Mercy Health Foundation: Donor Dollars at Work page 2

Robotic Hip and Knee Surgery: Only at Mercy page 5
It was the last home game and senior day at a college basketball game. Tradition at the school included starting all of the seniors, which meant a young man who stood 4’10” tall would be starting the first game of his college career. A player of short stature is not a common sight in the game of basketball, but on this day, this player who had been a dedicated and courageous member of the team for four years, was everyone’s most valuable. He was clearly admired by the guys who towered above him on the court, and received high fives and a standing ovation from the fans on both sides when he exited the game for the bench after about one minute of play. It was one of those times when you felt reassured that there is a lot of goodness in the world, and I was proud and humbled to be a part of it.

While we sometimes get caught up in the negativity, corruption and tragedy that is so prevalent in the news, stories of kindness, generosity and the loving spirit of humanity are constantly playing out in our schools, organizations, groups and communities. Sometimes, it is the tragic or unfortunate event that triggers an overwhelmingly positive response or call to action. Andra Day’s song Rise Up says it best, “All we need is hope, and for that we have each other. We will rise.”

Work for the good of others is visible everywhere in Dubuque and surrounding communities, and is embedded in the culture at Mercy. It is the intentional translation of our core values of reverence and commitment to those who are poor, which many believe is what sets Mercy apart. In addition to the millions of dollars we provide in uncompensated care, Mercy sponsors and supports numerous programs for the poor and under-served, and for the broader community. For example, every month, Mercy colleagues take turns serving a meal at the Dubuque Rescue Mission. Mercy nurses lead an annual Caring for Our Community Campaign, donating cash and needed supplies for different non-profit agencies and shelters. We conduct drives for local food pantries; and raise thousands of dollars for and participate in Heart, Relay for Life and March of Dimes annual walk-a-thons and other charitable events.

Mercy’s community benefit grants have funded numerous health and mission-related services through the years including the Hillcrest-Mercy Maternal Health Clinic, Scouting for Food, Crescent Community Health Center, the Marshallese Health Project, and many, many more. In addition, we take care of our own colleagues through a designated fund which helps staff members and their families get back on their feet after a rough patch or setback in their lives.

It is very gratifying to work in an organization and a community that is passionately focused on doing good for others. Rising up is part of our fabric and, regardless of the bad news we may face in the world today, will energize our efforts and sustain us well into the future.
When it comes to simple ways to be active, walking is one of the best options. For most people, it’s safe and easy to stick with. It doesn’t require any special skills or equipment, just a decent pair of walking shoes.

For every hour of brisk walking, life expectancy for some people may increase by two hours. Research has shown that walking at least 150 minutes each week can help you:

» **Reduce your risk of serious diseases** like heart disease, stroke, diabetes, and cancer.
» **Improve your blood pressure, blood sugar, and blood cholesterol levels.**
» **Increase your energy and stamina.**
» **Improve your mental and emotional well-being.**
» **Boost bone strength** and reduce your risk of osteoporosis.
» **Prevent weight gain.**

**HOW TO GET STARTED**

Maybe you haven’t been active for a while, and 150 minutes each week is too much for you. Here are some easy ways you can add more steps into your day to work up to that goal:

» **Grab the leash and take the dog out** for a walk.
» **Walk the kids to the park** or playground.
» **Park a bit farther from the entrance** to your workplace, school, grocery store, restaurants, etc.
» **Take the stairs instead of the elevator,** even if just for one or two floors.
» **Catch up with a friend while walking** instead of chatting on the phone.

**HERITAGE TRAIL 5K AND 10K**

*Mississippi Valley Running Association 26th Annual Heritage Trail Run 5K and 10K, presented by Mercy Medical Center*

**Saturday, May 13, 8 a.m.**

Heritage Trail, Durango Trail Head on Hwy 52 N

For more information and to register online, visit [mercydubuque.com/5k](http://mercydubuque.com/5k)
A Foundation for

The Dubuque Mercy Health Foundation provides philanthropic support to Mercy Medical Center through contributions from local businesses, corporations, employees, physicians, and individuals. The foundation is governed by a volunteer board of directors who ensure fiscal responsibility while overseeing the provision of funds for equipment, programs, and services.

Philanthropy is an important part of Mercy’s ability to meet the health care needs of the community, and here we honor the work of the Mercy Health Foundation, its board members, and most importantly, the community members who have so graciously supported Mercy.

**CONNIE HARDIE**
Former Mercy nurse; charter member and former Chair of the Dubuque Mercy Health Foundation; served on Mercy Board of Trustees; member of the Mercy Service Club

“I have a great connection with Mercy. My mother worked with Mercy for a number of years, and my three sisters were employed at Mercy as well. At one point, briefly, all five of us were with Mercy at the same time. It was a natural fit for me to continue to serve Mercy in a different capacity, as a volunteer, particularly on the foundation board as well as the board of trustees. I became involved with the foundation after I served as chair of the Campaign for Healthy Hearts. That was one of my favorite projects because it had such a huge impact on the community and provided that critical service at a time when it was most needed in the community. It’s important for the community to understand the impact Mercy has in the community, not just in terms of the excellence of care and services it provides, but also in terms of the positive impact it has on the community. There are many things that Mercy as an institution gets involved with in the community and supports and creates success for, but also the employees at Mercy are very dedicated to the community. The reach of Mercy is far greater than most people realize. I’ve always enjoyed my association with Mercy, and I expect that will continue until I am no longer able to serve.”

**NIKKI KIEFER**
Former Chair of the Dubuque Mercy Health Foundation

“I had my four children at Mercy and had complications with all four of them. To see the different doctors, nurses, and departments at Mercy working together to present the best health care options to our family was truly amazing. Our community is blessed with the care Mercy provides. When asked to be part of the foundation board, it was a way for me to give back to Mercy and show my appreciation for the care they have given my family. I absolutely love what they do for our community. The foundation supports Mercy by giving for areas of need ranging from upgrades, new equipment, health care services, building maintenance, technology, etc. Mercy is a hospital of excellence and the foundation continues to support their mission. My hope is that the community will continue their fantastic support of the foundation so we can in turn continue our contributions for this hospital of excellence. Being part of the foundation board each time we give dollars or support to the hospital touches my heart and makes me so proud to be a part of something so amazing in our community.”
I became involved with Mercy – Dubuque over 20 years ago when the director of the fund raising effort asked me to assist with some seminars. I was receptive because I consider health care and education vital to individuals and society. Beyond that, Mercy was where my sister and I were born and where our family health care needs were met through the years. Later, Mercy attended to my family’s care with my wife giving birth to our four children at Mercy. Helping was easy, as Mercy has been such an essential element of health care for generations of families. Most importantly, the Mercy mission and values of helping all by providing the highest quality of care coupled with genuine caring by an outstanding staff of professionals is simply the way health care should be provided to all. There is always much to do, and the community has always been there to support each service. I am especially proud that Mercy provides so much care for those without adequate insurance or other resources, even to the level of providing cab fare and lodging in cases of special need. There has always been tremendous support for the Mercy Health Foundation by Mercy’s administrators, the physicians, the Mercy Service Club, and Mercy employees at every level. The employees as a group provide impressive and broad financial support to the foundation mission, which is simply helping the hospital to meet more needs than could be done otherwise. That is what I especially want to emphasize to those living in the Mercy service area: When we know how much those who provide our health care contribute beyond their job duties, then we know Mercy is meeting the mission. Everyone should want to generously share in helping all of us live healthy lives by supporting Mercy.”

Some of the projects, equipment, or services supported by the foundation over the years:

- Medical Associates Cardiology Center and Schoen Cath labs
- New intensive care and cardiovascular units
- $100,000 toward aesthetic upgrades in the birth center
- Five lift recliners for oncology
- Blankets for pediatric patients to take home
- $1 million for Mercy’s new front entrance
- Over $22,000 through the Samaritan Fund to assist patients’ families with needed expenses
- Over $60,000 in support to assist Mercy employees during a time of crisis
- $50,000 for diagnostic breast exams
- $1.5 million to replace both cardiac cath labs
- $85,000 for three new treatment rooms in the emergency department
- Furnished an independent living apartment in rehab so patients could practice being home before their discharge
- Initiated the funding for the palliative care program
- Raised funds to secure a cardiac home monitoring program
- Provided funding so that Narcan®, the drug that saves individuals from overdosing on opiates, could be distributed free of charge by Mercy Family Pharmacy as well as supply the Dubuque County Sheriff and Dubuque Police Department

For more information, visit mercydubuque.com/foundation.
Q: I struggle with reading and heard Mercy offers a program to help with that. Can you tell me more?

A: Reading and literacy skills enhance communication, comprehension, and learning, but children or adults who struggle with reading and literacy skills can experience a great deal of frustration. To help, we offer the Mercy Literacy Program.

The Mercy Literacy Program is based on the Orton Gillingham Multisensory Approach to Reading Instruction. This method is typically used for individuals who struggle to recognize and blend the smallest units of language—single sounds—in order to eventually develop phonological awareness, fluency, comprehension, and vocabulary. Instruction is specific to the individual’s level of functioning and is based on a sequential set of literacy skills and concepts.

This is a fee for service program, and a referral to the program is not required. You may call Mercy Rehab Services to schedule an appointment. Instruction is available at Mercy – Dubuque (563 589 9035) and Mercy – Dyersville (563 875 2923).

Jeanne Ulrichs, MA, CCC SLP, speech language pathologist

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**OFFICER SCHMIDT DANCES TO SUPPORT MERCY**

Officer Nate Schmidt was participating in a basketball tournament in 2009 when he took a hit in the stomach. Nate’s instinct told him something was wrong. “My body just didn’t feel right,” he recalls. So he got it checked out.

At just 25 years old, Nate received a devastating diagnosis: stage 4 testicular cancer. The cancer had also spread to his stomach, lungs, and esophagus. The tumor in his stomach was the size of a football.

Nate went through 12 weeks of chemotherapy before undergoing a 16-hour surgery to remove the tumors.

“I’m lucky they found it when they did. Cancer can happen to anyone at any time.”

— Officer Nate Schmidt

“I’m lucky they found it when they did,” he says. “Cancer can happen to anyone at any time.”

Nate is now eight years cancer free, and he is dancing to raise money in support of other cancer patients at Mercy.

The Dubuque Area Chamber of Commerce hosts Dancing with the Stars – Dubuque Style annually, and each participant selects an organization that will benefit from the funds they raise. Since its inception in 2010, Dancing with the Stars – Dubuque Style has raised more than 1 million dollars for more than 50 local nonprofits. This year’s event will take place at the Five Flags Center on May 13, 2017.

To contribute, visit mercydubuque.ejoinme.org/supportnate

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**MERCY GIFT SHOP**

Shop gifts and home decor at the Mercy Gift Shop. All proceeds support programs and services for children in Mercy’s care. As always, there is no sales tax.

Monday, Thursday, and Friday: 10 a.m. – 5 p.m.
Tuesday and Wednesday: 10 a.m. – 7 p.m.
Saturday: 10 a.m. – 3 p.m.
The Most Advanced Option for HIP AND KNEE REPLACEMENT

Exciting news for those needing hip or knee replacement: Mercy – Dubuque is now offering robotic-assisted surgery for hip and knee replacement. Mercy is the only hospital in the tri-state region offering robotic-assisted surgery for hip and knee replacement.

“Robotic-assisted surgery is transforming the way joint replacements are performed,” said Dr. Brian Silvia, MD, of Medical Associates Clinic. Dr. Silvia is the first orthopedic surgeon in the tri-state region to perform robotic-assisted joint replacement.

“Since each person’s anatomy is unique, their joint replacement surgery should be as well,” Dr. Silvia added. “Personalized knee and hip surgery for each patient allows for a better planned implant fit, and in turn, greater predictability.”

A 3D model of the patient’s knee or hip is made before the surgery, allowing a personalized surgical plan based on each patient’s own specific anatomy. During surgery, the surgeon can validate that plan and make any necessary adjustments. The robotic-arm then allows the surgeon to complete that plan with a high level of accuracy and predictability. The combination of these three features of the system has the potential to lead to better outcomes and higher patient satisfaction.

Robotic-assisted surgery for joint replacement can be used for:
- Partial knee replacement
- Total knee replacement
- Total hip replacement

For more information about robotic-assisted joint replacement, visit mercydubuque.com/joint-care or speak with a nurse at 563-589-9868.

(Left to right) Dan Armstrong, PA; Juliann Weimerskirch; Stacey Heitkamp; Audrey Nickol; Julie Ivanov, PA; and Dr. Brian Silvia

GREENS AND GRAINS SALAD

MAKES 4 SERVINGS » SERVING SIZE: 1 CUP

INGREDIENTS
- ¾ cup farro
- 1 red delicious apple, diced
- ¼ cup red onion, diced
- ¼ cup cashews, chopped
- ½ cup olive oil
- ½ fresh lemon, juiced
- 1 tablespoon Dijon mustard
- 2 teaspoons honey
- 2 cups chopped kale
- ¼ cup celery, diced
- ¼ cup red bell pepper, diced
- ¼ cup dried cranberries, chopped
- 2 tablespoons apple cider vinegar
- Salt and pepper to taste

INSTRUCTIONS
1. In a sauce pan, bring six cups of water to a boil. Add farro and reduce heat to a simmer. Cook until tender, approximately 20–30 minutes. Strain off water, rinse well, drain, and place in a mixing bowl.
2. Remove ribs from kale, and chop into approximately ½-inch pieces. Add to cooked farro. Add chopped cranberries to kale and farro.
3. Dice the onion, apple, celery, and red bell pepper into approximately ¼-inch pieces. Add to farro, cranberries, and kale. Toss ingredients together.
4. In a separate mixing bowl, combine olive oil, apple cider vinegar, lemon juice, Dijon mustard, honey, salt and pepper. Whisk ingredients together to create dressing for salad.
5. Toss salad with dressing and chopped cashews before serving.
GREENS AND GRAINS SALAD

Greens and Grains Salad is an easy, nutritious salad for any spring or summer gathering. One of the key ingredients in this salad is farro. Farro is an ancient wheat grain that has a soft, tender texture—similar to rice—with a slightly nutty flavor. This grain packs a powerful punch with 7gm of protein and 3gm of fiber per ¼ cup, helping you feel full unlike many other traditional salads.”

— Stacy Barton, RD, LD

FLIP FOR RECIPE

Do you have a passion for patient care?

Find out why our nurses choose to be part of the Mercy team.

Visit WeAreMercy.org and apply today.