual personalities and contributions. Gail is a member of the Butterworth Auxiliary, including officer positions, and she is currently a member of the Junior Golden Rule Guild. Gail also provided leadership for the Spectrum Health Foundation Gala planning committee for many years, and is an activist for Hospice of Michigan. For several years she served as the parent representative for sideline and competitive cheerleading, and volunteered in concessions at Forest Hills Northern. If you visited their home, you would see both she and Jim have the vision of designers and architects.

In addition to his wife and family, Jim's priority is his profession—physician and division chief of hematology/oncology at Helen DeVos Children's Hospital. This field requires courage, discipline, compassion, extraordinary skills and resiliency. He was instrumental in establishing a pediatric hospice program at a time when those services focused solely on adult patients. This is a program of Hospice of Michigan, and in 1995 was named the James B. Fahner Pediatric Hospice Program in honor of his incredible advocacy and tireless work on behalf of children who are nearing the end of lives, as well as their families.

Regardless of the demands of his profession, Jim, like Gail, always finds ways to give back and be intricately involved in the community. They are a dynamic couple, and their generosity is well known.

Jim is a strong proponent of philanthropy, and he has partnered with the foundation since his arrival in 1989. Ever-ready to volunteer for any activity, Jim and Gail were the catalyst for creating the Wizard's Ball, which benefits the pediatric oncology resource team at Helen DeVos Children's Hospital and Make-A-Wish® Michigan. To date, more than 550 children and families from Helen DeVos Children's Hospital have had wishes granted. Jim and Gail embody the true spirit of philanthropists and generous love of kids, families and West Michigan.

Congratulations, Jim and Gail. Your service, leadership and generosity have made your success a reason for us to celebrate.



Jon and Kathy Olney Share Their "Why" in Giving to Spectrum Health Zeeland Community Hospital

We decided to make a donation to Zeeland Hospital to honor our parents, Herbert and Mabel Olney. There are countless opportunities to donate to very worthwhile charitable causes, but our desire was not only to honor them, but also to do so in a way that would help others as well.

It soon struck us that a donation to the hospital was a great way to accomplish both of our goals. Our mom had worked as a registered nurse at Zeeland Community Hospital for 15 years. She truly enjoyed her job and the staff she worked with. She was proud to be a nurse and proud to be associated with the hospital.

Our father was in the Michigan State Police when we moved to Zeeland in 1972. As fate would have it, he was admitted into Zeeland Community Hospital three or four times during the final year of his life, and it was there that he passed away. He remarked many times about the great level of treatment and care that he received while a patient. Those who knew our father personally can attest that compliments like that were not his regular expressions.

When asked 'why' we felt motivated to make a donation to the hospital, the quick answer is that we have reached a point in our lives where our basic needs are covered, and we became more aware of how blessed we have been.

That left us with the ability to invest money back into the community. People trying to feed their families, help with daycare or finance their children's education simply may not be in a position to do that. We are of the opinion that once your needs are fulfilled, you should ask yourself, "Is it more important to buy an expensive car, a second home or whatever luxury you have in mind, or is it more important to use some of your wealth to help others?"



Herbert and Mabel Olney

Kathy and I have each been diagnosed and treated for different types of cancer. Fortunately, we were both able to be treated at our local hospital (Munson Medical Center in Traverse City), and we became very aware of how much more difficult our treatments would have been if we would have had to travel hundreds of miles away. The time required, the increased expenses and the interruption of jobs and routines would have made our treatments much more stressful.

For these reasons, giving to Spectrum Health Zeeland Community Hospital really became an obvious choice. We could honor our parents in their hometown, and help people we will never meet through their own personal medical challenges. It is important when faced with a medical problem that treatment be administered quickly, effectively and with minimal interruption in family routines. That pretty much means getting medical care locally, and hopefully our donation has helped make that possible at Spectrum Health Zeeland Community Hospital.

If you are interested in making a gift or sharing why you give, contact the foundation at 616.391.2000 or email foundation@spectrumhealth.org



This Generation Fighting for the Next!

Dance Marathon is run entirely by students raising money to benefit Helen DeVos Children's Hospital, a Children's Miracle Network Hospital. "We have four colleges participating, Calvin College, Grand Valley State University, Hope College and Western Michigan University," said Devin Pearson, foundation specialist. "They may be rivals in every sport, but they come together to help sick kids, and this is truly a group sport benefiting the communities we serve."

Students make a yearlong commitment to organize fundraisers, recruit dancers, coordinate miracle family events and of course, attend to every detail of the marathon itself. "Being a part of Dance Marathon has been some of the most formative experiences I've had," said Anthony Nuygen, Hope College Alumni Dream Team member and Dance Marathon participant. "Being able to be part of an organization that raises money for children's hospitals, an organization that has a focus on getting college students fired up for children's health and fired up for advocacy for local children's hospitals. One of the mottos of Dance Marathon is 'this generation fighting for the next,' and this is a coordinating message among all of the dance marathons throughout West Michigan and throughout the nation. I know I talk with many of the miracle family kids right before Dance Marathon, and it is their best day of the year. The look on their faces and what this means to the miracle families seeing a thousand students dancing for them has been everything to me."

To learn more about Dance Marathon and get involved, contact Devin Pierson, foundation specialist, at 616.391.2461 or devin.pierson@spectrumhealth.org.



Over the Years

15,000+ Students



2 High Schools



4 Colleges and Universities



Over \$2.5 Million Raised



50+ Miracle Families



1 Million+ Patients Impacted



CATCH



Kendra Pfeiffer's third-grade classroom at White Cloud Elementary is a bit different than your typical garden-variety classroom. It's set against a hydroponic garden that reaches toward the ceiling, humming faintly as its pump circulates water up a cylinder tiered with arugula, Bibb lettuce, cucumbers, cherry tomatoes, peppers and eggplant. The leaves of the vegetables cascade in an almost luminous green, lit by bright LED grow lights. For Pfeiffer and her 21 students, the garden is part of their lesson plan.

Good CATCH

It's part of the CATCH program, or Coordinated Approach To Child Health, a comprehensive national initiative aimed at reining in childhood obesity through healthier lifestyles. The program came to a few Newaygo County schools in 2016. Thanks to a \$10,000 grant from The Gerber Foundation Health Care Fund of Fremont Area Community Foundation, the program will expand into the after-school programs of all Newaygo County school districts.



The program uses language and symbols that resonate. For example: GO foods, SLOW foods and WHOA foods.

"A WHOA food is like sugar and candy—food that's not good for you," said Gabrielle Dakins, a third-grader at White Cloud Elementary. "I learned from CATCH that we shouldn't eat green beans with too much salt, so I eat more fresh green beans with less salt." She knows low-fat milk is better, too. "It can give your bones more strength," she said. Gabrielle isn't alone in her newfound knowledge. Just about every grade school student can recite the GO, SLOW, WHOA mantra.

New habits

Students are taking the CATCH lessons to heart—and taking them home, too.

Patricia St. Clair Elementary physical education teacher Mark Arbogast has noticed student conversations increasingly center on health topics. "Kids are talking a lot more about eating healthy," Arbogast said. "They'll say, 'Hey, Mr. A, I tried cauliflower last night, and it was pretty good.' Or they'll say, 'Hey, Mr. A, last night I tried brussels sprouts, and I didn't really like them.' And I'll say, 'That's OK, at least you gave it a try.'" Students will randomly tell him about hiking trips, or walks they've taken with family members. "That's never really happened before CATCH."

When Spectrum Health Gerber Memorial and its partners conducted a community health needs assessment to better understand the health issues in local communities, the usual suspects emerged: heart disease, diabetes, obesity. But among children, the latter condition set off alarms.

In the past 25 years in the U.S., obesity rates for children ages 6 to 11 have nearly quadrupled, from 4 percent to 15.3 percent. Beyond pushing an ambitious schedule of screenings and events geared toward adults in Newaygo County, Gerber Memorial's community health team set out to change not just waistlines but trend lines, too. "Our goal is to change people's hearts and minds and make an impact on the next generation of young people before they develop chronic diseases," says Josh Gustafson, director of Gerber Memorial's community health and wellness programs.

This program is in need of additional funding. If you would like to know more about CATCH, contact Loretta Towne at 231.924.3681 or loretta.towne@spectrumhealth.org.

The Ed Gradisher Endowment

is assisting patients at Spectrum Health Susan P. Wheatlake Regional Cancer Center in Reed City, Michigan



Ed Gradisher

Since the diagnosis and passing of Senator John McCain, many households have learned the most aggressive brain cancer by name: glioblastoma. What families of patients with glioblastoma learn is the average length of survival from diagnosis is 12 to 15 months. There is no cure. Glioblastoma took Ed Gradisher in January 2017, 17 months after diagnosis. Ed was one of eight siblings born to Joseph and Agnes "Nancy" Gradisher. "He was an amazing and attentive uncle to several nieces and nephews," said Mary Knoll, his sister. "They would climb all over him when they were little, and he followed their sports when they were in school. He loved them and respected them even more as adults."



Siblings; Joe, Ed, Mary, Duane, Roy and Robert



Brother-in-law Dennis, Duane, Joe and Ed

Ed was born and raised in Muskegon, but the family also is partial to Reed City because of treatment. The Gradisher family is familiar with cancer and losing loved ones. Before Ed, they lost their father, Joseph, to stomach cancer; mother, Nancy, to lung cancer; 43-year-old brother Roy to pancreatic cancer; infant sister Christine to sudden infant death disorder syndrome; and 5-year-old sister Sharon in an automobile accident. Oldest brother Robert is beating

prostate, throat and lung cancer, and brother Duane is receiving treatment at the Susan P. Wheatlake Regional Cancer Center in Reed City for immune thrombocytopenia, an autoimmune disease that attacks his platelets.

"Ed was single and didn't have any children. He was always a factory worker and saved his money," Mary said. "He gave a portion of his estate to us to decide what to do with in honor of his generous spirit."

"We wanted to do something special that would last forever and help people, because Ed was always helping people."

Ed moved to Stanwood, Michigan, during the course of his treatment because his caregivers, Duane and Monica Gradisher, lived there. He also received exceptional and personal treatment at the Susan P. Wheatlake Regional Cancer Center. Today, Duane receives weekly treatment at Susan P. Wheatlake Regional Cancer Center. They are like family.

When given the list of funding opportunities, they didn't really see what they were looking for and talked with Shelly Westbrook, director, Spectrum Health Foundation Reed City and Big Rapids. The Cancer Center was their charity of choice. "They wanted something to help patients pay for their treatment and medicine," said Shelly. "They had the funding to create the Ed Gradisher Endowment for Patient Prescription Assistance, ensuring he is here in a meaningful way forever."

The foundation thanks the Gradisher family for making a difference in the lives of patients most in need and removing a financial barrier to treatment. If you are interested in learning more about programs and services at Spectrum Health Reed City and Big Rapids, contact Shelly Westbrook at 231.592.4367 or shelly.westbrook@spectrumhealth.org.

No Ordinary Night, No Ordinary Kids

Gala 2018 was no ordinary night. All 1,938 attendees had a front-row seat in the creative theater in the round to hear Miguel Cervantes, Broadway and screen actor currently performing as Alexander Hamilton in Chicago, as emcee. He has a personal connection to the cause as his daughter suffers from epilepsy. The audience was inspired and captivated listening to former epilepsy patient AJ Norman share his success in receiving a lifesaving procedure that allows him to live seizure free, and the evening provided hope for Evelyn, who is still waiting for a cure.

This night was the first step in establishing a multidisciplinary and robust Neuroscience Center at Helen DeVos Children's Hospital. Thanks to you and the community of supporters, \$800,000 will benefit children with epilepsy. Because of your support, we are moving forward in creating a center where no child with epilepsy will be turned away or have to travel a far distance to be treated. We are extremely grateful for your generous gift.

The Spectrum Health Gala Fundraising Committee extends their sincere, heartfelt appreciation. Thank you for supporting the profound work happening to transform the lives and health of kids with epilepsy with your donations.



Holiday Giving Trees Help Wishes Come True

One of the ways you can make a difference to patients and families is to purchase a wish list item from one of our holiday trees. Spectrum Health Foundation displays giving trees decorated with cards that represent books, equipment, meal vouchers and many other items that contribute to a caring environment.

Look for these trees in the lobbies of Butterworth Hospital, Helen DeVos Children's Hospital, Lemmen-Holton Cancer Pavilion, Fred and Lena Meijer Heart Center, STRIVE on Ottawa, United and Kelsey Hospitals, Lakeview Family Medicine, Spectrum Health United Hospital Obstetrics and Gynecology, United Lifestyles, Spectrum Health Continuing Care Fuller and Kalamazoo Avenue locations, and Spectrum Health United Hospital Internal Medicine, Pediatrics & Specialty Clinic. Please consider bringing comfort and joy by purchasing a gift item from one of the trees.

For more information, contact Laurie Alighire at laurie.alighire@spectrumhealth.org or 616.391.9125.

Happy Holidays!



Honor Someone Special With a Tribute Gift

A holiday tribute gift to Spectrum Health Foundation or Helen DeVos Children's Hospital Foundation will help bring comfort and caring to those who need it most and help ensure access to exceptional care for all who come through our doors. We will send you a special holiday card honoring your recipient so you can present your gift personally.

You can also make your donation by calling the foundation office at 616.391.2000.

Wishing you and yours a happy and safe holiday season!

Holiday Tribute Gift Form

Please Designate My/Our Gift To:

- | | |
|---------------------------------------------------------------------|-----------------------------------|
| <input type="checkbox"/> Helen DeVos Children's Hospital Foundation | Gift Amount \$ _____ |
| <input type="checkbox"/> Spectrum Health Foundation | Gift Amount \$ _____ |
| <input type="checkbox"/> Program Areas _____ | Gift Amount \$ _____ |
| <input type="checkbox"/> and/or Hospital _____ | Total Gift Amount \$ _____ |

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City: _____ State: _____ ZIP: _____

Phone: _____

- Corporate; this donation is made on behalf of a company
 I prefer to make this donation anonymously

Tribute Information:

I am honoring: _____

Payment Information:

- Check (payable to Spectrum Health Foundation)

To make a donation safely and securely by credit card, visit our website at give.spectrumhealth.org or call the Spectrum Health Foundation office at 616.391.2000.

Please return this form to: Spectrum Health Foundation, 100 Michigan Street NE | MC004, Grand Rapids, MI 49503

Wrap-Ups

THANK YOU!



United and Kelsey Hospitals Golf Day

Thank you to all who supported and participated in Spectrum Health Foundation United and Kelsey Hospitals Golf Day 2018 on June 11 at Egypt Valley Country Club. Through your generosity, \$63,558 in net proceeds was raised for the cancer patient assistance program at Spectrum Health United Hospital. This program will help cancer patients undergoing financial hardships due to their diagnosis with gas cards for transportation to and from treatments, medication assistance and other support item needs.

Tri-Cities Kiwanis Salmon Fishing Tournament

A group of patients at Helen DeVos Children's Hospital spent the morning of July 27 charter fishing on Lake Michigan at the Tri-Cities Kiwanis Salmon Fishing Tournament. The day was full of fun, fish on the line and beautiful weather for all who participated. We are honored to be a part of this continued relationship with Tri-Cities Kiwanis where we not only raise funds for Helen DeVos Children's Hospital but are able to give this great experience to patients.

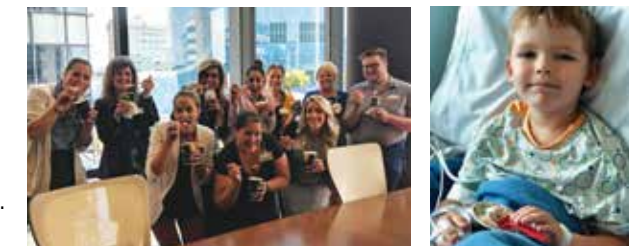


Tommy's Christmas in July

Tommy's boat shop celebrated Christmas in July with a toy drive for Helen DeVos Children's Hospital. The store collected a boat load of toy donations throughout the month of July, and on July 31, Tommy's staff and Santa handed out the toys to patients at Helen DeVos Children's Hospital. A special thank-you goes to Tommy's and all who participated in this great event.

Miracle Treat Day

On August 2, over 1,800 community members enjoyed Blizzards for Miracle Treat Day! Throughout the day, \$1 from every Blizzard sold was given to our local Children's Miracle Network Hospital—Helen DeVos Children's Hospital. A special thank-you to Walker St. Dairy Queen, which, in addition to the \$1 donations, delivered over 150 Blizzards to patients and their families!



Ludington Benefit Ball

A very special evening in Havana was held on August 10 at Lincoln Hills Country Club. The evening was full of cuisine specifically designed for the event, an array of desserts, musical entertainment by Orquesta Ritmo and a very special silent auction. The annual Justus and Paulina Stearns Legacy Award was presented to Bob Budreau and over \$125,930 was raised benefiting the cancer patient assistance program at Spectrum Health Ludington Hospital.

Taste of East Grand Rapids

The streets of East Grand Rapids were lined with hundreds of people, food, music, face painting, bounce houses and sidewalk sales on August 16. Event attendees enjoyed food from local restaurants, including Derby Station, Jose Babushka's, Osta's, Big Bob's Pizza, Carolina Lowcountry Kitchen and more all while raising over \$11,700 for Helen DeVos Children's Hospital.



Spectrum Health Big Rapids and Reed City Hospitals Charity Golf Classic

The fourth annual golf classic took place on August 20 at Tullymore Golf Club. Over \$35,000 was raised to go toward the purchase of an ultrasound machine for in-office orthopedic procedures. This machine will reduce the number of patient visits and out-of-pocket costs. Thank you to all who participated!

Zeeland Golf Outing

Golfers hit the greens on September 10 in support of the Helen DeVos Children's Hospital Injury Prevention Program on the Lakeshore. This program exists to reduce childhood injuries through car-seat checks, helmet fittings and safety workshops. Players began the day with a continental breakfast before playing their rounds of golf, and they finished with a grilled picnic buffet. Thank you to all who played and helped raise \$20,000.



D Bar D Ranch Ride for a Cure

The eighth annual Ride for a Cure at D Bar D Ranch in Chase set a new record for the cancer benefit fundraiser. The horse- and camping-centered event raised \$28,622 for patient services at Spectrum Health Susan P. Wheatlake Regional Cancer Center in Reed City. The event, led by ranch owner Don Beach, his family and ranch team, eclipsed last year's event by more than \$4,000 and has raised more than \$175,000 to help area cancer patients during its run of eight years... and counting. In announcing the results, the ranch team noted there were 152 horses registered and four wagons on the ride, and over 200 people were served at dinner.



Comstock Bar & Grill Backwoods Bike Run

In its inaugural run, the Comstock Bar & Grill Backwoods Bike Run raised \$3,731 for the Helen DeVos Children's Hospital Wish List. Thank you to the many supporters and generous donors who came together to raise money for holiday wishes for pediatric patients. Highlights from the event include a raffle and auction with the day culminating in a fun bike run.

Eagle Aerie Golf Event

In keeping with their theme of "People Helping People," Big Rapids Eagles Aerie 2535 raised \$4,000 at their golf outing to buy gas cards to help patients get to their treatments at Spectrum Health Susan P. Wheatlake Regional Cancer Center in Reed City. On Monday, October 1, they celebrated and presented the check to Jen Ames, practice manager (front, left).



Ray Day Golf Event

The second annual Ray Day Golf Scramble was held to support the Pediatric Oncology Resource Team at Helen DeVos Children's Hospital. Friends and families gathered at Alpine Golf Course to remember and honor Ray with a donation of \$6,000! Heartfelt thanks to Fred, Elise and the entire Smith family for their wonderful tribute.

4th Annual Stiles Open Benefiting P.O.R.T.

Thank you to those who enjoyed a day on the links at Boulder Creek Golf Course to participate in the 4th annual Stiles Open held in support of the Pediatric Oncology Resource Team. With the incredible support of players, sponsors and donors, over \$6,856 was raised. The funds were donated in honor of Lochlann Willson and Tyler Bugai. New this year, golfers were treated to the golf shot air cannon, an opportunity to shoot their balls across the course and improve their scores. Everyone finished their round amid stiff competition from returning golfers and some eager newcomers.



Stroke Reduction Golf Classic

It was a beautiful day on the links as attendees gathered at Thousand Oaks Golf Club to learn techniques to improve their golf game and reduce the chances of experiencing a stroke. Over \$54,000 was raised for stroke prevention efforts at Spectrum Health. Thank you to our title sponsor MCPc and the Field family for their continued support.

Upcoming EVENTS

SAVE
THE
DATE



#VoteForMiracles promotion starts November 27

Every day, starting Tuesday, November 27 through Tuesday, December 18 **YOU** have the power to make a difference for seriously ill and injured children at Helen DeVos Children's Hospital. Credit unions will be donating \$100,000 to the five Children's Miracle Network Hospitals with the most votes.

Vote daily and be the difference for our patients and families!

Vote for Helen DeVos Children's Hospital at voteformiracles.org



Second Annual Beards for Babies Beard-Off

Participating men will grow their facial hair during the month of November while raising funds to support the Spectrum Health Gerber Memorial Family Birth Center. On Thursday, November 29, the men will showcase their efforts at a beard judging contest at Lakes 23 Restaurant and Pub. For more information or to sign up to participate, contact Loretta Towne at loretta.towne@spectrumhealth.org or 231.924.3681.



UK Charity Ball

Please join us for Charity Ball 2019, a spectacular evening of caring, on Saturday, February 9, 2019 at Frederik Meijer Gardens & Sculpture Park. This year the Charity Ball will benefit and address the need for programs to combat childhood obesity in Montcalm County. The evening will include dinner, musical entertainment and auctions. Tickets must be purchased in advance. For more information, contact Laurie Tissue at laurie.tissue@spectrumhealth.org or 616.225.6328.

Helen DeVos Children's Hospital Radiothon

Tune in on December 6 and 7 for the 19th Annual Helen DeVos Children's Hospital Radiothon. Listen live on Star 105.7, B-93.7 or 107MUS as we encourage the community to come together to support patients and families at Helen DeVos Children's Hospital. During the broadcast you will hear stories from our patients and families that help illustrate the impact philanthropy has made in our community. Funds raised from this event will benefit the many important programs and services throughout Helen DeVos Children's Hospital. For more information, contact Jim Steenbergen at james.steenbergen@spectrumhealth.org or 616.391.5139.



Come on down during the broadcast and pick up a handcrafted ornament by Bish & Bash. All proceeds from the sale of these homemade ornaments support the wish list of Helen DeVos Children's Hospital. For specific times when ornaments will be for sale, contact Laurie Alighire at laurie.alighire@spectrumhealth.org or 616.391.9125.



You can also find Bish & Bash ornaments at the 2018 West Catholic Holiday Arts and Crafts fair on Dec. 1 from 9 a.m. to 3 p.m. at West Catholic High School (1801 Bristol Avenue NW, Grand Rapids, MI.)

P.O.R.T. Light Up the Night

Help us celebrate 25 years of P.O.R.T. programs and services by attending Light Up the Night on Thursday, March 7, at New Vintage Place. See firsthand the wide variety of services that P.O.R.T. offers and participate in a frenzied auction sure to leave a smile on your face. Cocktails, light hors d'oeuvres and dinner are included with your registration. For more information, visit give.helendevoschildrens.org/PORTfundraiser or contact Laurie Alighire at 616.391.9125.



Spectrum Health Foundation

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Thank you to our LEAD members who have come together in 2018 to support Spectrum Health, including Helen DeVos Children's Hospital programs that included the Helen DeVos Children's Hospital Signatures Program, Frederik Meijer Heart & Vascular Institute Hypertrophic Cardiomyopathy Program, Spectrum Health Healthier Communities Department and Spectrum Health Culinary Medicine Program. LEAD, Ladies Empowering and Advocating for a Difference, is made up of more than 50 women from throughout West Michigan who are joining together to advance research, innovation and patient care in our community. Below is a list of our members who are changing and saving the lives of our patients and their families.

Amanda Avery
Joan Azevedo
Tricia Baird
Erin Barrus
Jane Boyles Meilner
Kris Brady
Tracey Burke
Blerta Bushati
Pamela Daugavietis
Tanya Denyes
Maria DeVos
Danielle DeWitt
Steffany Dunker
Eleasha Eatman
Kristina Emery

Jill Ferris
Kate Gibbs
Juliane Giles
Brenda Goorhouse
Heidi Hendricks
Suzette Hershman
Tamara Hibbitts
Amy Jacobs
Vicki Jensen
Dottie Johnson
Melinda Johnson
Jessie Jones
Rosie Jones
Leslie Jurecko

Jody Kinney
Ayde Kuyers
Deborah Locke
Kristin Long
Paula MacKenzie
Beth Makowski
Carrie Manders
Lisa Manor
Kim Moorhead
Elizabeth Nickels
Janet Nisbett
Kristen Norris
Kris Palosaari
Stephanie Pierce

Kristin Revere
Paula Schuiteman-Bishop
Lori Smith
Margaret Steketee
Tamara VanderArk-Potter
Alyssa Veneklase
Leah Walton
Vicki Weaver
Tara Werkhoven
Penny Wilton
Louise Wing
Sandra Wright
Sandy Yob
Heather Zak

For more information on becoming a member of LEAD, contact Kaylee Swanson at 616.391.2219 or kaylee.swanson@spectrumhealth.org.

Contact Us

Giving Matters magazine is printed two times a year by Spectrum Health Foundation and Helen DeVos Children's Hospital Foundation. Comments and suggestions are welcome. foundation@spectrumhealth.org give.spectrumhealth.org

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711) مكالمة أو رسالة فنتاه مقرر. 1.844-359-1607. مقرر لصوتنا. انما مكالمة اب كل رف اوتت قيوغلالا اذعاسمها تامدخ نإف، نغلالا ركذا اذجتت تنك اذا: عظوجل