

## Local Girl Scout Troop Spreads Cheer and Comfort to Our Pediatric Patients

Spring 2006

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**BORGESS**  
Foundation



*The Benevolent Voice* is a regular publication of the Borgess Foundation, the philanthropic organization dedicated to supporting Borgess Health. We welcome your opinions and input regarding this publication. Please address all correspondence to:

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In addition to helping girls develop leadership skills and important values, one of the key parts of the Girl Scout mission is service-oriented participation. "A lot of Girl Scouts work to raise money so they can plan a special trip," said Heather Parry, troop leader of Girl Scout Troop 310. "But recently, our group decided they wanted to improve themselves by focusing on earning their badges for service."

Yet improving themselves was only the beginning for this generous group of fifth-grade girls, who contributed half of their earnings from cookie sales for a very worthy cause. "They purchased the necessary supplies and created fleece blankets for the pediatric patients at Borgess," Parry said. "The girls also bought books that coordinated with the patterns and themes of the blankets they made."

"These kinds of gifts can have a big impact by giving children a sense of comfort while they're in the hospital," added Melissa Reffitt, pediatric nurse practitioner and clinical leader, Borgess Pediatrics Unit. "A soft blanket to snuggle with can help a child rest and heal. Reading a new book with a parent can also spark a child's imagination."

Personally delivered to patients in December 2005, the Girl Scout gifts spread a little holiday cheer throughout the Borgess Pediatrics Unit as well. "Two of our girls even received permission to give one of the blankets and books directly to a little boy," Parry said.



(l-r) Jennifer, Hannah, Dana and Michelle from Girl Scout Troop 310 (not pictured: Paige and Jenison).

"It was nice for our whole group to take on a project like this and see how it could really help other children who may have been feeling scared or confused."

### A New Horizon for Pediatric Care at Borgess

September 2005 marked a new beginning for Borgess ProMed Pediatrics—offering dedicated pediatric inpatient providers and expertise at Borgess Medical Center. Dr. John Spitzer, medical director of the pediatric hospitalist service at Borgess, has more than 14 years of experience in the Kalamazoo area. A pediatrician with ProMed Pediatrics, Dr. Spitzer is also joined by Melissa Reffitt, pediatric nurse practitioner and clinical leader for the Borgess Pediatrics Unit. Both of these

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# From the Director

## Dear Friends and Colleagues:

In this second edition of *The Benevolent Voice*, we're pleased to showcase how recent contributions to Borgess Health translate into innovative medicine and inspired care. From a local Girl Scout troop comforting our pediatric patients with handmade blankets to a special bequest left behind by an extraordinary woman, our latest newsletter highlights some of the ways in which these donations impact people's lives every day.

While we're only able to recognize a few of these stories of giving, we know that all of the gifts we receive (we received a total of 2,079 in 2005), no matter how large or small, make a tangible difference. At the same time, we also realize that the motivations for giving to our Foundation are as numerous as the number of individuals who give to us. Some gifts were made in honor of a loved one, some were made in memory of a family member, and last but not least, some were made from grateful patients wishing to both thank and honor the caregivers who helped them return to optimal health.

Regardless of the intention, we want to help you, our donor, meet your specific donation goals. For example, bequests like the one made by Alice Kniss (see donor spotlight article) offer individuals the opportunity to create a legacy that not only keeps their spirit and memory alive, but also continues to benefit those in need by providing them with access to quality health care services, right in their own community.

Once again, we thank you for your generosity and willingness to give of your hearts, so that Borgess Health may remain a vibrant health care resource for you, your family and friends. If you'd like to learn more about our giving opportunities, we encourage you to call 269.226.8100.

Best wishes,



Tony McDonnell, Executive Director

Borgess Foundation

P.S. We would also like to recognize all of the time and hard work that our volunteers contribute to Borgess Health. We thank them for their continued support and dedication, and look forward to honoring them during the 2006 National Volunteer Week, April 24-28.

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\*We welcome the newest members of our board.

# Volunteer Spotlight

## Barb and Fred Miller: Givers of More Than Gift Advice



Those who volunteer in the emergency room, or help patients facing serious illnesses or injuries, are vital to our mission. But so are Barb and Fred Miller, volunteers who choose to donate their time in The Seasons Gift Shop at Borgess Medical Center.

The Seasons Gift Shop, which opened last fall, offers a more centralized, aesthetic setting, as well as greater convenience through close proximity to our main parking structure. For enhanced service delivery, the new shop is also located adjacent to the outpatient pharmacy, so patients have the opportunity to browse through a wide variety of unique gifts as they wait for their prescriptions to be filled. Proceeds from the shop support some of our key health programs, such as mammography for women and scholarships for nursing students.

“Volunteers like Barb and Fred Miller have allowed us to keep The Seasons Gift Shop open seven days a week, which better meets the needs of our customers,” said Kathy Praedel, director of volunteer services, Borgess Health. “This husband and wife team provides a friendly face to our patients, visitors and staff members. Their compassion is always present.”

Barb’s volunteer experience at Borgess Medical Center began in 1975 when she participated in the hospital’s follies, a fundraising event that used to take place annually at Miller Auditorium. Since that time, she has volunteered in several different capacities and on many special projects over the years. In 1999, she decided to recruit Fred, her husband, as a volunteer.

“He first helped out during one Christmas and he liked it so much, he decided to stay,” she said. “We both feel good about being in the gift shop because it’s like we’re another supportive outlet. We’re not just here to help patients and visitors find gifts. We’re here to listen and talk to people if they need us.”

Along with serving as cashiers in The Seasons Gift Shop the first and third Sunday of each month, the couple also volunteers with Borgess Hospice and the West Michigan Cancer Center. In addition to volunteering, the Millers—happily married for 48 years—enjoy visiting with their two sons and four granddaughters, as well as bowling and taking trips to Las Vegas.

“I will probably never give up Borgess,” Barb added. “At least not until I have to.”

*For an application or more information about volunteering at The Seasons Gift Shop or another Borgess Health entity, call 269.226.4882, or visit us on the Web at [Borgess.com](http://Borgess.com).*

## Save the Date

### Upcoming Activities and Events

#### April 22

American Heart Association GoGirl event, a healthy living event, WMU Fetzer Center

#### April 28 and 29

Run for the Health of It, Borgess Health & Fitness Center

#### May 12

Women’s Health Fair, Borgess-Lee Memorial Hospital

#### July 17

Borgess Volunteers Golf Outing, Gull Lake Country Club

#### July 21

Lee Memorial Foundation Golf Outing, Spruce Ridge Golf Club



*Dedicated volunteers Barb and Fred Miller allow us to keep The Seasons Gift Shop open seven days a week.*

# Borgess Medical Center

## Philanthropy Helps Bring Borgess Joint Replacement Center to Life

**W**hen you donate to any organization, you may later ask yourself, “where is my contribution really going?” Or, “will my gift be effectively used to help others?”

At the Borgess Foundation, our goal is to ensure your contributions make a tangible difference. Since our hospital’s inception more than a century ago, donations from individuals and organizations have played a key role in every major development, every large building project and every new era of health care at Borgess.

### Case in Point: The Borgess Joint Replacement Center

One of the ways in which our Foundation has helped Borgess remain on the cutting edge is through the development of the Joint Replacement Center. Donor contributions made to our unrestricted endowment fund helped to bring this Center to fruition.

Today, the Borgess Joint Replacement Center features 10 dedicated beds, as well as special amenities and qualified staff members who are specifically trained in caring for orthopedic surgery patients. “What makes this Center unique is that it’s set up to include both the patients and their family members/support people in the surgery and recovery process,” said Linda Brown, a registered nurse (RN) and program manager of the Borgess Joint Replacement Center. “Patients are encouraged to take ownership of their own rehabilitation, and that helps them feel more empowered and motivated.”



*Today, Scott Gardner is back on his bike again, thanks to the care he received through the Borgess Joint Replacement Center.*

This patient “ownership” begins from the very start at the Joint Replacement Center. Throughout their experience, patients work together as a team. First, they attend comprehensive pre-surgical education sessions. After surgery, they collaborate in a group setting where they learn how to care for their joints and regain optimal mobility.

### Teamwork Equals Better Outcomes

Scott Gardner, a dual hip replacement patient featured in Borgess Health’s latest advertising campaign, is just one example of how the Joint Replacement Center’s philosophy of teamwork leads to better outcomes. Three years ago, Scott, a Comstock science teacher then in his mid-50s, was using crutches to get around, his arthritic left hip painful as his upper leg bone rubbed against his pelvic bone. This was a man who had once run marathons, played football and hockey, coached cross-country at Comstock High School, and competed in bicycle races.

When Scott first sought relief from doctors, he was told he was too young for hip replacement, as the artificial joint would not last long enough. In 2003, however, Scott heard a talk at the Borgess Lawrence Education Center by orthopedic surgeon, Dr. Robert Morren. His emphasis on maintaining quality of life resonated with Scott. He set an appointment with Dr. Morren, who subsequently agreed to do the surgery.

Two hip replacements later and Scott is now back on his bike again. He said that one of the benefits of the Joint Replacement Center is the “team” concept, where patients who are farther along in their healing serve as inspiration for others. “I could have stopped biking, but I wouldn’t have the quality of life,” he added. “I want that quality of life. Hip replacement surgery brought my world back to me.”

*Interested in learning more about Scott Gardner’s story or the Borgess Joint Replacement Center? Call 269.226.5746 or go to [Borgess.com](http://Borgess.com).*

# Borgess-Pipp Hospital

## Dr. Abdul Shaikh Answers the Call in Pakistan

Even though he won't readily admit it, Dr. Abdul Shaikh may understand what it truly means to give of one's self better than many of us. An internal medicine specialist with Borgess Family Medicine (the family practice affiliated with Borgess-Pipp Hospital), Dr. Shaikh recently lent his support to victims of the October 8, 2005 earthquake in Pakistan.



(Above) Children and their families coping with the aftermath of the October 8, 2005 earthquake in Pakistan. (Below) Dr. Shaikh, left, visits with area leaders during his trip to help Pakistani refugees.



When Dr. Shaikh saw the devastation the 7.6-magnitude quake caused on the local and national news, he knew he had to do something. Two months later, he boarded an airplane, unsure of what he would find when he landed in Pakistan. "Originally being from Pakistan, I had a few connections, and people kept saying, 'Oh God, this is so bad,'" he said.

Prior to his trip to Pakistan, Dr. Shaikh spent much of his personal time with the Kalamazoo Islamic Center in order to raise \$65,000 for the relief efforts. One of his physician assistants also told him about AmeriCares, an organization based in Connecticut that provides medicine, supplies and other materials to health and welfare professionals for appropriate distribution around the world. Dr. Shaikh identified the necessary supplies, contacted AmeriCares and received \$20,000—or 120 pounds—worth of medications, which he then took with him on his trip to Pakistan.

Upon his arrival, Dr. Shaikh's brother, who lives in Pakistan's capital, helped him locate relief tents stationed throughout the hardest hit areas. There, Dr. Shaikh provided medical care alongside other American physicians. "It was overwhelming, but comforting to know that there were many people working so hard and helping so much," he said.

In addition to transporting donated medications, Dr. Shaikh purchased backpacks, comforters and other supplies for those in need. Although many of the area residents are now past the acute phase, he noted that donations are still necessary to help sustain vital programs and supplies in Pakistan.

A graduate of Liaquat Medical College in Pakistan, Dr. Shaikh also received recertification and additional training following his move to the United States in 1986. He completed his residency in Detroit and in 1997, joined Borgess Family Medicine in Plainwell. He and his wife, Saadat, currently live in Texas Township with their two sons.

Despite the fact that Dr. Shaikh has said he's received too much credit for volunteering in Pakistan, he still recognizes the significance of his willingness to help and become involved in such a critical time for his home country. "I felt that this is something I could do," he added. "So I did it."

To learn more about Dr. Shaikh or Borgess Family Medicine, call 269.552.0100, or go to [Borgess.com](http://Borgess.com).

# Borgess-Lee Memorial Hospital

## Lee Memorial Foundation Purchases New Equipment for Enhanced Care Delivery

Thanks to support from the Lee Memorial Foundation, Borgess-Lee Memorial Hospital patients and providers are now benefiting from several pieces of specialized equipment, including anesthesia monitors, an eye surgery stretcher and a blood coagulant machine.

“This equipment allows us to build upon the high-quality care that we give our patients, so they don’t have to travel far from home,” said Dr. Mohammad Zaman, chief of staff, Borgess-Lee Memorial Hospital. “It also offers our physicians cutting-edge technology for providing accuracy and safety measures.”

One of the ways in which improved accuracy and safety are achieved is through our new eye surgery stretcher. The easy-to-move stretcher features maximum surgical access with a dual-articulating headpiece, and is equipped with all of the necessary accessories for delivering exceptional and secure patient care—from protective side rails to a firmly locking work surface.

In addition to the new stretcher, we recently implemented state-of-the-art anesthesia monitoring systems, which offer larger screens, and complete data storage and retrieval. This advanced equipment provides a continuous electrocardiogram (EKG) analysis, as well as precisely monitors and records each patient’s vital signs, including heart rate, blood pressure, oxygen in fingertips, muscle relaxation and depth of sleep.

“With these monitoring systems, a multitude of automated information is readily available,” said Robert Jirgl, certified registered nurse anesthetist (CRNA), Borgess-Lee Memorial Hospital. “More information leads to better control, which in turn, leads to increased anesthetic safety for our patients.”

### Top-Quality Health Care: Close to Home

As the fundraising arm of Borgess-Lee Memorial Hospital, the Lee Memorial Foundation enables us to provide the kind of medical technology and services usually found in much larger

cities. Leading-edge diagnostic imaging...up-to-the-minute surgical equipment and techniques...twenty-four hour emergency care—it’s all available at Borgess-Lee Memorial Hospital. For 85 years and counting, our committed, talented staff has provided the comprehensive services you need with the personal touch you deserve.

*To learn more about the Borgess-Lee Memorial Hospital difference, call 269.782.8681 or go to [BorgessLee.com](http://BorgessLee.com). For more information on the Lee Memorial Foundation, call 269.783.3083.*



*(l-r) Don Blackmond, trustee, Lee Memorial Foundation; Sandra Claborn, RN and director of surgery; Robert Jirgl, CRNA; and Wayne D. Comstock, president, Lee Memorial Foundation, pose with our new anesthesia monitoring system.*

# Donor Spotlight

## The Life and Legacy of Alice Kniss



*Alice Kniss named Borgess Visiting Nurses as a beneficiary in her will.*

For 50 years and counting, Borgess Visiting Nurses has provided compassionate, home-based services to thousands of extraordinary people—individuals like George and Alice Kniss of Kalamazoo. George lived with emphysema for many years, and along with his beloved wife, Alice, Borgess Visiting Nurses offered him ongoing medical care and kindness. After George lost his battle with emphysema in 1995, Alice decided to name the organization as a beneficiary in her will.

“They were very grateful for the assistance they received from Borgess Visiting Nurses,” said Patsy Nyberg, one of Alice and George’s nieces. “They were reluctant to ask the rest of the family for help, as they had no children to depend on. Visiting Nurses was a real blessing to them.”

### **Alice Kniss: A Lifelong Giver**

Raised by her grandparents, Alice Kniss was a determined individual, and despite having to earn her own money

to pay for high school, she graduated from Kalamazoo Central in 1929. Following graduation, Alice worked at the notions counter at S.S. Kresge Co., a predecessor of K-mart. Shortly thereafter, she met and married George, and dedicated herself to helping people—from writing GI newsletter articles for World War II troops to teaching sewing and knitting to young girls in the 4-H club.

Dancing was also an essential part of Alice’s life. In fact, she and her husband were 25-year members of the Ramona Lane Promenaders, lifelong members of the Clover Leaf Square Dancers and became close with Kids & Kousins (a group of teenage square dancers that eventually adopted Alice and George as their Godparents). They even planned to entertain their guests with square dancing at the celebration of their 50th wedding anniversary.

Together with George, Alice traveled across North America—her journey covering all fifty states, the southern provinces of Canada from coast to coast, as well as the Caribbean. When she and her husband weren’t out and about, they took great care of the surrounding birds, feeding them and admiring their beauty.

Alice participated in many community organizations, such as the Kalamazoo Nature Center, Chula Vista Garden Club and the First Baptist Church of Kalamazoo. In addition to her community involvement, she stayed active within her extended family, which grew to include 20 nieces and nephews, and four Godchildren.

In 2005, Alice Kniss—a woman who always gave her time and energy to others—passed away at Crystal Woods Nursing Home. Along with wonderful memories, she left behind several bequests to her family members, as well as Borgess Visiting Nurses, the Kalamazoo Nature Center, Senior Services, Inc. and the First Baptist Church of Kalamazoo.

### **Alice’s Gift and Legacy**

Estate donations like Alice’s make it possible for Borgess Visiting Nurses to continue delivering nursing, rehabilitation and other vital home health services to area patients and their families. “These gifts enable us to care for those who may have limited resources,” said Jill Eldred, president, Borgess Visiting Nurses and Borgess Hospice. “They also allow us to keep families together at home in what can be an emotional and challenging time.”

“What’s special about Alice’s contribution is that she was able to take care of her family, as well as her favorite charities—it wasn’t an either/or proposition,” added Tony McDonnell, executive director, Borgess Foundation. “Her gift will serve as a legacy for future generations.”

*To learn more about estate donations or giving to Borgess Visiting Nurses and Borgess Hospice, call 269.226.8100, or visit us on the Web at [Borgess.com](http://Borgess.com)*

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providers are available for admissions, inpatient management and pediatric consultation services.

“In addition to our in-house pediatric hospitalist service, we have dedicated, experienced pediatric registered nurses who are tuned into the unique aspects of illness and health in children,” Reffitt said. “Together, our goal is to make the hospital stay as child- and family-friendly as possible.”

Combined with providing comprehensive medical care, Borgess strives to achieve this patient-focused goal through a 24-hour visitation policy, and space in each room for parents to stay with their children. The Unit also provides a “room-service” style menu, as well as access to plenty of games, toys, videos and other fun activities.

*To learn more about pediatric services at Borgess Medical Center, call 269.226.8135 or 1.800.828.8135, or visit Borgess.com. The Borgess Pediatrics Unit would like to thank Girl Scout Troop 310 for their thoughtful gifts and kindness.*

## Tree of Love Honored Loved Ones and Supported Women’s Health



*Our annual Tree of Love lighting ceremony. Contributions like those made to the Tree of Love help us care for patients who have limited financial resources.*

Last November and December, the holiday season marked the time for the Tree of Love, a one-of-a-kind annual fundraising event coordinated by Borgess Health volunteers. The Tree of Love was a distinctive and meaningful way for individuals to express their love or appreciation to someone important in their lives. It also allowed people to establish a lasting tribute in memory of a relative or close friend.

“The Tree of Love enabled individuals to recognize or memorialize someone very special in their lives, as well as give back to the community by supporting valuable health programs,” said Kathy Praedel, director of volunteer services, Borgess Health.

For a minimum donation of \$5, those interested in participating purchased a light on the Tree of Love. From there, Borgess volunteers notified the person designated for the gift or the family of the individual memorialized. The name of each honored person and contributor also appeared on a commemorative scroll located near the Tree of Love.

Once all donations were collected, an official lighting ceremony was held at the Borgess Lawrence Education Center. At the event, donors had the opportunity to experience and share in the tree lighting, view the commemorative scroll, listen to holiday music, and enjoy refreshments together. Best of all, every donation not only served as a personal recognition of a loved one, but also funded mammography screenings and other Borgess Women’s Health programs for area women who were unable to afford these essential services.

*We sincerely thank everyone who gave so generously to the 2005 Tree of Love benefit, which included more than 300 gifts and raised over \$11,000.*