

AMBULANCE



Partners
in Health



Regions Hospital Foundation

A word from Tony Grundhauser

Expanding emergency and mental health care with your help

I joined Regions Hospital Foundation more than a year ago, and every day I've heard amazing stories that exemplify how important Regions is to the health and livelihood of our community. Our Emergency Center and mental health units often play a starring role in these stories.

As the local emergency care leader, our Emergency Center serves the sickest of the sick: people injured in accidents, those who have experienced burns, others suffering heart attacks and strokes. Our ER staff provides the finest care to approximately 90,000 patients each year. Regions is also the local inpatient mental health care leader, serving individuals who experience chronic illness and those who suffer their first psychological crisis. Our ER plays a key role here too as the first step for many who experience a mental health emergency.

Every day, these departments work at full capacity, and every day their expertise and compassion shine through. Nothing, not even the unprecedented challenges of COVID-19, could stop that.

With charitable contributions to our Regions Responds First campaign, we are expanding and upgrading facilities in our Emergency Center and inpatient mental health units to meet the growing demand for care. Such improvements were necessary even before other local hospitals closed their emergency and mental health facilities over the last few years. I can think of no better tribute to our hard-working staff than to give them the additional space and resources they need to care for their patients – people like you and me in our times of greatest need.

Please consider contributing to this campaign. We have already received incredible support from our philanthropic community, and now generous donors Dan and Robin Stoltz have offered a \$50,000 gift challenging others to collectively match or exceed their support.

When local residents need life-saving care, Regions responds first. Year after year, the hospital does so with the generous support of donors like you. Thank you!



Tony Grundhauser

Vice President, Regions Hospital Foundation

Pictured on the cover, from left to right, are Mahad Hassan, MD; Kurt Isenberger, MD; and Paul Burgett. See the story on page 4.



Campaign challenge: \$50,000

Please help us exceed the challenge gift from Dan and Robin Stoltz!

Regions Responds First

The Regions Hospital Emergency Center treats nearly 90,000 patients a year, and the number keeps growing. We treat 18,500 more patients annually than 10 years ago.

Our inpatient mental health care is at 95% or greater capacity most days. Because of this, we have had to decline hundreds of calls for care.

Join other generous donors in supporting these much-needed resources. Our community counts on Regions and Regions counts on you.

For more information, contact Marissa Madden at **651-254-3007** or **marissa.l.madden@healthpartners.com**. You can also use the QR code below.



Use this QR code to visit regionsrespondsfirst.com and make a donation or to learn more about the Regions Responds First campaign.

Emergency Center expansion

The ER will be expanded in three phases:

- Phase 1: In 2021 we added 13 beds to units serving patients with the worst injuries and illnesses, increasing the ER's bed capacity by 25 percent. We are also adding radiology and imaging services in the department to provide quicker diagnoses and treatment.
- Phase 2: We will upgrade and expand the arrival area so care starts more quickly and patients feel more welcomed and safe. Work should begin by early 2023.
- Phase 3: We will renovate moderate- to high-acuity care units to provide the most efficient care and maintain the versatility to serve patients with more serious conditions.

Mental Health expansion

To help meet the need for greater mental health crisis care, we opened 20 new beds in our mental health facility in 2021, allowing us to serve an additional 600+ patients each year. The unit was built to better serve the growing number of patients who also experience medical conditions. The mental health facility now contains 120 all-private rooms.



Paul Burgett

Firefighter receives emergency care after heroic act

“I’ve transported patients to Regions dozens and dozens of times, so I’m familiar with its Emergency Department,” said Paul Burgett, a firefighter-paramedic with the Eagan Fire Department. “It was very strange coming in on a stretcher.”

On November 21, 2021, Paul suffered significant trauma to his leg while responding to a crash on an Eagan highway. Three vehicles had crashed at the end of an icy bridge. With cars approaching the site and sliding out of control, Paul’s team acted quickly to bring passengers to safety.

Paul personally pulled a woman from the minivan she was trapped in and led both her and her husband to a safe area behind the guardrail. In the process, Paul was struck by an oncoming SUV.

Paul, a Marine veteran, received the American Legion Firefighter of the Year award for his efforts. “If ... the husband and the wife had remained in the vehicle on the highway, they most likely would have lost their lives,” the nomination reads.

Paul was in a state of shock when he entered the Regions ER. The first thing he remembers is seeing Kurt Isenberger, MD, an emergency physician. Dr. Isenberger seemed at ease, giving Paul a sense of calm.

“My main concern was, will I get the proper treatment and get on the road to recovery right now?” Paul said. “When Dr. Isenberger came in, I knew I was on the right road.” Paul also appreciated how Dr. Isenberger took his feedback and that of other first responders into account while considering his choices.

“The whole staff was very attentive and caring. They were overwhelmingly helpful to me and my family.”

As a paramedic, Paul has always felt comfortable bringing patients to Regions. "Our patients need complex care for complex injuries. The Regions ER is great at taking patients in and segregating them based on their needs, and resources are always there to provide critical treatment. Emergency care providers like doctors and nurses could easily become jaded, but Regions ER staff members always respond with energy and passion."

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Regions isn't just important to the community, it is essential.

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"Regions isn't just important to the community," Paul said, "it is essential."

Paul's experience in the ER convinced him to stay in the HealthPartners system for continuing care. Ultimately, he underwent knee surgery at the hands of Mahad Hassan, MD, a HealthPartners orthopedic surgeon who Paul credits for much of his recovery.

Paul continues to receive HealthPartners care for complications related to his leg injury. "I'm still getting great care even as the situation evolves," he said. He finished his physical therapy and went back to work in June 2022. His goal is to restart his five-mile-a-day running routine next summer.

"My family is incredibly grateful for the care we received," Paul said. "It got me back to my normal life."

The Emergency Center expansion

An interview with department leaders

Q: Why is our Emergency Center important to the community?

A: Kurt Isenberger MD, Department Head of Emergency Medicine

East Metro residents count on Regions as their emergency care leader, whether they've experienced a car accident, stroke, heart attack or mental health crisis. As the only Level I Adult and Pediatric Trauma Center, we provide the best crisis care to patients of all ages. We also take pride in serving our diverse patient community. If you have an emergency, we are here for you 24/7/365.

Q: Why did we need to expand?

A: Jennifer Moberg, Director of Nursing for the Emergency Department

The demand for our emergency care was outstripping our capacity even before another local hospital closed its emergency room and mental health units. We needed more rooms and an improved layout for greater efficiency. We are also creating a more healing environment and adding safety features for visitors and staff.



Kurt Isenberger, MD, and Jennifer Moberg at Allianz Field for the graduation of Regions Hospital Emergency Medicine residents

Q: How do the projects benefit our patients and community?

A: Dr. Isenberger

More than ever, we will be able to treat any unanticipated injury and illness, no matter when they occur. We are better prepared for potential mass casualty events and future pandemics. Our patients will receive quick, comfortable, and safe care.



Ann Sett gast and her mother, Mary Ellen Nolte

Nightmare journey ends in mental health recovery

"I would never hesitate to recommend inpatient mental health care at Regions," said Ann Sett gast, the daughter of a former patient. "I just have utmost confidence in their ability to help. It was life altering for my family."

Mary Ellen Nolte, Ann's mother, was diagnosed with bipolar disorder at the age of 38. Though she experienced a few manic episodes over the years, she lived a normal life as a math teacher until her retirement.

However, in March 2020, Mary Ellen developed a severe mania and became very ill. She was admitted to an inpatient geriatric psychiatry unit in her hometown of Fort Wayne, Indiana. Over the next couple of months, Mary Ellen's condition deteriorated, and Ann feared that her mother would not improve. This was devastating, considering that Mary Ellen experienced no abnormal symptoms at the beginning of March.

"I was desperate because there was no way to talk to her," Ann said.

As a HealthPartners physician, Ann believed there had to be another route. She spoke with colleagues and decided to transfer Mary Ellen to Regions Hospital for inpatient care.

Ann was there every day during Mary Ellen's two-month stay. "I was intimately involved with her doctors and her team. She got phenomenal care, and she got better. The difference at Regions was the assumption that she should get better and a recognition that the goal was to get her back to normal. I felt that commitment the whole time and it was very comforting. Everybody treated her beautifully."

Mary Ellen shared her reflections on the four-month episode. "It's unreal; I've lost a part of my life. I remember occupational therapy (I call it arts and crafts); it was the one time in my life I did something creative. I could focus and it was good to use my hands."

Every staff member, no matter their role at the hospital, was extremely respectful, said Ann and Mary Ellen, who is particularly grateful to her psychiatrists, Dr. Mahesh Kumar and Dr. Scott Oakman. The two physicians tried several medication options and when none worked, she received electroconvulsive therapy (ECT) treatment. That was the treatment that brought her brain back to normal.

"Dr. Kumar was very encouraging, kind and caring," Mary Ellen said. "I appreciated that he took time to talk with me because it was during COVID when I felt very isolated."

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Ann saved my life by moving me to Regions.

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Mary Ellen's family doctor in Indiana told her that this was a very severe episode and without her trip to Minnesota she would not be alive today. "Ann saved my life by moving me to Regions."

The Mental Health expansion

An interview with department leaders

Q: What is the impact of having 20 additional beds?

A: Christine Stanson MD, Medical Director of Inpatient Mental Health

Every day there are 20 more patients being cared for here. I wonder where they would be if we didn't have those 20 beds. Spending multiple days in an emergency department? Unable to access hospital care when they're in crisis?

Q: Has the new space allowed for more comprehensive care?

A: Sarah Cassell DNP, APRN-BC, Director of Inpatient Mental Health Services

The Emergency Department trained our staff to provide a higher level of medical care, which has increased staff competency. With more beds and an enhanced skillset for our staff, we can transition patients out of the ER earlier and into the mental health unit. We have a strong partnership and that helps keep our patients safe.



Sarah Cassell (center), Director of Inpatient Mental Health Services at Regions Hospital, is shown with nurse managers Jonathon Johnson (left) and Jason Sodren.

Q: What is your hope for the future of inpatient mental health care at Regions?

A: Dr. Stanson

I wish we always had an open bed for anybody who needs it. Meanwhile we are accomplishing the goal of the expansion: to maximize what we can offer to help the community.

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Regions Hospital Foundation

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*Ira, Maureen
and Tanya
Adelman with
canine family
members Nika
and Jackson
(a therapy dog
at Regions)*

Estate gift fights stigma, gives hope to those with mental illness

Ira and Maureen Adelman believed that people experiencing mental illnesses deserve the same quality of care provided to those with other illnesses. So when they passed away, they left an estate gift to Regions Hospital's mental health services.

"My parents received all their medical care at Regions and HealthPartners and were always impressed with the dedication, care and compassion of all who worked there," said Tanya, the Adelmans' daughter. Ira was also a pet therapy volunteer in the Mental Health Department.

With their contribution, the Adelmans wanted to make mental health care more accessible to all and support unique services that improve the well-being of patients, such as pet and music therapy. "My parents felt their estate gift would help fight stigma and give hope to those with mental illness," Tanya said.

If you want to consider an estate commitment, contact Julie Schimelpfenig at **651-254-9228** or julie.c.schimelpfenig@healthpartners.com. You can also visit rhflegacy.org.

Keep in Touch

Please provide your current contact information so we can keep you updated on the impact of your support. An email address is particularly important as we move toward more digital communications. If you wish to be removed from our mailing list, you can call us at **651-254-3864** or email rhf@healthpartners.com. Thank you!



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