

Inspire

IT ALL BEGINS WITH YOU

MERITER
Foundation

2007 | FALL

Day Rehabilitation Center

Getting Back on Track

There are many skills we take for granted in our everyday life. For patients recovering from a stroke, brain injury, spinal cord injury or other neurological or orthopedic challenges, being able to open a refrigerator door or take a shower without assistance can make a tremendous difference in their independence and quality of life.

Meriter Foundation is proud to support the Day Rehabilitation Center at Meriter Hospital and the critical role it plays in helping patients regain the confidence and skills needed to resume their former life roles at the highest possible level of independence.

"We help patients re-learn the skills of everyday living," said Mary Erdman, Day Rehabilitation manager. Each patient typically receives between four to five hours of therapy per day. They work with a treatment team of physiatrists, physical therapists, occupational therapists, and speech pathologists, along with a recreational therapist, rehab psychologist and case manager. Each treatment plan is unique, and each patient reaches a different level of independence.

State-of-the-art equipment plays a vital role in achieving the highest outcomes possible in Day Rehab. Through gifts to Meriter Foundation, patients enjoy the use of a recumbent step exercise machine, shoulder resistance exerciser and cuff weights.

This equipment allows patients to participate in aerobic exercise and strengthening while in a seated position. Program participants with all levels of mobility and function can safely exercise without direct assistance.

Gifts to Meriter Foundation also help assure that patients focus on their physical recovery rather than struggling with the financial burden of their therapy costs.

The Hospital Rehabilitation Assistance Fund at Meriter Foundation helps facilitate successful outcomes by providing transportation to therapy appointments, equipment and medications that are not covered by insurance, or are too expensive for patients to afford on their own. For example, one patient with a spinal cord injury was able to purchase a specialized commode so that he could use the restroom without assistance from a family member. Another patient who



Rehab patient, Mary Beth Barnes, strengthens her leg muscles on the recumbent step exercise machine made possible through gifts to Meriter Foundation.

> see "DRC" inside

"We help patients re-learn the skills of everyday living."

— Mary Erdman, Day Rehabilitation manager

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Program UPDATE

Parenting Classes at Meriter

With Meriter's help, new parents become strong, competent, and capable. Over 70% of first time parents attend childbirth and parenting classes offered by the Meriter Community Health Education Center. When families cannot afford the cost, Meriter Foundation offers tuition assistance through the Littlest Angels Fund.

Classes include Childbirth Basics, First Weeks — Newborn Care, Breastfeeding, Bootcamp for Dads, Confident Young Parents, Bienvenido al Bebe (taught in Spanish) and several others. In recent years Littlest Angels has provided \$10,000 in assistance per year.

Littlest Angels funding also helps address one of the greatest safety issues for infants — safe car seats. In addition to providing tuition assistance for the “hands on” car seat skills learned in the classes, they have funded car seat videos for the patient rooms and make car seats available at a reduced cost for families with limited incomes.

“The transition to parenthood is quite an initiation. The opportunity to take classes to prepare for a new baby should be available to all families and funding from Littlest Angels Fund makes that possible” said Lori Hughes, RN, Community Educator. ●



Expectant parents enjoy practicing their car seat skills

Philanthropy UPDATE

Foundation Welcomes New President

Meriter Foundation is pleased to announce the appointment of its new president, Fran Petonic.

Fran has over 15 years of fundraising experience with healthcare and community organizations. For the past five years, she served as director of major and planned gifts at St. Joseph Mercy, a \$696 million hospital system headquartered in Ann Arbor, Michigan. In that role, Fran was involved in the development and implementation of a \$100 million campaign to build two patient towers and a surgery pavilion.

“Fran brings an impressive record of accomplishment,” said Meriter Health Services President and Chief Executive Officer Jim Woodward. “She is an effective manager, fundraiser and community partner. Of particular interest to our boards and management team was her experience in utilizing philanthropy to deliver unique health care solutions to the communities she served. We’re delighted to have her join our team.”

Fran earned a BA from Michigan State University and an MA in Fundraising and Management from Case Western Reserve University. Fran, husband Dan Reinders, and their children, Xavier and Sam, live in Middleton. ●



*Fran Petonic,
Meriter Foundation President*

DRC ... continued from front page

was recovering from complicated heart surgery was able to purchase two weeks of his prescriptions to bridge the time until his short term disability income began.

“Patients always express gratitude when they are informed of the help available through the Rehab Assistance Fund,” said Stephanie Meadows, LCSW, case manager for the Day Rehab Program. “They often describe being better able to concentrate on their recovery when the stress of financial challenges is lessened.”

Gladys Conlisk, a Meriter employee who served as a receptionist in Physical Medicine and Rehabilitation for 40 years, has seen the impact of the rehabilitation programs first hand. “It is so inspirational to see how hard patients work and how much they achieve in the course of their therapy,” said Gladys. She and husband Roger Conlisk made a gift to the rehabilitation program in recognition of the tremendous work that staff does “to help patients gain independence and resume their usual responsibilities, occupations and daily activities.”

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 estate planning? Planned giving? Your will? On our website, we feature new articles and interactive features that cover such topics. We hope it will be a useful resource for you. See "Gift Planning" at www.meriterfoundation.org.

New In October... A Smart Strategy for Your Stock. When your stock's value increases, the taxes you owe on the capital gain if you sell the stock also increase.

Charitable Bequests: Choose From Four Easy Methods.

Making a bequest to a charitable organization is not only a sign of benevolence, but it is also the mark of your desire to help shape the future.

Timing Year-End Gifts. A gift's delivery date determines the year of deduction for income tax purposes.

EXPAND YOUR MIND.



*Phyllis and Dr. A.D. Anderson
Meriter Legacy Society Members*

IRA Contribution Deadline UPDATE

Time Running Out For IRA Tax Benefit

The Pension Protection Act of 2006 allows individuals aged 70½ or older to make a charitable gift from their individual retirement account (IRA) without incurring tax complications. Prior to the law, you would have to report any amount taken from your IRA as taxable income. **This special provision is only in effect until the end of this year, December 31, 2007.**

IRA gifts can be accomplished simply, usually with one contact to the account's administrator. Here is how such a gift may work for you:

- You are 70½ or older

- The gift is less than \$100,000
- You transfer funds directly from an IRA or Rollover IRA to one or more nonprofit organization

Meriter Foundation would be happy to provide you with information that can be reviewed by your tax professional. Please contact Fran Petonic, President, at 417-5300 or fpetonic@meriter.com if you would like more details about this opportunity.

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

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•
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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Littlest Angels Fund helps educate expectant parents

Foundation welcomes new president, Fran Petonic

Day Rehabilitation Center



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— Gladys Conlisk

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