



Donor Impact Report

Plumb Heart Center Provides the Best in Pediatric Care for Young Heart Patients Like Carter

Imagine seeing your two-week old son struggle to breathe. And then tests reveal a congenital heart defect (CHD), specifically an atrioventricular (AV) canal defect with two holes in his heart and leaky valves. It was a concerning time for baby Carter, his mom Hayley and the rest of their family. Carter began care with Mercy Pediatric Cardiology Clinic with Mark Zittergruen, MD, FAAP, FACC, MBA.

After an exhausting and frightening series of infections and multiple hospital stays, Carter was finally well enough to undergo successful heart surgery at UI Stead Family Children's Hospital on June 1, 2017. He was nine months old.

We recently followed up with Hayley to check on Carter's progress. Currently, Carter is a very active five-year-old that participates in wrestling, soccer, football, swimming and T-ball. He has had a few sicknesses as he's grown up, but ultimately, his health has improved.



Mark Zittergruen, MD,
MBA, FAAP, FACC

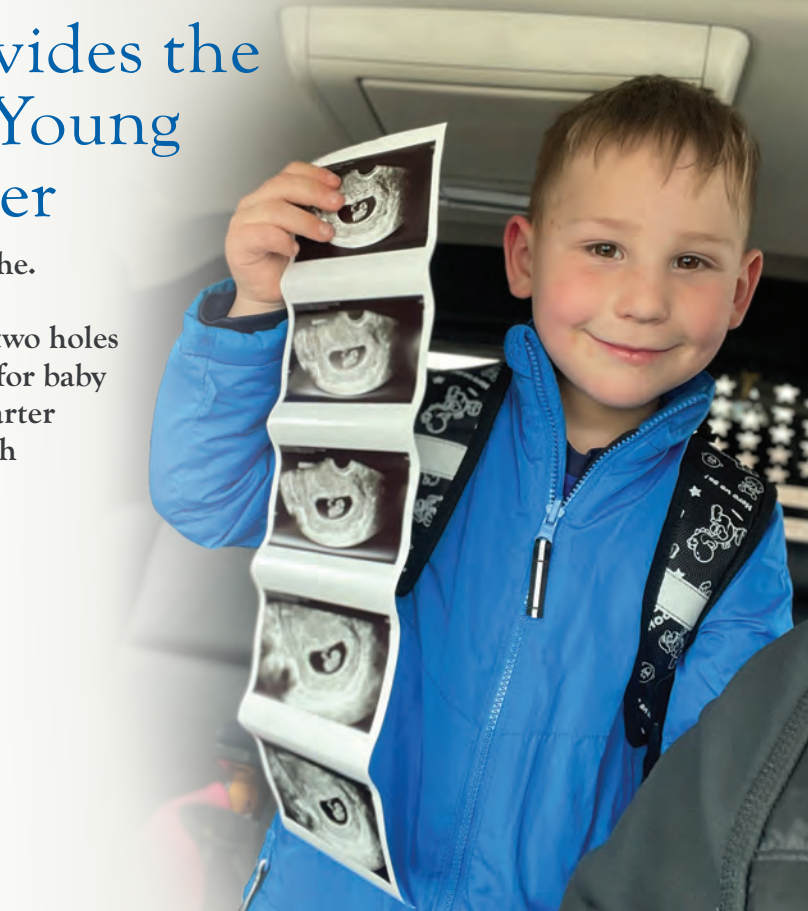
In addition to visiting his pediatrician, Carter sees Dr. Zittergruen yearly for an echocardiogram and check up.

"We couldn't have asked for a better doctor to get us through everything Carter has been through," Hayley said.

"Dr. Zittergruen and his nurses are always

there to answer any questions we have. They are very attentive and stay in touch."

Carter has one older sibling and recently found out he's going to be a big brother in November! Though Hayley and her husband Eric have no family history of heart conditions, they chose to have an echocardiogram done on their baby daughter. Given Carter's condition, they wanted to be prepared.



JEWEL & JIM
PLUMB
HEART
CENTER



Your gifts to the
Plumb Heart Center
save lives.

"We found out that she will be born with a heart condition that will more than likely require surgery as well," Hayley said. "We are still shocked that God has given us two babies with heart conditions, but we know we will have the best care with Dr. Zittergruen and his team. We wouldn't choose any other doctor than him to take care of our baby!" ♥

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Mission Statement

To be the sole philanthropic catalyst in service to
 Mercy Medical's Center's mission:
 to care for the sick and enhance the health
 of the communities we serve, guided by the spirit
 of the Sisters of Mercy.



MMCF
 Mercy Medical Center Foundation

Donate online at
mercyare.org/giving



CONSTRUCTION UPDATE

Mercy's Jewel & Jim Plumb Heart Center



Mercy's footprint in downtown Cedar Rapids is expanding with the addition of the Plumb Heart Center. The construction project is progressing on schedule and workers will connect the Plumb Heart Center to the main hospital by building a skywalk across 8th Avenue SE this month. Roofing, sidewalks and window installation will continue throughout October.

The Mercy Foundation is currently fundraising for artwork for the new heart center. Exposure to art is proven to aid in healing, to help patients overcome pain and to reduce stress and anxiety. There are also many naming and recognition opportunities available within the new center for designated spaces as they are needs and opportunities beyond the scope of the Plumb estate gift. If you are interested in supporting the heart center in one of these ways, please let us know. ♥



**Hospice Experience Leads to Legacy Gift,
 "a Befitting Final Act" of a Generous Man**

In the spring of 2020, the final logs ran through the Vavra Sand & Lumber sawmill in rural Chelsea, Iowa signaling the end of an era for the family-owned business
(photo / Cindy Hadish)

Virgil Vavra was a fun-loving man that enjoyed pulling pranks and joking around with others. Those that knew him best appreciated his sense of humor and infectious smile.

He had a love for nature and creatures big and small, even those of legend. Visitors to his home were welcomed by a large carved wood Sasquatch that held the mailbox at the end of his driveway.

He was also known for his adventurous spirit and willingness to try new things from parasailing and amusement park rides to kayaking and sushi. He didn't go back for seconds on the sushi though.

Virgil served in the Army Reserves for four years after graduating high school in 1961. He never married, instead choosing to focus on the family sawmill business alongside his brother Jerry. The two men shared a home together in Chelsea, Iowa and were highly regarded for their strong work ethic.

Virgil was extremely well-read and knowledgeable on a wide range of subjects. While he never went to college, he valued education, so much so that he created a college scholarship opportunity for high school seniors from his home community.

In 2013, Virgil lost his brother to prostate cancer. Jerry spent his final days at the Dennis & Donna Oldorf Hospice House of Mercy. That experience with hospice touched Virgil in a significant way and moved him to create an enduring legacy. Virgil chose to leave one quarter of his estate, a gift of more than \$450,000, to the Mercy Foundation in support of hospice.



Virgil Vavra

Virgil continued to run the family business until his death on February 23, 2020 at the age of 76. He was proud to live to see that business turn 100 years old in 2017. Virgil had no heirs

and the Mercy Foundation was one of several charitable organizations that benefited from his generosity and genuine care for others.

Don Paustian served as the executor of Virgil's estate. He worked for Virgil and Jerry for 25 years. He describes this gift to Mercy as a "befitting final act to describe the person he was." ♥

For information on how you can leave a legacy like Virgil, visit the Mercy Foundation website, or call Mindy Kayser at (319) 398-6278.

The Mercy Touch® Inspires Grateful Patient Gift

When expectant parents Hannah and Aaron Brewer first toured Mercy's Birthplace, they knew their daughter, Maribel, would probably need to spend some time in the Neonatal Intensive Care Unit (NICU) following her birth. However, they didn't expect her to be there for nearly two months.



Hannah, Maribel and Aaron Brewer

"She was born at 29 weeks, six days," Hannah said. "We knew she would have to come early due to complications, but we were thinking four to six weeks early – not 10."

"I was absolutely stunned, so appreciative and so very grateful when I learned about the NICU in mom's room," Deb said. "The attention and the care were 24/7, around the clock. Any questions were answered, all procedures were explained. Anything that needed to be done for Maribel, all the equipment was brought in so that Hannah and Aaron could watch and be here."

Today, Maribel is happy, healthy and thriving.

"When she was born, she was only 3 pounds, 2 ounces," Hannah said. "She had the scrawniest little legs and no butt, and now she has nice, chunky little legs and little sweet cheeks."

"There are no developmental delays," added Deb. "It is just an absolute miracle. We were so blessed to have this crew taking care of them."

Hannah and Aaron continue to be grateful for *The Mercy Touch*® and donor support providing state of the art neonatal care at Mercy.

"Every time I get to snuggle her, kiss her, make her smile, clean up her spit-up, change her diaper, watch her check off another milestone, I think to myself, this is because of *The Mercy Touch*," Hannah said.

"Because, without the love, compassion and expertise, she wouldn't be here. And, sometimes, I wonder if I would be here. And so, *The Mercy Touch* is just something I will forever be grateful for." ♥



View donor videos and learn more about Grateful Patient Giving at www.mercycare.org/giving/grateful-patient-giving.

Once it was determined that baby Maribel needed to come, Hannah knew they were both in good hands.

"I'll never forget laying in the bed and it was like this choreographed ballet," Hannah said. "People who needed to help me knew what they were doing. Nurses and doctors who needed to be ready for Maribel [knew what they were doing]. It was just amazing."

At Mercy, 100% of the Birthplace suites are equipped with NICU

technology – one of only a few NICUs of its kind in the country. Consequently, while Maribel received the care she needed for 55 days, mom and dad were also able to stay together with her in the room at Mercy. During that time, Hannah and Aaron said the staff at Mercy became like family: "To the point where it was almost bittersweet to leave," Hannah said.

Hannah's mother, Deb Spina, was so grateful for the care her daughter and granddaughter received that she made the decision to support the Mercy Foundation through a Grateful Patient gift.



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Donor Support Helps Fund Chaplains, Pastoral Care Program

Born at Mercy and raised in Cedar Rapids, Jerica Christensen has experienced *The Mercy Touch*® firsthand as a patient throughout her life, especially during her cancer treatments in 2019-2020.

"The extraordinary care and the way the nurses and doctors made me laugh helped me through the grueling treatments," she said.

Praise God, Jerica is now in remission. Once complete, she didn't miss the treatments, but she found herself missing the people at Mercy because of the impact they had on her life.

A 2014 Mount Mercy University graduate, Jerica received a degree in education and began her devotion to the mission of the Sisters of Mercy as a teacher at a local Catholic middle school. She went on to teach for 7 years, but felt God calling her to work with the sick. Mercy was the first place she looked when receiving this call from God.

Jerica gratefully joined the Mercy team of chaplains in June 2022. She loves working with the staff, patients, and families as she walks alongside them on their life journeys.

Jerica strives to live out the motto from the Sisters of Mercy at Mount Mercy University, "Our name is mercy, our spirit is compassion." She also now works everyday to carry out the mission of Mercy Medical Center, "To care for the sick and enhance the health of the communities we serve, guided by the spirit of the Sisters of Mercy." ♥



Front row (left to right): Father Jim Brokman and Reverend Shuji Moriichi, Manager of Pastoral Care
Back row (left to right): Chaplains Jerica Christensen, Reverend Emily Steeples, Reverend Tammy Buseman and Reverend Yvette Jackson



Mercy chaplain Jerica Christensen is currently studying for her Masters degree in Theology and Christian Ministry through Franciscan University of Steubenville in Ohio.



Rev. Shuji Moriichi, M. A., M. Div., BCC
Manager, Pastoral Care Department

Before coming to Mercy Medical Center last October, I had worked for many years for different healthcare organizations in the Twin Cities area in Minnesota and got to know many others. I have never known any organization more supportive of and invested in pastoral care than Mercy.

I have witnessed, as an ordained Protestant minister myself, the identity of Mercy as a Catholic healthcare organization to be a distinctive point out of which we reach out to all in the surrounding communities. Mercy serves as an anchor in challenging times and also as a beacon for those in the community when they face difficulties.

We as chaplains help bear our organization's mission as members of our clinical interdisciplinary teams.

We are pleased to be a part of the rich spiritual root of Mercy, and yet we never take its tradition for granted and all our stakeholders' expectations lightly. In providing quality pastoral care and support for our patients and their families, as well as our staff members, we constantly strive to elevate our professional standard and improve our practices. None of this is possible without donor support.

Why Volunteer? “Why Not?” Asks This Long-time Mercy Auxiliary Member

Leah Rae Highly is a familiar face and fixture at Mercy. She joined the Mercy Auxiliary in 1966 and has volunteered faithfully ever since – for more than 55 years.



Leah Rae Highly,
Auxiliary Member

A graduate of then Mount Mercy College, Leah Rae knew and admired Sister Mary Lawrence Hallagan and credits her with realizing this calling to serve the Mercy Auxiliary. Leah Rae has given of her time and talents in many volunteer roles over the years, from working at the information desk and in pediatrics to staffing the gift shop and leading student tours.

A retired music teacher, Leah Rae believes an important life purpose is to know, love and serve God and she does this through her Auxiliary involvement and volunteer service to Mercy. She also does this through her financial support of the Auxiliary and The Mercy Foundation.

Leah Rae and her husband Jim became Sustainer of Mercy recognition society members with their donation to the Live with Purpose fundraising effort for HallMar Village. They were happy to make a gift to HallMar

Village and what they believe is a much-needed community project.

Leah Rae said not only does it fill a local need, it will also contribute to the local economy. She added, “Any of us may require at some time what the Village offers.”

She encourages people to consider using their IRA accounts to support charitable organizations like the Mercy Foundation. She said, “For seniors, donations of RMD (*required minimum distribution*) funds are a prudent and worthwhile decision.”

Leah Rae believes there are volunteer opportunities available for everyone, regardless of their stage of life, and the personal satisfaction and reward is well-worth the time and effort. ♥

To show appreciation for loyal donor support, Mercy has created five recognition societies. To learn more about recognition opportunities, call the Foundation at (319) 398-6206 or visit www.mercycare.org/giving.

HallMar Village Update

Thanks to the support of caring donors like you, this innovative community is setting a new standard for senior living in the Cedar Rapids area. Donors have generously contributed nearly \$13 million to date to the HallMar Village project, which is a partnership between Mercy Medical Center and Presbyterian Homes & Services.

Construction is moving forward at the site located at 9000 C Avenue NE in Cedar Rapids. Wall framing is complete on the three levels of the memory care and assisted living areas. The structural steel erection is also now complete in the care center, while the second-floor wall framing is ongoing. Drywall finishing continues in the independent living area. Unit finishes are next. Drive by and see the exciting progress for yourself.

Learn more about HallMar Village, including available housing options, as well as the Chris & Suzy DeWolf Family Innovation Center for Aging & Dementia at www.preshomes.org/our-communities/hallmar-village.



Over \$100 Million Gifted to Mercy Medical Center by the Mercy Foundation

FY2022 Foundation support of Mercy Medical Center

\$1,000,000 Mercy Medical Center – Greatest Needs	\$100,973 Scholarships & Educational Trainings/Certifications
\$98,986 Hall-Perrine Cancer Center – Operations	\$1,169,127 Unrestricted – General Funds
\$557,820 Hall Radiation Center	\$94,264 Hall-Perrine Cancer Center Endowment Funds
\$21,211 Employee Relief Fund	\$60,500 Mission Integration
\$300,467 Family Caregivers Center of Mercy	\$4,852 Variety – The Children’s Charity
\$33,751 Room Renovations/ Beautification	\$10,548 Donor Restricted Gifts to Mercy Medical Center
\$58,059 Patient Assistance	\$2,152,640 Jewel & Jim Plumb Heart Center at Mercy
\$108,169 Hospice of Mercy	\$147,709 Hospice House Endowment Funds
\$408,209 Chris & Suzy DeWolf Family Innovation Center for Aging & Dementia	\$6,327,285 TOTAL

*Unaudited Numbers

Fiscal Year Amount Given

1978-1979	\$3,800
1979-1980	\$145,708
1980-1981	\$142,224
1981-1982	\$513,011
1982-1983*	-
1983-1984	\$526,017
1984-1985	\$113,000
1985-1986	\$617,000
1986-1987	\$7,395
1987-1988	\$2,596,772
1988-1989	\$715,834
1989-1990	\$636,813
1990-1991	\$775,049
1991-1992	\$1,101,979
1992-1993	\$881,584
1993-1994	\$451,123
1994-1995	\$1,149,276
1995-1996	\$773,897
1996-1997	\$6,456,494
1997-1998	\$1,796,222
1998-1999	\$3,168,842
1999-2000	\$3,810,815
2000-2001	\$4,758,891
2001-2002	\$3,815,241
2002-2003	\$3,387,653
2003-2004	\$2,454,880
2004-2005	\$2,586,266
2005-2006	\$5,283,530
2006-2007	\$5,735,998
2007-2008	\$4,708,305
2008-2009	\$1,993,963
2009-2010	\$2,338,686
2010-2011	\$2,759,307
2011-2012	\$3,107,114
2012-2013	\$2,741,879
2013-2014	\$3,664,413
2014-2015	\$3,348,074
2015-2016	\$2,473,214
2016-2017	\$2,205,059
2017-2018	\$2,652,163
2018-2019	\$2,687,146
2019-2020	\$2,568,928
2020-2021	2,920,384
2021-2022	6,327,285
TOTAL	\$100,901,235

*Due to major gifts in FYE '83 and pending major gifts in '85, no gift was given to Mercy Medical Center during FYE '84



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Medbridge Improves Patient Care Plus Staff Satisfaction

Thanks to donor support, Mercy Physical Therapy, which is comprised of 12 Outpatient Clinics, as well as serving the entire acute care hospital, was able to invest in Medbridge. Medbridge in an online service that provides patients with instant and customized access to home exercise programs and education, essential to successful rehabilitation.

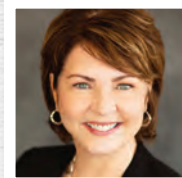
By also offering the clinical education component of Medbridge to our staff, we are investing in their continued professional learning. This leads to program development and potential service expansion and improved patient outcomes by being able to access information on various diagnoses and therapy techniques. Clinicians can also work towards specialty certifications.

“Medbridge provides all our licensed staff with premier instant access to professional development through the unlimited continuing education programs. The availability of a variety of quality continuing education courses with some of the best educators both nationally and internationally is invaluable and, previously, not accessible due to the financial burden of travel and time off that it would require. Medbridge will also help in the retention of current staff and recruitment of future staff.”

– Ryan Chizek, IP PT Supervisor

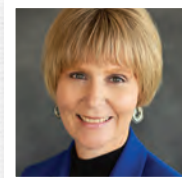
Matt Templeton, Health and Fitness Specialist,
and Nancy Abel, Thrive Fitness and Wellness participant.

Mercy Foundation



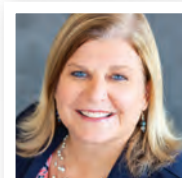
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