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MetroHealthgiving

Advancing the charitable mission of The MetroHealth System

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In the Spotlight



The Senior Health and Wellness Center at MetroHealth South is a collaborative effort between **MetroHealth** and partner organizations **Benjamin Rose, Concordia Care, and Visiting Nurse Association Hospice and Palliative Care Partners of Ohio** to establish a one-stop center for senior health in Northeast Ohio. The collaboration holds the potential to serve as a national model in caring for the growing senior population (see page 3).

Million Dollar Partnership Helps Create a Healthier Community



Nine-year-old Teela Kelly has found her smile thanks to the MetroHealth Family Advocacy Program. Teela is joined by her mother, Barbara Leadbetter, during a session with MetroHealth pediatric psychologist Mariann Suarez, Ph.D.

Nine-year-old **Teela Kelly** knows how cruel children can be. A life-long seizure disorder has delayed her ability to learn and speak, making it impossible for her to keep up with her classmates.

“When she was in first grade she was put back in kindergarten because she couldn’t read and communicate in class, so she became so withdrawn that she eventually didn’t want to go to school anymore,” said her mother, **Barbara Leadbetter**.

The situation became so desperate that Teela’s frustrations led to talk of suicide and playing with fire and knives.

“She was coming home saying, ‘Mommy, they’re laughing at me and I can’t keep up.’ And it seemed like no one was taking the time

to find out what they could do to help her.”

That was before MetroHealth psychologist **Dr. Mariann Suarez** referred Teela’s case to the **MetroHealth Family Advocacy Program** – a program funded primarily by philanthropic contributions. The first of its kind in Ohio, the collaborative program between MetroHealth and **The Legal Aid Society of Cleveland** pairs an attorney, **Mallory Curran**, with MetroHealth doctors and social workers. Ms. Curran works with families to help resolve social, economic, and environmental issues that may prevent a child from leading a healthy life.

After Ms. Curran met with school officials, Teela was placed in a smaller classroom for children with special needs, providing the

“Our goal is not only to help people live to be 90 years old, but to help them do that in good health.”

James W. Campbell, M.D., has been chair of the **Department of Family Medicine** for seven years and is leading the development of the **Senior Health and Wellness Center at MetroHealth South**, scheduled for opening in 2007 (see story on page 3). Dr. Campbell recently received the prestigious **Dr. Arnold L. Heller Memorial Award** for his contributions to geriatric medicine and his commitment to senior health. He lives with his family in Shaker Heights. Recently, Dr. Campbell sat down with *MetroHealth Giving* to describe his inspiration and approach to treating patients, and to discuss his vision for the Senior Health and Wellness Center.

His Passion

There’s nothing more satisfying to me than getting involved in helping older people do more, see more, and get more out of life, because they tend to like working with their doctor and are good at establishing a partnership about what their goals should be. That’s the kind of intimacy that really allows you to become invested in a patient and them invested in the doctor-patient relationship.

Choosing MetroHealth

I was recruited here in 1993 to develop a geriatrics program, and after I had been here just over a year, my dad said to me, “You really seem to have found a place where you really enjoy working.” It turned out to be the perfect match for me, because MetroHealth wanted to develop a geriatrics program and I wanted to do that. And MetroHealth is all about taking care of people, and I’m all about that. There’s always camaraderie and a sense of teamwork here that’s different from a lot of other places. Working together is a common goal here.



Making a Difference

One of the biggest problems for seniors is that there aren’t enough providers who value older people. There is still age bias and they’re treated as if they’re supposed to accept what they get. Integration is another huge challenge because older adults tend to have multiple co-existing diseases and are going to different providers at different facilities for different medical issues, so there’s all this information with no central clearing system, which is really dangerous. What’s different about MetroHealth is that we have 20 certified geriatricians, all of whom have taken an additional year of training to learn about how to care for older people. It’s our job to orchestrate all of those things together to not only help seniors live to be 90 years old, but to help them do that in good health.

Vision for the Future

I never imagined that I would be at the forefront of a movement to design an entirely new concept in caring for an aging population, which is the vision for the Senior Health and Wellness Center. Through a multi-organizational collaboration with partners including **Benjamin Rose, Concordia Care, and Visiting Nurse Association Hospice and Palliative Care Partners of Ohio**, we will be working to really change the way we take care of older people. The true vision is that the lessons learned and the studies done can be taken nationally so that other cities will see that it can be implemented elsewhere to provide older people with a better, easier, higher quality, more cost-efficient way to receive medical care. ■

Revolutionizing Health Care for Older Adults

Time and again we've heard older adults wish aloud for a place where they could get all of their health care needs taken care of in one location – somewhere they could see their primary care doctors and specialists without having to drive all over town.

Fulfilling that wish has resulted in a unique concept of teamwork that will serve the growing senior population in a new way. It also involves a major fundraising effort by MetroHealth and its partners – **Benjamin Rose, Concordia Care, and Visiting Nurse Association Hospice and Palliative Care Partners of Ohio** – in order for it to become a reality.

The Senior Health and Wellness Center at MetroHealth South will be the first of its kind in the country, combining the expertise of collaborative partners with one-stop convenience. The Center's goal is to keep older adults as healthy, active, and independent as possible.

The project has already captured the enthusiastic support of national health advocates. "I am so impressed by it," said **former Secretary of Health and Human Services, Tommy Thompson**. "This is the best example I have ever seen of doctors, nurses, and administrators seeing a huge health issue coming down the pike and working together to create a system that will care for our older adults. I think it is going to be the model of the future."

This approach will provide older adults with whatever level of care they need in one location. They will be able to see their primary care doctor for an office appointment. They will be able to see a specialist in cardiology, urology, dentistry, and many other disorders that affect seniors most. There will be adult day care for the frail elderly. Laboratory and x-ray services will be on-site. For those who need it, long-term skilled nursing care will be available. And hospice care will also be provided in a compassionate and home-like environment.

Plans also include a "mall" area, featuring community agencies, an indoor walking area, gift shop, barber and beauty shop, and cafeteria.

Efforts are underway to raise more than \$20 million in philanthropic support to renovate the building. "We're very encouraged by the response we've been getting so far," said **Paul Clark**, chair of **The MetroHealth Foundation**. "We're optimistic that the generous nature of the Northeast Ohio community will help us make this much-needed center a reality."

The Senior Health and Wellness Center is expected to open in 2007.
For more information on supporting the Senior Health and Wellness Center, please contact Kate Brown at 216-778-7509. ■



One-of-a-kind one-stop community-based center for all senior health care needs

- Preventative and wellness care
- Primary geriatric and specialty care medicine
- Adult day care for frail elderly
- Home care
- Hospice care
- Fitness and retail services

Economic impact on the region in the first five years

- Provides 600 direct and indirect jobs
- Generates \$260 million to the economy
- Provides care to more than 740,000 patients and families

*"It's the best example
I have seen in all of my
travels across America
that I believe is going
to become a pattern
for other communities
to look at."*

*Tommy Thompson, former Secretary of
Health and Human Services, on the
Senior Health and Wellness Center at
MetroHealth South*

From Tragedy to Triumph

A rare opportunity to witness the remarkable comeback of a critically injured teenager awaited participants in the **2006 MetroHealth Golf Benefit Presented by CHASE.**

Mark Tupa, who was paralyzed three years ago during a St. Ignatius High School football game, walked onto the Lakewood Country Club course during the event to play a couple of holes of golf with his father and brothers. Mark's participation helped raise more than \$50,000 in net revenue to support the **MetroHealth Rehabilitation Institute of Ohio** – making it the most successful Golf Benefit on record.

“It's not often that people have the opportunity to see first hand how their support helps change lives,” said **Gary Clark, M.D.**, chair of the Rehabilitation Institute. “It's great that the Golf Benefit provided that opportunity because nothing demonstrates the direct impact of that generosity better than actually being able to see patients like Mark who've overcome traumatic injuries.”

Mark's amazing story not only inspired participants, but earned him the first ever MetroHealth Spirit Award, presented to individuals whose spirit of perseverance and determination has helped them to overcome adversity and serve as an inspiration to others. He credits the strong relationship with his doctors and therapists with helping him in his recovery.

“I just wanted to get better to live a normal life, so I worked hard and they pushed me and told me what I needed to do to get it done,” he said.

“Everything they've done for me has just been phenomenal. I had nothing, and now I'm almost back to normal.”

Mark continues to undergo physical therapy at the Rehabilitation Institute and is now able to walk unassisted, only occasionally using a cane.

Also participating in the event was **Ryan Nagy**, another patient on his way to a successful recovery. A Middleburg Heights police officer, Nagy lost his right leg and nearly his life last year when he was struck by a car while conducting a routine traffic stop. His recently fitted, state-of-the-art prosthetic leg allowed him to navigate the entire course.

The MetroHealth Rehabilitation Institute of Ohio is the largest hospital-based rehabilitation program in the state and one of the top rehabilitation facilities in the country. Proceeds from the event will purchase several pieces of equipment, including a specially equipped treadmill to help patients learn to walk again, which will help result in more remarkable recoveries like those of Mark Tupa and Officer Ryan Nagy. ■



Mark Tupa (center) receives the inaugural MetroHealth Spirit Award from Dr. Gary Clark (left), chair of the MetroHealth Rehabilitation Institute of Ohio, and John Sideras (right), president and CEO of The MetroHealth System.

Thank you to our corporate sponsors who helped to make this year's Golf Benefit the most successful yet!

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Beneficiaries Matter

Do you know who your beneficiaries are?

Chances are you have a number of accounts – retirement plans, life insurance policies, pensions, bank accounts, etc. – where you have been asked to name a beneficiary. Can you remember the last time you reviewed your beneficiary designations?

Unfortunately, many people fill out the initial paperwork and never look at it again. It's important to review the information annually to ensure it is not outdated. Keeping an accurate, updated beneficiary list is vital to make sure your assets are distributed the way you wish to the people and causes that are most important to you.

It is easy to designate a nonprofit organization, such as **The MetroHealth Foundation**, as a beneficiary of your plan or policy. Doing so provides you with both an additional opportunity to support an organization that is important to you as well as a charitable tax deduction for your estate.

There are three primary ways to name a nonprofit organization as a beneficiary:

1. Name The MetroHealth Foundation, Inc. as a beneficiary of a portion (percent) of the asset.

For example, on the Change of Beneficiary form write: “___% to _____ and ___% to The MetroHealth Foundation, Inc.”

TIP: When you are splitting the asset among beneficiaries, make sure it totals 100%.

2. Name The MetroHealth Foundation as the sole beneficiary. For instance, on the form write: “100% to The MetroHealth Foundation, Inc.”
3. Name The MetroHealth Foundation, Inc. as the contingent beneficiary. A contingent beneficiary receives the gift only in the unlikely event the primary beneficiaries predecease you.

Beneficiary designations are easy to adjust if circumstances or your wishes change. Simply request a beneficiary form from the appropriate insurance or financial institution, complete and return it to the company. There should never be a cost associated with this.

If you have included The MetroHealth Foundation in your will, trust, or as a beneficiary of life insurance policies, IRA's, 401k plans, or other retirement plans, please let us know so we may thank you for your support. You will also be included as a member of the **Generations Society**, which recognizes those who have indicated they have made provisions for MetroHealth in their estate plans.

If you have any questions concerning beneficiary designations, or if you would like information on other gift planning options including bequests, annuities, and gifts of stock, please contact Kate Brown at 216-778-7509. ■



More than 100 older adults waited patiently for the doors to open at a recent **MetroHealth Senior Forum** session.

Participation in the program has rapidly grown in the past two years from a few people to a standing-room-only crowd. Held at the Glenville Library, the monthly series provides free information on health issues along with lunch and a small gift related to the health topic. The program has been able to expand because of continued support from the **United Black Fund of Cleveland, Inc.**

“This is a funder’s dream, to actually see a program at work,” said **Celeste Terry**, assistant executive director of the **United Black Fund of Cleveland, Inc.**, who also was in attendance. “We hope this program will continue to grow — we’d like to see it outgrow every location and add some activities to get seniors up and moving.”

Last year, a grant from the **Saint Luke’s Foundation of Cleveland, Ohio**, enabled MetroHealth to begin a second Senior Forum series to serve the seniors in the **MetroHealth Buckeye Health Center** neighborhood.

individualized attention she needed to learn and the comfort necessary to do so. Teela is making academic and social progress. She no longer speaks of hurting herself.

“I love the program because with Mallory’s help, I no longer had to butt heads to get everything that I needed for my daughter,” comments Ms. Leadbetter.

The success of the Family Advocacy Program has resulted in national praise and attention from the **Robert Wood Johnson Foundation (RWJF)**, one of the nation’s largest philanthropic organizations. It recently awarded MetroHealth a \$500,000 grant to expand the program to three MetroHealth community health sites, creating the **Community Advocacy Program (CAP)**. The grant will be matched by local corporations and foundations, bringing the total funding to \$1 million.

“When patients come to us for help, we give them great medical treatment. But if they go home to an unhealthy environment, odds are they’ll be back even sicker than before,” said **E. Harry Walker, M.D.**, director, **MetroHealth Center for Community Health**. “CAP allows us to potentially stop this vicious cycle and help give our most vulnerable patients the quality of life they deserve.”

The grant and matching funding will allow MetroHealth to hire three additional attorneys, a paralegal, and project coordinator to meet the growing patient demand. They will be based at **Thomas F. McCafferty Health Center** and the **MetroHealth Broadway and Buckeye Health Centers**. ■

Community Advocacy Program

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Honoring a Legacy of Commitment

Funding for Nash Professorship Nearly Complete

It often takes a lifetime to build a legacy, but a dedication to educating future generations of medical professionals has placed **Dr. Clyde “Les” Nash** well ahead of the curve.

His unselfish commitment has touched and influenced the lives of both friends and colleagues who have acknowledged his dedication by generously supporting the **Clyde L. Nash, Jr., M.D., Endowment for Orthopaedic Education**.

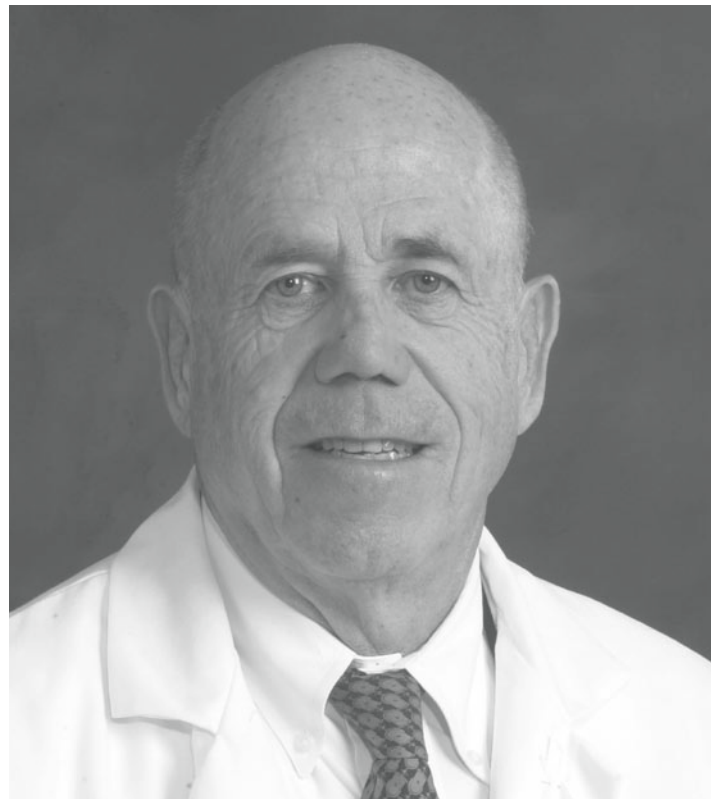
As a result, more than \$1 million has been raised toward the \$1.5 million needed to establish MetroHealth’s first endowed professorship in Orthopaedics at the **Case Western Reserve University School of Medicine**, which will be based at MetroHealth. Upon reaching the goal, the Clyde L. Nash, M.D., Professorship in Orthopaedics will be created.

Brendan Patterson, M.D., chair of **MetroHealth’s Department of Orthopaedics**, is ecstatic about the momentum behind the giving because it reflects Dr. Nash’s deep ties to people in the Cleveland community.

“He has had an enormous influence on the development of young physicians who are now at a point in their lives where they can return in kind the generosity that he fostered upon them in their youth. Their support honors and recognizes his contribution to the Greater Cleveland community as a physician, educator, and community leader.”

Funding from the Professorship will provide resources in perpetuity to support the education and training of orthopaedic surgeons. Endowed professorships demonstrate excellence. They lend the prestige and funding which attract the academic and research leadership that make an institution great, and one of the greatest distinctions a faculty member can receive is to be appointed to a named, endowed professorship.

“Professorships provide legitimacy to teaching hospitals and



enhance our recruitment of aspiring academic orthopaedic surgeons,” Dr. Patterson added.

Creation of the Nash fund stems, in part, from Dr. Nash’s development of the **Orthopaedic Learning Center**, a teaching and learning laboratory providing the latest information in orthopaedics technology and techniques. To sustain Dr. Nash’s legacy long after he retired, a group of friends established the Clyde L. Nash, Jr., M.D., Endowment for Orthopaedic Education.

To support the Clyde L. Nash, Jr., M.D., Endowment for Orthopaedic Education, please contact Michelle Wood at 216-778-7694. ■

Remembering Dr. Harris



The opportunity is great in the world of medicine to touch many lives – through healing, compassion, discovery, and mentoring.

Dr. John W. Harris saw the opportunity and seized it, dedicating himself to changing the medical world for the better. Sadly, Dr. Harris died in May at the age of 86. However, the legacy he created will continue for many years to come.

Dr. Harris, who served as MetroHealth's director of hematology from 1950-1975,

and as former president of the American Society of Hematology, was internationally known for his research work, where his discoveries made a great impact in the lives of patients throughout the world. His renowned study of sickle cell anemia led to advancements which improved the diagnosis and treatment of the disease. And his collaborative work with **Dr. Gary Brittenham** resulted in the discovery of the superconducting quantum interference device (SQUID). SQUID measures the amount of iron in a patient's blood, eliminating the need for repeated, and often painful, liver biopsies.

Along with his dedication to research, Dr. Harris was committed to training the next generation of great medical minds by sharing his expertise and serving as a mentor to hundreds of medical professionals.

"He will forever be held in the highest regard," said **Timothy O'Brien, M.D.**, director, **MetroHealth Cancer Care Center**. "I'm very proud and fortunate to have been trained by one of America's greatest hematologists who was a wonderful role model for me and so many others."

One former student, **Dudley Anderson, M.D.**, wanted to honor his mentor and ensure that Dr. Harris' passion for sharing knowledge would continue long after his retirement and death. Through the generous support of Dr. Anderson and many others, the **John W. Harris, M.D., Visiting Professorship** was created.

Each year, the Visiting Professorship provides the funding needed to bring one of the nation's leading scholars in the study of blood disorders to MetroHealth. The Fourth Annual John W. Harris, M.D., Visiting Professorship Lecture in June featured **Stephen Embury, M.D.**, Professor of Medicine, Emeritus, **University of California San Francisco**. Dr. Embury's presentation, *The Sticky Wicket of Sickle Cell Disease*, explained the evolution of sickle cell anemia.

Dr. Harris dedicated his career to healing, compassion, discovery, and mentoring. We are grateful to those who have chosen to honor his memory by ensuring his spirit lives on through the John W. Harris, M.D., Visiting Professorship.

To support the John W. Harris, M.D., Visiting Professorship, contact Michelle Wood at 216-778-7694. ■

A commitment to training the most promising scientific investigators of the future has earned MetroHealth and one of its outstanding young researchers national recognition from the **American Heart Association (AHA)**.

Darwin Jeyaraj, M.D., MRCP, was named as a finalist in the prestigious **AHA Melvin L. Marcus Young Investigator Award in Cardiovascular Science**. The award recognized five of America's best young investigators in the field of integrative cardiovascular research, including one current and former **MetroHealth Heart and Vascular Center** trainee, and scientists from Harvard, Johns Hopkins, and Tufts University. Dr. Jeyaraj also has received a two-year postdoctoral fellowship grant from the American Heart Association to support research aimed at shedding light on the molecular basis for electrical remodeling of the heart. His work has important implications towards understanding heart development and heart disease.

"This award is evidence of MetroHealth's excellence in its training programs and its commitment to developing future leaders in cardiovascular medicine," said **David Rosenbaum, M.D.**, director, **MetroHealth Division of Cardiology and the MetroHealth Heart and Vascular Center**. "It also reflects the very high standards of clinical and academic excellence established in MetroHealth's Heart and Vascular Center."

Dr. Jeyaraj's research was conducted under the auspices of **MetroHealth's Department of Medicine Physician Scientist Pathway Program (PSP)**, designed to train future leaders in academic medicine by providing rigorous training in the methods of disease – oriented and patient – oriented biomedical research.