

ON THE COVER: Cancer survivor Shaun Davis (second from left) and her father, Jessie D. Dulaney, Sr.; husband, Fernando Davis; and daughter, Kailani Davis, stroll the grounds of the Hospitality House at McLaren.

# SUPPORTING FAMILIES. TRANSFORMING LIVES.

### LETTER FROM THE CHAIRMAN AND PRESIDENT

ducation is the most important tool we have in providing superb patient care and community outreach, which is, really, simply another way of saying "supporting families and transforming lives."

It is education, beyond academic and clinical learning, that helps us provide the care, outreach and understanding required to nurture a transformation. Our understanding must expand outward to include an acute comprehension of the emotional aspect of illness and trauma for patients and employees alike.

In this Community Report, you'll read why Dr. Hesham Gayar and his wife Randa chose to sponsor the ultimate place of learning and



Tom Donaldson, Chairman, McLaren Foundation Board of Trustees; Donald Kooy, President, McLaren Foundation Board of Trustees

comfort, a library, for patients at the Hospitality House. Dr. Carlo Dall'Olmo explains how McLaren's vascular fellows are now educating themselves *virtually* in order to realize improved patient care. Dr. Edwin Gullekson explains how educating our community helps the Child Evaluation Clinic, and the parents and children who go there, to fight child abuse. We'll also find out how Art Therapist Gail Singer combines both clinical and emotional intelligence to guide cancer patients through the many stages of their diagnosis.

Each of these stories illustrates the McLaren commitment to our patients, employees, supporters and community. As we move through 2014, we will continue to believe, as Nelson Mandela once said, "Education is the most powerful weapon which you can use to change the world."

We thank our donors for making this possible with your generous gifts of time and resources. McLaren is deeply grateful for your support of our community and our organization.

Sincerely,

Tom G. Donaldson, Chairman

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McLaren Foundation Board of Trustees Donald Kooy, President McLaren Foundation Board of Trustees



r. Carlo Dall'Olmo and his Michigan Vascular colleagues had no doubt about the benefits of acquiring a vascular simulator for McLaren's newly-launched Vascular Fellowship program.

"There was heavy emphasis on simulators at last year's Vascular Fellowship Director's Meeting," says Dall'Olmo. "We immediately recognized the value of the simulator as a training tool and as a benefit to patient safety. We made a presentation to the McLaren Foundation asking for help purchasing one. They more than helped; they actually purchased it." Michigan Vascular also contributed \$10,000 toward its purchase.

But what's a vascular simulator and why is it useful?

Simulation is new to surgical training. It allows the capture of anatomical information, from sources such as CT scans, to produce the actual anatomical and physiological profile of the person scheduled to receive a procedure. The simulator is then used to practice that patient's given procedure prior to entering the operating room.

While some procedures are straight forward, others warrant this tool for perfecting the surgical approach. According to Dall'Olmo, the simulator is particularly helpful during challenging endovascular procedures such as those done within the lumen of artery involving balloons and stents.

"For patients," explains Dall'Olmo, "they can rest assured knowing that if they have a tough case, McLaren has the best solution available, because their surgeon has already determined the best

Carlo Dall'Olmo, M.D., leads the Vascular Surgery Fellowship with the state-of-the-art simulator.

approach using the vascular simulator. Pilots have been using flight simulation, in this manner, for years to determine the best flight paths. It's truly the dawn of a new era for surgeons."

The simulator even informs the doctor which catheters are the most helpful for that particular patient. This knowledge greatly reduces the stress levels in the surgical suite when the actual operation is performed.

Only a handful of Michigan hospitals boast a simulator. Among them are the University of Michigan and Henry Ford Health System. Says Dall'Olmo, "With this simulator, McLaren joins the ranks of institutions who are at the upper reaches of the teaching spectrum. This really separates McLaren from the pack."

Dall'Olmo and his fellows are using the simulator to its fullest potential. The Fellowship Program has a full teaching course that tracks the fellows' performances using various metrics such as amounts of dye used and time spent on the virtual procedures. Fellows use these metrics in conjunction with the simulator to perfect their surgical skills and master new techniques in a completely stress-free environment.

"I can't tell you how pleased the Fellows are to be working on it," beams Dall'Olmo. "Ultimately, the vascular simulator enhances safety for the patient, the surgeon and McLaren. It truly speaks to McLaren's willingness to go the extra mile for positive patient outcomes through excellent surgeon training."

## KNOWLEDGE IS POWER: DEFEATING THE EVER-CHANGING FACE OF CHILD ABUSE

hat we thought was abnormal is now considered normal," says Edwin Gullekson, M.D., Medical Director of McLaren's Child Evaluation Clinic at the Weiss Advocacy Center.

The Child Evaluation Clinic is the area's only clinic dedicated to providing medical and psychosocial examinations of children who are suspected victims of sexual abuse.

"We now know we must expand our care to consider homeless and runaway children, children forced into the sex trade, and those who fall victim to Internet abuse." This realization came in October

after McLaren sent Gullekson to the 32nd Annual Conference on Child Abuse and Neglect at the University of Michigan C.S. Mott Children's Hospital.

However, these new threats don't replace the existing ones.

"The reality remains that a sexual predator can be a relative, mother, father, clergy, counselor or the like," adds Gullekson. "All of these considerations intersect around the common thread of education."

With the ever-evolving definition of sexual abuse, this educational aspect is very important at all levels of the community," states Gullekson. "In 2013, we trained eight protective service workers and police officers to improve their forensic interviewing skills, and in 2014, thanks to McLaren and Club 401, we'll train another eight."

The forensic interview is a critical point in the evaluation process requiring the interviewer to be fully trained in the intricacies of interviewing children of all ages in order to determine if, and to what degree, abuse occurred. From there, it's determined if a forensic medical examination is needed.

Dr. Edwin Gullekson helps patients in the Child Evaluation Clinic feel comfortable in talking about their experiences.

Educating parents to believe their children and agree to a medical exam is also important. "We want more kids to be medically examined, but there are misconceptions that exams are painful. That's just not true," says Gullekson. "In fact, we're often thanked afterward by the parents, because they're so grateful for how we worked with their child."

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PSYCHOSOCIAL EXAMINATIONS OF

CHILDREN WHO ARE SUSPECTED

And, educating the child remains the most critical battle of the war. "We're not providing sex education," explains Gullekson. "Sex education and sexual abuse education are totally different. We're helping kids understand how to keep themselves safe, how to recognize when what's being done to them is inappropriate, and what they can do about it."

"Working together, McLaren and Weiss can succeed by improving the program's reach," says Gullekson. "Prevention and treatment are each worthy goals, but, in this case, prevention is always better."

## "WE DON'T TREAT CANCER; WE TREAT PEOPLE WITH CANCER."

- Dr. Hesham Gayar: A Study in Personal and Professional Giving

s chairman of the McLaren Flint
Department of Radiation and medical
director for the Proton Therapy
Center and McLaren Cancer Institute
facilities in Flint, Lapeer and Owosso,
Dr. Hesham Gayar's commitment to
the overall health of McLaren's cancer
patients is not solely a profession, it's a
personal cause.

"Caring for people with cancer is more than merely treating cancer. You're caring for social, emotional, economical, familial and spiritual needs," explains Dr. Gayar, who marks 24 years leading McLaren's radiation oncology program this September. "Any means expanding support on these levels helps improve outcomes."

This philosophy motivated Dr. Gayar and his wife Randa to sponsor the library at the Hospitality House at McLaren in 2013. "It's the least we can do for patients traveling for treatment. During their stay, patients need something to do, something



Dr. Hesham and Randa Gayar

to read, a way to reach out and a way to connect. What's better than a library for these things?"

"We thought the library was a great cause especially when patients are relocating from their homes. A library helps enrich, inform, comfort and ease their stay while they're away from their homes."

Dr. Gayar's belief in educational enrichment expands to include staff as well through his Cancer Center Staff Development Fund. Launched more than 10 years ago, the fund provides better patient care through ongoing staff education and training.

"When those skills improve, we provide better care. Cancer treatment is a team process; it's not just the doctor and the nurse," explains Gayar. "I can't see a better cause than this 'team approach'

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of preparing staff with as much skill and knowledge as possible for helping patients."

Dr. Gayar is quick to point out that, when it comes to giving, there is no formal definition or level, especially when those in need are facing the realities of a malignancy.

"I encourage everyone to give whatever they can, because those patients really need the help and support. Patients truly benefit from knowing there's someone who thinks of them and offers a hand whether financially or through volunteering. Anything you can do to support those needs is significant."

For information on volunteer opportunities and other needs at the Hospitality House, contact Teresa Williams at 810.342.3825 or teresa.williams@mclaren.org.



ne family member in cancer treatment is distressing enough but, when two undergo chemotherapy and radiation simultaneously, the emotional and logistical tolls can become overwhelming.

In January, Chrystal and Charles Guinn of Mayville were prepared to make the 50-mile drive to Flint and stay in a motel during Chrystal's five-day, twice-daily course of treatment at the McLaren Cancer Institute. Their daughter Kristie would accompany them to offer support and help get her dad to *his* treatments in Lapeer during this time.

"That's before we learned about the Hospitality House," says Chrystal. "Our son-in-law, Anson Swadling, is an RN at McLaren. He explained that the facility exists exactly for situations like ours and put us in touch with the staff."

Not only did the Hospitality House provide gracious and comfortable low-cost housing for the Guinns, the staff and physicians went, in Chrystal's words, "above and beyond" during their stay — a stay that coincided with a snowstorm leaving all of Flint buried under more than a foot of snow.

Because of that storm, Charles was unable to travel to his chemotherapy appointment in Lapeer. That's when Dr. Andrew Turrisi stepped in and offered to drive her husband's cradle — a positioning device required for some chemotherapy treatments — back to Flint, making

it possible for the couple to have their treatment together under one, snow-covered, roof.

"There was so much snow we actually couldn't walk next door to our treatments," recalls Chrystal. "So, security drove us after the Hospitality House managers shoveled a path, so we could safely get to the van. Those boys went so far out of their way for us, even cleaning off our car when it came time to leave."

"They were so accommodating and helpful all the time. We felt really secure at the Hospitality House. It was pretty amazing," recalls Chrystal who keeps photos of the staff in a scrapbook documenting her stay and her treatment. "It took a situation that could have been very, very bad and made it wonderful. A true blessing."

Since August, the Hospitality House has hosted more than 90 guests in its 32 rooms, providing comfortably appointed private rooms and suites as well as shared kitchen facilities, a fire-lit library, meditation areas, and common rooms for socializing, relaxing or watching television.

"The Hospitality House provided everything we needed, even food when we didn't have much because of the storm," says Chrystal. "The Hospitality House solved our problems and is one of the reasons we're here today. Years ago, my husband wouldn't have survived, but with McLaren's approach and our team's knowledge, he's almost cancer-free today."



Art Therapist Gail Singer, MA, LLPC, (pictured standing) leads patients and caregivers through an art therapy exercise to help them express their thoughts and emotions.

# LIFE AFTER CANCER: MOVING FORWARD THROUGH ART

his is my personal philosophy," says McLaren Art Therapist and Licensed Professional Counselor Gail Singer. "We all carry a portfolio in our heads of Norman Rockwell paintings. When one of those images is destroyed, we grieve its loss. We can never get it back again. Art Therapy uses this grief/loss period to create a new painting based on new realities."

Hired for the program when it started in 2009, Singer sets herself and, ultimately, McLaren apart from other art therapy programs through an extensive background in counseling.

Singer assesses patients' and caregivers' coping progress and, through art therapy, provides the emotional and therapeutic tools to help them move forward with their post-cancer lives.

"AS AN ART THERAPIST, I'M TRAINED
TO KNOW HOW TO BRING PEOPLE
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- Gail Singer, McLaren Art Therapist and Licensed Professional Counselor

"Some people are most comfortable communicating visually rather than verbally," says Singer. "As an art therapist, I'm trained to know how to bring people back from the often powerful, very emotional experience of expressing themselves in a creative manner."

Oh, and she's a cancer survivor.

"The incredible benefit for having been through it (cancer treatment)," says Singer, "I can be very direct and use myself as an example. It gives me "street credibility," she adds with a laugh, "But in all seriousness, I get it. I understand the stress, anxiety and uncertainty that come with cancer before and after treatment. The anxiety stays even after you're given a clean bill of health."

During treatment, many people are in "survival mode," explains Singer. "They're focused on their fight, their treatment and surviving. So, actually, a lot of the people I see are post-treatment, because, when the fight's over, they feel a sense of 'what now'?"

Research shows people who don't get some kind of therapeutic intervention, during or after treatment, experience increased levels of stress, anxiety and depression that can deepen in the years following treatment, explains Singer.

"I once led a project with a women's support group," recalls Singer. "Participants were asked to write about or draw a picture of what cancer took away from them. The answers included, 'I found out right before Christmas,' or 'My surgery was on my wedding anniversary."

Through the Healing Through Art program, McLaren's collaboration with the Flint Institute of Arts, Singer leads workshops to help participants express their fears, hopes and new realities through artistic means.

"With cancer, you'll never get back that old Norman Rockwell painting; but with art therapy you can create a new one. The new one won't be 'less' than the painting you had before; it will just be different."

If you, or someone you know, could benefit from McLaren's Art Therapy program, please contact Gail directly at 810.342.4206 or gail.singer@mclaren.org or visit: www.mclaren.org/flint/ArtTherapyFlint.aspx.

### POINT OF VIEW: ART THERAPY

ancer survivor and professional artist Martina Hahn is one of art therapy's biggest proponents.

"I hit a bad low at the one-year anniversary of my cancer," says the Boyne City resident. "My therapist suggested I paint



Speed painter Martina Hahn creates a portrait of Beethoven which now hangs in the McLaren Hospitality House lobby.

my emotions and, twenty minutes later, it ended up being one of the most profound experiences of my life."

Hahn says people either love or hate the piece she created that day. "It either makes them very uncomfortable and scared, or they fall in love with the bold colors and sharp edges because they can relate."

The painting was ultimately purchased by a private buyer and now hangs in their gallery.

By speaking — and painting — at group events, schools and libraries, Hahn encourages people to use the power of art therapy as an outlet for dealing with sickness, divorce and all other types of trauma.

"I tell people, 'Being good isn't the point. You're using this to help yourself further along, to deal with pain, to remember or to forget something. Doodle. Just take a paper and let your hand go. You can't make mistakes, you can't do it wrong. You're painting what's inside of you, and no one can judge that.""

## THERE'S MORE THAN ONE WAY TO SELL A SOFA: WHY CORPORATE GIVING IS GOOD BUSINESS

rt Van Elslander is perhaps most well known by the abbreviated name of his Michigan-based furniture company, Art Van. Company spokesperson Jaime Rae Turnbull is the founder of southeast Michigan's JR Turnbull Communications. Together, the two companies work to make local causes and philanthropic events successful, including the underwriting of McLaren's Cruise for a Cause which raised more than \$100,000 for the Hospitality House.

We sat down with Jaime Rae for a Q&A to find out just what inspires and maintains this level of corporate giving.

**CR:** Many organizations and causes are worthy of your support. What drew you and Mr. Van to the McLaren Foundation and Hospitality House?

JRT: We think it's amazing the manner in which McLaren is helping families fight cancer and is also helping the City of Flint by bringing in technology like a Proton Therapy Center. If that were such a simple task, there wouldn't be so few of them around the country. It's pretty incredible. We were honored to help the McLaren team make Cruise for a Cause a success. The event was the beginning of our continuing relationship with McLaren.

## **CR:** As a corporate donor, was the event a success for you?

JRT: Absolutely. From a company standpoint we always say, "Put your best foot forward." We are extremely proud of our Miller Road store, so using it as the site of the party was a win-win for the Hospitality House, for our company, and for our employees who were really

Art Can Page 1

excited to be included.
The chance to help with
Cruise for a Cause was
a great way to expand
people's knowledge
of our company
while supporting the
community.

CR: Supporting global or national causes is certainly important, but JR Turnbull



Art Van Elslander

## Communications and Art Van Furniture keep their support on a more local level. Why?

JRT: Mr. Van stays very focused on where his customers live and on supporting local businesses. He makes a very conscious effort to make sure he spreads support around the state, because his customers and employees are spread around the state. It makes sense, from a business standpoint, to circle back to bring customers into our stores. If we underwrite an event, they get to know our team better so we're not just a name on a donor wall. It helps build our business, ensuring we can continue our support in the future. That's something other companies can and should emulate if they're in a position to do so.

## **CR:** How can other corporations understand the importance of giving back?

JRT: I've been on both sides, profit and non-profit. Either way, when you give back, you build a group of supporters, friends and ambassadors for your cause. The Art Van Charity Challenge has donated \$5 million and raised \$17 million in five years on this belief. We focus our giving criteria on kids, health and human services, and then, by merging business with giving, we can do good while making a profit. It's a great feeling. It makes me want to get up every day and go to work. As Mr. Van likes to say, "There's more than one way to sell a sofa."





























n November 21, 2010, *The Flint Journal* published a relatively unassuming obituary — one you might see and probably glance past in any hometown

MARKS, Freda I. - A longtime resident of Flint, died Thursday, November 18, 2010 at her residence at the age of 96. Funeral services will be held 2 p.m. Tuesday, November 23, 2010 at the Brown Funeral Home, 1480 E. Hill Road, Grand Blanc. Interment at Crestwood Cemetery. Visiting hours will be Tuesday from 12 noon until the time of service. Freda was born on May 6, 1914 in Beulah, Michigan, daughter of the late Floyd and Bessie (Ada) Walkley and moved to Flint in 1930. She married Maurice Marks on August 2, 1966 and he preceded her in death in 2001. Freda retired from McLaren Hospital in 1976 following 19 years of service. She was active in the Eastside Senior Citizens Club and the Local 599 Retiree's club. In addition to her husband and parents, Freda was preceded in death by two sisters, Jean Underwood and Doris Herbert. She is survived by two nephews, Gene (Beverly) Herbert and Gary Herbert, along with many dear friends.

paper: "Born on... A resident of... Married to... Worked at... Passed away on... Preceded in death by... Survived by...," the simple summation of 96 years of a life of work, marriage, family and community.

But an obituary rarely tells the whole story.

"Freda retired from McLaren Hospital in 1976 following 19 years of service."

True. Freda Marks did retire from McLaren after 19 years of service. She worked as a dietary aid. She spent her days preparing and serving patient meals and helping staff dieticians with their other food service needs.

According to U.S. Census Data, in 1976, that position paid an annual salary of roughly \$7,000, the wage equivalent of \$30,000 by today's standards.

The obituary also doesn't tell you that, in the years leading up to her passing, this remarkable woman, steadfast in her commitment to give back, quietly saved

her wages so she could continue helping McLaren patients after her death.

And help, she has.

In 2010, in the days following her death, McLaren would learn that this humble employee, 34 years retired, had gifted half of her estate - an amount just shy of \$400,000 - to help McLaren's cancer patients and those with urologic disease.

A dietary aide. Not a CEO or a doctor. \$400.000.

THIS HUMBLE EMPLOYEE. 34 YEARS RETIRED. HAD GIFTED HALF OF HER ESTATE — AN AMOUNT JUST SHY OF \$400.000 - TO HELP McLAREN'S CANCER PATIENTS AND THOSE WITH UROLOGIC DISEASE.

Freda Marks is an inspiration. The McLaren family continues to thank her for her humbling generosity.

## TAX NEWS: SIMPLE BEQUEST

simple beguest is one of the easiest ways you can leave a lasting impact on McLaren Foundation. A bequest may be made in your will or trust directing a gift to McLaren Foundation.

#### **BENEFITS OF YOUR BEQUEST**

- Receive estate tax charitable deduction.
- Lessen the burden of taxes on your family.
- Leave a lasting legacy.

#### **HOW DO YOU MAKE A BEQUEST?**

A beguest is one of the easiest gifts to make. With the help of an advisor, you can include language in your will or trust specifying a gift to be made to family, friends or McLaren Foundation as part of your estate plan.

#### YOUR BEQUEST OPTIONS

A bequest may be made in several ways:

- Gift of percentage of your estate
- Gift of specific dollar amount or asset
- Gift from the balance or residue of vour estate

#### **MAKING A BEQUEST OF YOUR RETIREMENT ASSETS**

A retirement asset, such as an IRA account, makes an excellent beguest to the McLaren Foundation. If the IRA were given to your family, much of the value may be lost through estate and income taxes. By designating McLaren Foundation as the beneficiary of all or part of your IRA (using beneficiary designation forms provided by your custodian), the full value of the gift is transferred tax-free at your death, and your estate receives an estate tax charitable deduction.

At the McLaren Foundation, our hope is to serve you and your family with information on how you can benefit from life income gifts, gift annuities, and other plans. Please contact us if we can run a proposal or be of assistance to you.

For more information, please call the McLaren Foundation at 810.342.4087 or email Roxanne.Caine@mclaren.org.



## **MCLAREN MILESTONE: AUXILIARY HONORED** FOR NEARLY A **CENTURY OF SERVICE**

hat started in 1919 as a group of 11 women selling jams and jellies to raise money for the hospital has, today, become a passionate and active group of more than 350 members who raise nearly \$100,000 in cash and volunteer more than 38.000 hours annually for McLaren.

Last year, the auxiliary's "Comfort Sewers" group sewed blankets, pillows, walker caddies, chemotherapy caps,

stuffed animals, and baby blankets to name just a few items — to keep McLaren patients comfortable during their hospitalizations. Total material cost for these efforts was nearly \$21,000 and included the creation of 1,300 support pillows.

It's easy to see how the hours add up. Besides knitting and sewing, the auxiliary volunteers in 29 additional capacities around the hospital (see sidebar). The auxiliary likes to match volunteers with their desired interests or departments.

Unlike other hospitals that assign recruitment to an employee who, likely, has other priorities, McLaren's auxiliary boasts a Director of Volunteers dedicated solely to growing the organization and ensuring volunteer satisfaction.

"We have a young volunteer who was pursuing a radiology career but switched to physical therapy," explains Auxiliary President Kathryn Carrithers. "Brenda (Ferguson, Dir. of Volunteers) was able to find him a position volunteering in the PT department. It's just one example of how we try to enhance the lives of members as well as patients."

THE AUXILIARY TIRELESSLY SERVES McLAREN AND THE **COMMUNITY THROUGH VOLUNTEER SERVICE, SUPPORT** AND COMMUNITY ADVOCACY. THE FAMILIAR BLUE SMOCKS ARE SEEN ON AUXILIARY MEMBERS THROUGHOUT THE HOSPITAL INCLUDING THE GIFT SHOP. THE CAFETERIA. HOSPITALITY HOUSE. AND THE CANCER INSTITUTE.

The auxiliary tirelessly serves McLaren and the community through volunteer service, support and community advocacy. The familiar blue smocks are seen on auxiliary members throughout the hospital including the gift shop, the cafeteria, Hospitality House, and the Cancer Institute.

2014 marked the 95th anniversary of the McLaren Auxiliary, and on April 10, McLaren celebrated the milestone with a luncheon and reception attended by more than 250 employees, community members and auxiliary members.

Special tributes were given to honor volunteers who have passed away, past presidents still living, and longtime members who've been active for 25 or more years.

"I can't say enough about the McLaren Foundation and its support of our group," says Carrithers. "They truly go above and beyond to include us in planning committees and other groups, and really make us a part of the organization."

"Our thought has always been 'What can we do? What do you need, McLaren?" explains Carrithers whose two-year term as president ends in September. She will be replaced by current Vice-President Ginny Livingston. "It's been a privilege. The friendships that are formed with the other volunteers and employees are truly wonderful. It's not all business; there's a wonderful bond and relationship with the McLaren Foundation and the entire McLaren family."

### **MCLAREN AUXILIARY VOLUNTEER SERVICES**

- Annie's
- **Blood Bank**
- Cancer Institute
- Comfort Sewers
- **ER**
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- Floater
- Food and Nutrition
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- Gift Shop Mobile Cart
- Greeter
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- Posie Ladies
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Interested? Call the Volunteer Coordinator at

810.342.2115

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McLaren Auxiliary Volunteers

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