

MetroHealth is committed to excellence in patient care, supported by superior medical education and research, and holds a core value of providing high quality health care regardless of ability to pay.

MetroHealthgiving

Advancing the charitable mission of The MetroHealth System

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In the Spotlight



The MetroHealth Rehabilitation Institute of Ohio is the state's largest hospital-based rehabilitation program, nationally renowned in the treatment of brain and spinal cord injuries and stroke. For more than 50 years, MetroHealth has remained committed to restoring function and wellness by using the latest rehabilitation techniques combined with compassionate care.



Rosalind Addison receives help from MetroHealth recreation therapist Kevin Sullivan during a recent Artist-in-Residence session.

Putting Pieces Back Together

Rosalind Addison has undergone four spinal cord surgeries since being admitted to MetroHealth in July 2005. In that time, she has focused on two things: sitting up and standing again.

Sometimes, the pain from her therapy sessions – a “good” pain, she said – is so unbearable, it dampens her spirit. It is during these times she seeks comfort from the art therapy sessions in **MetroHealth’s Art Studio**.

“If something is bothering me, I let it go through one of my projects, and it is like it never happened,” Ms. Addison said one afternoon while making a collage with hearts. Only two and a half weeks prior, she couldn’t sit up. Now, she’s perched at a table with scissors, glue and a colorful assortment of paper. Just as she’s putting the pieces of paper together to make a whole picture, she’s doing the same with her life.



“Our Goal Is To Help People Get Back What They’ve Lost”

Gary S. Clark, M.D., has been chair of the Department of **Physical Medicine & Rehabilitation** and medical director of the **MetroHealth Rehabilitation Institute of Ohio** for five years. Dr. Clark was selected as a 2005 “Top Doc” in *Cleveland Magazine*. He lives with his family in Chagrin Falls, Ohio. Recently, Dr. Clark sat down with *MetroHealth Giving* to describe his inspiration and approach to treating patients and to discuss his vision for the MetroHealth Rehabilitation Institute of Ohio.

His Inspiration

My father is a physician, and an obvious role model, but taking a summer biomedical course during high school confirmed my interest in medicine as a career. I decided to become a physiatrist (a physician specializing in Physical Medicine & Rehabilitation) after being inspired as a medical student by Dr. Gerald Herbison, a professor of rehabilitation medicine at Jefferson Medical College in Philadelphia. I was impressed by his energy and optimism for helping people disabled by illness or injury to improve in function. Ironically, Dr. Herbison is a Cleveland native and a polio survivor who received his polio rehabilitation here at MetroHealth.

Choosing MetroHealth

My first impression of MetroHealth was of its friendly atmosphere. I found the MetroHealth mission statement of providing high quality health care regardless of ability to pay appealing. I think physicians and staff members choose to come here because they believe in our mission, which facilitates collaboration and results in excellent patient care, high-caliber teaching and cutting edge clinical research.

Making a Difference

Working in rehabilitation gives me the privilege of helping people who have lost their ability to function independently because of a disabling illness or injury to regain some or most of what they lost. As a result, their quality of life and dignity are restored, which provides a tremendous sense of satisfaction that we have made a difference. I said “we” because rehabilitation is truly a team effort, with health professionals from multiple backgrounds and disciplines working together with the patient and his/her family.

Vision for the Future

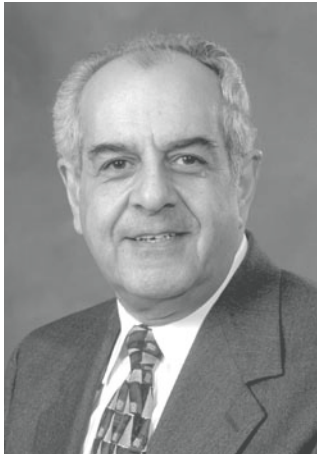
Rehabilitation is on the threshold of exciting new opportunities. Scientific advances are providing better tools and techniques that will enable us to not only compensate for loss but restore human functions previously thought unrecoverable. The unique advantage of MetroHealth is the interaction of researchers with clinicians providing health care in the same setting. Our long-range vision for the MetroHealth Rehabilitation Institute of Ohio is a free-standing building on the MetroHealth campus designed to help develop and apply these new treatment breakthroughs, and dedicated to the world-class programs that will maximize the recovery of every patient undergoing rehabilitation.

Donor Support Helps Patients Recover

Our many generous donors tell me that the most rewarding part of supporting MetroHealth is knowing you have made a difference in someone else’s life. Every gift allows us to find new and better ways of helping people – from individuals whose donations help us buy art supplies for the art therapy program (see cover story) to the Gerson family who established a resource center linking patients to important community resources to help their recovery. I am very grateful for each person who helps support our mission.

For more information on how you can support the MetroHealth Rehabilitation Institute of Ohio, please contact Kate Brown at (216) 778-7509 or kbrown@metrohealth.org. ■

Celebrating Survival: Honoring Compassionate Cancer Care



When **Ruth Collins** was treated for breast cancer by oncologist **Edward G. Mansour, M.D.**, she and her husband, Edward Collins, were touched not only by his clinical knowledge, but his compassion, too.

The Collins family credits Mrs. Collins' recovery to Dr. Mansour's comprehensive care. After several procedures to control the spread of cancer, Dr. Mansour recommended a total mastectomy. "It's a very painful and emotional thing to lose a breast," Mrs. Collins said. "Dr. Mansour tried every option and was so caring

and so thorough. You don't meet many doctors like that."

That's why she and her husband have contributed to the **Edward G. Mansour, M.D., Endowment**.

Mr. Collins said Dr. Mansour's thoroughness saved his wife's life. "He is not just a skilled clinical surgeon, but an amazing individual who truly cares about his patients," Mr. Collins said. "I'm grateful he was the one doing surgery on my wife. There could have been a very different scenario if it weren't for his experience and knowledge."

Created to honor Dr. Mansour and his legacy of excellence in cancer care and teaching, the Mansour Endowment provides support for surgical oncology research and education in MetroHealth's Department of Surgery and an annual lectureship in surgical oncology. **Dr. John E. Niederhuber**, chief operating officer of the **National Cancer Institute**, will be this year's guest lecturer on May 6.

The endowment recognizes Dr. Mansour's significant contributions to cancer care in Northeast Ohio, where he developed the first multimodal oncology clinic in the region – the **Cancer Care Center at MetroHealth**. His vision was to create one place of healing where specialists would come to the patients to provide care that was coordinated, consistent and convenient.

Mr. and Mrs. Collins hope their gift will continue the legacy Dr. Mansour created and ensure other patients receive the same help and encouragement.

"Dr. Mansour has done such an incredible job," Mrs. Collins said. "I hope this endowment fund would encourage other surgeons with his special touch to come to MetroHealth."

*Endowment gifts are one of the most effective ways for donors to help others because they have a direct impact on breakthroughs that change people's lives. To support the **Mansour Endowment**, or for more information, please contact Michelle Wood at (216) 778-7694 or mwood@metrohealth.org.*



Kevin Houser, NFL player and founder of the **Life's A Snap Foundation**, paints tiles for a special mirror with a young patient of **The Children's Hospital at MetroHealth**. The mirror was an auction item at the Foundation's Annual Casino Night. Nearly 500 people attended the event, which benefited, in part, MetroHealth's pediatric **Comprehensive Care Program** – one of only a few in the country that provides health and social services to children with complex medical issues and multiple developmental disabilities.

"I'm grateful he was the one doing surgery on my wife. There could have been a very different scenario if it weren't for his experience and knowledge."

Kate Brown Named Vice President of Development



Kate Brown was recently named **vice president of Development** at MetroHealth, succeeding Fred Unger, who retired in December.

For the past four years, Ms. Brown has served as director of Development at MetroHealth. She was responsible for helping MetroHealth earn the largest gift in its history – a 10-year,

\$10 million grant from **The Saint Luke’s Foundation of Cleveland, Ohio**, to fund the **Chronic Disease Management Program at the MetroHealth Buckeye Health Center**.

“Kate’s track record of success in raising philanthropic support is unmatched,” said **Paul Clark**, chair of **The MetroHealth Foundation**. “I can’t think of anyone more capable of leading MetroHealth toward even greater philanthropic success.”

A search committee of MetroHealth System and Foundation trustees, physicians and executives from local community foundations undertook an extensive selection and screening process. Their objective was to select the candidate that best demonstrated proven success in fundraising, showed a commitment to MetroHealth’s mission and culture and had the ability to lead.

One of Ms. Brown’s top priorities will be to continue to lead MetroHealth in an initiative to raise financial support for **The Senior Health and Wellness Center at MetroHealth South** – site of the former Deaconess Hospital. Scheduled to open in 2007, the Center will focus on keeping older adults as healthy, active and independent as possible with partners **Benjamin Rose, Concordia Care and The Visiting Nurse Association’s Hospice and Palliative Care Partners of Ohio**. ■

Expanding the Vision: Reaching Hispanic Adolescent Boys

Hispanic boys are the most overweight racial/ethnic group of children in the United States. However, a recent \$50,000 grant from **The Medical Mutual of Ohio Charitable Foundation** gives MetroHealth the tools to help local teens overcome this statistic.

Many people know obesity is linked to health problems, such as diabetes, but a recent study published in the *Journal of the American Medical Association* shows the impact reaches beyond physical issues.

“The study found that obese children scored very low in terms of quality of life,” said **Andrea Bonny, M.D.**, director of **MetroHealth’s Division of Health Services for Hispanic Children and Adolescents**.

“That’s why it is so important to reach Hispanic teens in our community.”

Last spring, with the first \$50,000 grant from Medical Mutual, MetroHealth launched the **Healthy Hispanic Teen (HHT)** program – a community-based health effort that focused on

Hispanic girls and their mothers. This spring, the funding from Medical Mutual allows MetroHealth to extend the program to Hispanic adolescent boys ages 11 to 18 and their fathers.

Following a complete health assessment, the teens will attend six weeks of classes. Sons will learn about nutrition and physical activity. Fathers will learn about parenting skills and the importance of modeling healthy behavior.

Dr. Bonny said the benefits of the program go beyond helping kids lose weight.

“After our first program, seven of the 11 girls now come to our clinic. Their siblings come, too.” Dr. Bonny said. “This funding allows us to finally create a bridge. Every time we reach out, more people begin to recognize our faces, know us and feel comfortable coming to MetroHealth for health care.”

For more information on how you can support the Hispanic Adolescent Health Initiative, please contact Michelle Wood at (216) 778-7694 or mwood@metrohealth.org. ■

Spring Cleaning for Your Estate Plans

With spring cleaning season just around the corner, now is the perfect time to take stock of your financial and estate plans to ensure the people and places important to you are taken care of, in case of a life-changing event.

Here are a few questions to help you start the process.

1. Would you rather let the State of Ohio decide how and to whom to distribute your assets than make those decisions yourself?
2. Would you rather pay estate taxes, if required, than make a deductible charitable gift to The MetroHealth Foundation or another nonprofit organization?
3. Would you rather have an outdated estate plan that doesn't adequately express your desires than take the time to bring your plans up-to-date?
4. Would you rather allow others to guess what decisions you want made about your health care and life-sustaining treatment than to make your wishes clear to them?

If you would like a copy of our packet, *Planning for the Future*, please call Kate Brown at (216) 778-7509 or kbrown@metrohealth.org. This packet includes useful information to get you started and sample forms, such as the Health Care Power of Attorney and Living Will, which you can share with your advisors. All conversations and requests for information are confidential. ■

Honoring a Survivor



Mark your calendars! **The MetroHealth Golf Benefit Presented by CHASE** will be held Monday, June 5 at Lakewood Country Club. This year's event will honor Mark Tupa, the Saint Ignatius High School football player who was critically injured during a game. Mark has made tremendous progress since his injury and will share the story of his road to recovery. Proceeds from the event will benefit the **MetroHealth Rehabilitation Institute of Ohio**, helping to create more success stories like Mark's.

For more information, please contact Nancy Maurer at (216) 778-7048 or nmaurer@metrohealth.org. ■

Will: A legal document which states how your assets should be distributed and to whom upon your death.

Health Care Power of Attorney: This document is used in the event you are unable to make health care decisions on your own behalf. It allows you to appoint a person to make these decisions for you.

Living Will: This document is used in the event you are unable to make medical decisions AND you have a terminal condition or are permanently unconscious. It expresses your wishes concerning life-sustaining treatment including withholding or withdrawing food and water.

General Power of Attorney: A powerful document requiring careful consideration. It enables you to give a trusted family member or friend the legal authority to act on your behalf in the event that you are not able to do so. A Limited Power of Attorney is an alternate document that can be used.

Trust: Trusts can take many forms and are used for a variety of reasons. With a trust, a trustee (person, bank or trust company) oversees the management and distribution of assets to your beneficiaries.

Charitable Gift Planning: Charitable gift planning can be used to reduce taxes and provide for family, friends and charities important to you. Techniques include: bequests, trusts, charitable gift annuities, beneficiary designations, life insurance policies and retirement plans.

This information is intended for educational purposes only. Please consult with your qualified tax and legal advisor(s).

Ms. Addison is one of thousands of rehabilitation patients who have been helped since the Art Studio opened in 1967, making it the oldest art therapy center in the nation. Staff and volunteers focus on helping patients see what they are capable of rather than what they are not, and the boost in their spirit helps in the overall healing process.

There's a certain magic that happens when patients gather in a room to pound clay, paint, make a collage or arrange flowers. They proudly share their creations and clap for each other.

That magic is made possible in large part by generous MetroHealth donors. Because art therapy is a service that is not reimbursed by insurance, the hospital's donors are responsible for bringing the services to MetroHealth. More than half of the Art Studio's budget comes from contributions, grants and fundraising.

One such gift – the second \$25,000 donation from a MetroHealth donor – sponsors four local artists for one week throughout the year to introduce new types of art to patients and new teaching skills to staff. The **Artist-in-Residence** series, as it is named, culminates with an art show.

Another rehabilitation patient participated in the Artist-in-Residence series and made a collage for each of her two granddaughters. Had she not been in art class that day, she

would have been in her hospital bed watching television.

"They said, 'Come to art class.' I told them that I can't draw, that I'm not artistic," she said, gazing at her works. "But I'm sure glad I did."

Kathleen Kern-Pilch, senior art therapist in the Art Studio, explained that working on art projects "adds hope and encouragement to the rehabilitation process."

"Their sense of self in the hospital is challenged because they can't do the things that interest them and that once defined who they are," she said. "This art therapy program is focused on wellness and healing. It helps people see what their potential is."

People like Rozalind Addison – who has a new calling.

"When I get well, I intend on volunteering here," Ms. Addison said.

For more information on supporting the art therapy program or other rehabilitation projects, please contact Kate Brown at (216) 778-7509 or kbrown@metrohealth.org. ■

"This art therapy program is focused on wellness and healing. It helps people see what their potential is."

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