

Inspire

IT ALL BEGINS WITH YOU

MERITER
Foundation

2008 | WINTER

*Comprehensive
Chemical Dependency
Rehabilitation Program*

Providing A 'NewStart'

Thousands of Dane County residents struggle with alcohol or other drug addictions. Throughout Wisconsin, substance abuse disorders affect over 350,000 adults and 40,000 adolescents. Sadly, only one in five will receive treatment.

Helping to meet this community need is NewStart, Meriter's comprehensive chemical dependency rehabilitation program. NewStart is the sole hospital-based treatment service for alcohol and drug use disorders in South-Central Wisconsin. NewStart's team of experts believe the road to recovery begins with caring and support. Each person's needs are different, so NewStart designs programs and services to give the amount of help necessary for each individual to move toward recovery.

NewStart believes that caring for the family is as important as treating the person with the disease.

Support for this program through Meriter Foundation comes from families like the "Smiths." The Smiths credit NewStart — especially, Medical Director Michael Miller, MD — with saving their son's life. As a result, they decided to give back to the program. The Smith's gift provided counseling and medications to youth being treated for opiate addiction. "The drug scene in Madison is scary — there are a lot of good kids being affected

by it," said the grateful parents. "We brought our son to Meriter to see Dr. Mike Miller ... it was a night-and-day difference from our previous counseling. Mike zeroed in on the problem with a bull's-eye within 20 minutes."

Donors like the Smiths provide much needed support for NewStart. In the U.S., according to the Federal Substance Abuse and Mental Health Services Administration, only 13% of addiction treatment is paid for by private health insurance. Some treatment is partially covered by Medicare, Medicaid, and limited state funding, and the remainder is absorbed by nonprofit health care organizations, such as Meriter Hospital.

Gifts to Meriter Foundation also support continuing education



Dr. Michael Miller

> see "NewStart" inside

"It was like a night-and-day difference from our previous counseling."

— Parents of a NewStart patient

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PROGRAM UPDATE

Golf Tourney Benefits Heart Patients

PHILANTHROPY UPDATE

Nursing Gets Alumnae Support

PLANNED GIVING UPDATE

Brand New Topics for March Available Online

Program UPDATE

Golf Tourney Benefits Heart Patients

The popular Pro/Am Golf Tournament for Meriter Hospital offers more than a good time. Since its inception, this event has netted over \$600,000 to benefit community health programs and services at Meriter Hospital. In 2007, tournament proceeds were invested in state-of-the-art treatment technology to improve the lives of patients with heart disease.

Approximately 4.8 million Americans have congestive heart failure (CHF), according to the National Institutes of Health. An estimated 400,000 new cases are reported each year.

Patients with this disease often experience fluid overload as a result of the inefficiency of their heart's function. This can quickly affect their ability to move, their energy level and, ultimately, their quality of life.

In 2007, tournament proceeds were used to purchase two technologically advanced aquapheresis treatment devices for the Meriter Heart Hospital. The Aquadex FlexFlow Fluid Removal System is designed to quickly remove excess fluid from patients with fluid overload. By removing excess salt and water in a rapid and controlled manner the technology provides rapid relief to the patient and enables the physician to focus on treating the underlying condition. Patients benefit from shorter hospital stays and fewer admissions, providing more time to spend at home.

Meriter-based cardiologist, John Moses, MD, is grateful to tournament participants and sponsors. Said Dr. Moses, "The aquapheresis technology will be an important addition in the treatment options that my colleagues and I can offer our patients."

For more information about team sponsorship at the Meriter Pro/Am Golf Tournament, contact Barb Folco at 608-417-5300. ●



The Aquadex FlexFlow Fluid Removal System

NewStart ... continued from front page

for the program's licensed addiction counselors and addiction nursing staff. In 2007, 12 staff attended the Wisconsin Association on Alcohol and Other Drug Abuse (WAAODA) Annual Conference, which focused on researched-based best practices for prevention, treatment, and recovery. Other staff had the opportunity to participate in national conferences on addiction, addiction medicine and conduct disorders.

Ultimately, the beneficiaries of NewStart's highly-skilled clinicians are individuals, like the Smith's son. To make a donation to NewStart, you may use the enclosed envelope. Meriter Foundation staff would be pleased to answer any questions. Please contact the Foundation at 608-417-5300. ●

Philanthropy UPDATE

Nursing Gets Alumnae Support

"Back in the day," many hospitals had their own schools of nursing and trained their own nurses. Nurses in training provided professional help in exchange for little more than room, board and experience. Such was the case with Meriter's predecessor hospitals — Madison General from 1902-1982, and Methodist from 1921-1974. Wilna Tygum was a 1932 graduate of Madison General School of Nursing. She was involved in private duty nursing, volunteered in the community and was a caring person to those around her until her recent death on her 96th birthday. A believer in nursing's critical role in patient outcomes and experiences, Wilna valued ongoing education for the nursing profession. Her belief in the importance of nursing gave Wilna the inspiration to make a generous gift of stock to Meriter, the same place she had received her professional training. Wilna has deep roots in Madison: her husband Eldred "Al" Tygum was a long-time vice president at Rennebohm's Drug Stores before they were acquired by Walgreen's in 1980.

Wilna is a perfect example of the thousands of hospital-based nursing school graduates whose influence is felt today in the caring legacy they established. Her gift in support of nursing education will benefit nurses — and the patients they care for — for years to come. ●



Wilna Tygum, circa 1932

How You Can Help

Meriter has a very distinct role ... a community hospital, a teaching and research hospital, and a community mission to *heal — teach — serve*. Philanthropy plays an integral part in Meriter's ability to implement programs and offer state of the art technologies and facilities that might not otherwise be possible.

Through the generosity of people like you, Meriter Foundation is able to provide funding to advance Meriter's mission.



Your gifts support:

- **Mission-based services**
- **Training of future health-care professionals**
- **Clinical research**
- **Enhancement of the patient care environment**

Through philanthropy... Meriter Foundation helps bring dreams and possibilities to life, making our community a better place for everyone.

Please call Meriter Foundation at (608) 417-5300 or visit us at www.meriterfoundation.org to see how you may become involved.

Planned Giving UPDATE

Do you have questions about your will? Estate planning? Planned giving? On our website, we feature new articles and interactive features that cover such topics. To take advantage of this information, see **"Gift Planning"** at www.meriterfoundation.org.

The gift planning site helps you meet your unique financial needs by:

- Sharing examples of gift plans that can benefit you and your family
- Describing how to receive immediate and deferred tax advantages for both you and your heirs
- Outlining gift options that can meaningfully impact patient care at Meriter Hospital far into the future

As you explore the site, you will find a glossary that provides definitions of estate planning terms. A gift calculator enables you to examine the tax consequences of making a gift through a trust. And, you can request that a brochure be sent to you electronically for in-depth information on a broad range of gift planning topics.

New In March on Meriter's gift planning website ...

Increase Your Income and Leave a Legacy. As unlikely as it may seem, you can actually increase your available income by making a generous gift to Meriter.

Danger: "Do-It-Yourself" Wills. See how one decedent's family discovered just how expensive preparing your own will can be.

Six Steps to an Effective Estate Plan. To create a solid estate plan, you must begin with an understanding of the planning process.

EXPAND YOUR MIND.



*Beatrice A. Wright, Ph.D.
Meriter Legacy Society Member*

Upcoming EVENTS

JUNE 2008						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

CHARITY PRO-AM FOR MERITER HOSPITAL

JUNE 11, 2008

University Ridge Golf Course

Imagine. Inspire. Invest... Achieve

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YOUR GIFTS TO MERITER FOUNDATION HAVE A POWERFUL IMPACT ON MERITER HOSPITAL, MERITER RETIREMENT SERVICES, AND OUR COMMUNITY. THANK YOU.

Imagine.

Inspire.

Invest...

Achieve

•
Meriter Foundation is making a difference in the lives of thousands of patients and families each year. Your generous support helps make that possible.
•

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2008 | WINTER

A 'NewStart' for Those Struggling with Addiction

Popular Pro-Am Golf Tournament Benefits Heart Patients

Nursing Education Receives Support from Nursing Alumnae



"We brought our son to Meriter ... and Dr. Miller zeroed in on the problem within 20 minutes."

— **Parents of a NewStart Patient**