



**On Behalf of KishHealth Foundation, Thank You for Your Support!**

**815.748.9954 • Fax: 815.758.2661 • P.O. Box 707 • One Kish Hospital Drive • DeKalb, IL 60115**

Online donations can be made at [www.kishhealthfoundation.org](http://www.kishhealthfoundation.org)

**KHF Team**

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**Contact**

*“Thank you for your continued support of DeKalb County Hospice, Kishwaukee Community Hospital, Valley West Community Hospital and Community Cares Clinic. It is you who helps us provide the very best in healthcare to all our friends and neighbors throughout the year.”*

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heart of the  
**Hospital**  
Valley West

friends  
for life  
KCH 100

We have officially kicked off our 2011 Valley West Heart of the Hospital and Friends for Life KCH 100 annual campaigns.

Funds raised through the Heart of the Hospital 2011 campaign will be used to help purchase healthcare equipment and technology for Valley West Community Hospital. Money raised also supports our unrestricted endowment fund for future needs.

In 2010, Heart of the Hospital funds were used to purchase an upgraded infant security system for the Maternity Suites at Valley West.

Funds raised through the Friends for Life KCH 100 2011 campaign will be used to help purchase healthcare equipment and technology for Kishwaukee Community Hospital. Money raised also supports our unrestricted endowment fund for future needs.

In 2010, Friends for Life KCH 100 donations were used to help underwrite the cost of the new Cancer Center at Kishwaukee Community Hospital.

Please consider making a gift to Valley West Heart of the Hospital or Friends for Life KCH 100. To make a pledge, a credit card donation over the phone, or if you have any questions, please call the Health Foundation office at 815-748-9954. If you prefer to make your donation online, check out our secure donation page at [www.kishhealthfoundation.org](http://www.kishhealthfoundation.org). KishHealth System employees can also make a gift through payroll deduction or by cashing in PTO.

*We thank you for your generosity, support and for helping us maintain our reputation as progressive community hospitals.*

## KishHealth Foundation Formal Affair

KishHealth Foundation Formal Affair will be March 10, 2012 at the NIU Holmes Student Center Ballroom. Individual tickets and corporate sponsorships will be available. The evening will consist of hors d'oeuvres, open bar, served dinner with wine and music throughout the evening.

Please mark your calendars for an evening of wonderful food, dancing, mingling and most of all supporting local healthcare for our families and friends. Invitations will be mailed early 2012.

KishHealth Foundation Formal Affair will support Kishwaukee Community Hospital, Valley West Community Hospital, DeKalb County Hospice and the Community Cares Clinic.

## Legacy Society

We would like to thank and recognize the members of the KishHealth Foundation *Legacy Society*. The *Legacy Society* began in 2009, and we are pleased to report that we already have 34 members, including the following who have agreed to have their names listed:

Tom & Joan Fenstermaker	Kevin & Patty Poorten
Harriett Finnan*	Janan Rieff
Wayne & Betty Fowler	DiAnne Schmitt
Marshall & Jennifer Hayes	Dr. William* & Mary* Stach
Margaret Jean Johnson*	Jerry & Ging Smith
William C. Johnson	Sally Stevens
Eloise Kaeck	Toby & Nancy Vidlak
Dr. Elizabeth C. Lane*	Oneita Waltenberger
Virginia Larsen	Emerson & Ellen Wells
Paul* & Mary Larson	<i>*Denotes deceased member</i>
Margie Moulton	

The *Legacy Society* recognizes friends who have named KishHealth Foundation, Kishwaukee Community Hospital, Valley West Community Hospital, DeKalb County Hospice, or Community Cares Clinic as a beneficiary of a will, trust, life insurance policy, or other type of planned gift.

Naming KishHealth Foundation or one of its supported entities in your will or estate plan is a wonderful way to show your support for quality healthcare far into the future. Please contact the Health Foundation if you would like more information.

## Welcome Senator Christine Johnson!

The KishHealth Foundation Board of Trustees and Staff would like to welcome Senator Christine Johnson to the Health Foundation Board. Thank you for your willingness to serve and to continue supporting KishHealth System.

## New Cancer Center Campaign

KishHealth Foundation will be closing the building campaign for the New Cancer Center at Kishwaukee Community Hospital August 1, 2011. There is still time to make a pledge or donation. Gifts of \$1,000 or more are recognized on the Cancer Center donor wall. Please contact the Health Foundation at 815.748.9954 for information.

## MUM Golf Outing

The 14th Annual Midge & Miles Underwood Memorial Golf Tournament ~ MUM ~ will be Friday, August 12, 2011. The tournament offers a great day of golf at the Sycamore Park District Golf Course, an amazing steak and chicken dinner and an open bar with margaritas, beer and wine. MUM proceeds are donated to DeKalb County Hospice which supports the many services offered to terminally ill patients and their families in DeKalb County. For information please call Pam Kitterman, DeKalb County Hospice at 815.756.3000.

## KishHealth System Upgraded to A Bond Rating

Standard & Poor's has upgraded KishHealth System's bond rating from A- to A, the first time the health system has achieved this level. S & P also has issued a stable outlook for the health system. S & P's annual review stems from fixed-rate revenue bonds issued by the health system for the new hospital, which opened in 2007.

According to S & P, the rating change and stable outlook reflects the health system's strengthened balance sheet, growth of services and programs, and improving operating performance while still absorbing the costs of a new replacement facility. Since 2007, the new hospital has added cardiac catheterization, electrophysiology and interventional radiology, and has opened a new freestanding comprehensive cancer center. In addition, the health system over the past few years has opened facilities in the outlying areas of Genoa and Waterman, opened a primary care clinic in DeKalb, Community Cares Clinic, for the uninsured and underinsured; added a medical office building to the Valley West campus and expanded the number of physicians serving the Valley West market in southern DeKalb County and western Kendall County.

"Yes, we've had great success in our business development and financial management," said Kevin Poorten, CEO, "but that's only half the story. We can also point to gains in patient, employee and physician satisfaction and quality core measures that consistently meet or exceed national standards."

Michael Cullen, chair of the KishHealth System Board of Directors, said, "Our A rating is a good indication that we are well positioned to handle pending changes dictated by healthcare reform and the changing market. In addition, we have a well-researched and thought-out strategic plan that maps out our priorities over the next three years, building on our past success and reaffirming the health system's commitment to improving the overall health status for our residents."

## Kish Hospital ED Staff Practices Skills on Life-Like Simulators

The Kish Hospital Emergency Department staff recently did training on iStan, the ultimate wireless simulator provided by Meti Learning. The simulators included an adult male and 5-year-old boy. The simulators have realistic skin and airways for intubation, a pulse, eye movements and bowel sounds; produce urine output; and allow IVs. Two scenarios were tested: an adult with gunshot wounds and a young boy with burns. The simulations were set up so staff could experience what would happen if they made a mistake and when they do a procedure correctly.



## Thebeaus Add to Cancer Center Campaign

Bob Thebeau, former KishHealth System CEO, and his wife, Ashley, recently added \$1,000 to the Thebeau Cancer Care Fund and authorized KishHealth Foundation to retire the \$46,000 fund, so the money can be used for the new cancer center project.

The Thebeaus, of Lee Summit, MO, finalized the donation in mid-January, when they came to DeKalb for the 20th anniversary of the Kishwaukee Community Hospital Auxiliary Ball. Thebeau was president and CEO of Kish Hospital, Valley West Community Hospital and KishHealth System from 1990 to 2001. During his tenure, he started the hospital ball and recruited the first board certified oncologists to the medical staff.

Upon his retirement in 2001, he and Ashley made a sizeable donation to establish the Thebeau Cancer Care Fund, which was added to by other donors over the past 10 years. "The Thebeaus feel the fund can best be used now by putting the money toward the cost of our much needed new cancer center that will help provide our cancer patients the best care possible in their time of need," said Renee Ellingson, Health Foundation executive director. "We are very grateful for their contributions and the contributions we received from many individuals over the years that helped build the fund to \$46,000."

The Health Foundation notified donors to the Thebeau fund of the Thebeaus' wishes to retire the fund and redirect the money to the Cancer Center at Kishwaukee Community Hospital, which opened on the hospital campus Nov. 1, 2010.

"With the addition of the Thebeau fund contribution, the Cancer Center Campaign has provided just under \$1.5 million to help reduce financing costs for the project," Ellingson said.



From left, are: Deb Bemis, director of Oncology Services, Bob and Ashley Thebeau, and Renee Ellingson, Health Foundation executive director.



*Dr. Karen Federici    Dr. Krishna Reddy    Dr. Rog r Maillefer*

## **KishHealth System Announces Physician Awards**

Three Kish Hospital medical staff members have been recognized by the health system as Acclaimed Physicians for 2011. They are Dr. Krishna Reddy, Dr. Karen Federici, and Dr. Rog r Maillefer.

Dr. Reddy, the hospital's chief pathologist and director of the health system's Continuing Medical Education program, received the Promotion of Quality Award. Dr. Federici, a family medicine physician who practices in Genoa received the Outstanding Service to Patients Award; and Dr. Maillefer, a general surgeon with DeKalb Clinic, received the Humanitarian/Community Service Award.

The awards were presented at the health system's fourth annual Physician Recognition Event. Twenty-two physicians from the Kish and Valley West Community Hospital medical staffs received nominations from employees, the community, and medical staff colleagues.

## **DeKalb County Hospice Tag Days**

The 18th annual DeKalb County Hospice Tag Days fundraising event is being held May 6 and 7. Look for Hospice volunteers outside many of our local stores distributing tags and information about DeKalb County Hospice services. The volunteers will also be asking for a donation to help support these services. "When we first started this fundraiser very few people had ever heard about hospice care and now most everyone that puts money in the jug has something nice to say about DeKalb County Hospice or another hospice program that was used by a friend or relative in a different area. Our volunteers love to hear all the positive comments," said Karen Hagen, DeKalb County Hospice executive director.

## **Community Cares Clinic**

The Community Cares Clinic is in the process of recruiting two Family Medicine physicians to round out the staff. Once those positions are filled, the clinic will be able to better meet the demand.

To help with patient education, clinic staff recently created a durable booklet that contains information on childhood nutrition, developmental milestones, immunizations, Tylenol dosages, and a record for height, weight and immunizations.

## **Eat What You Love: A Mindful Eating Experience Featuring Dr. Michelle May**

Valley West is pleased to announce the return of board certified physician and author, Dr. Michelle May, to Sandwich on May 10, 2011. This year's program helps people identify their eating patterns and focus on Dr. May's Mindful Eating Cycle, which involves eating with intention and attention. "Her message about ending senseless yo-yo dieting and resolving mindless and emotional eating reverberated with so many attendees in 2010, we just had to bring her back," says Cindy Johnston RN, BSN, Community Wellness Supervisor.

This year, Valley West invites participants to share a meal with Dr. May at Timber Creek Inn & Convention Center, in Sandwich, during Eat What You Love: A Mindful Eating Experience. Dr. May guides participants through her mindful eating techniques as they eat. The event also features hospital and health system booth displays.

"We understand that weight loss and maintaining a healthy lifestyle is a very personal and sometimes difficult journey. Like Dr. May, we believe that being mindful and making choices that support a healthy lifestyle don't have to be limiting or restricting. But the first step in that journey begins with changing your relationship with food," says Johnston.

### **Other event details:**

- Cost \$10 per person. No refunds.
- Must register by May 4, online at [www.valleywest.org](http://www.valleywest.org)
- Doors open at 5 pm
- Meet & Greet with Dr. Michelle May from 5 – 6 pm
- Program begins at 6:30 pm; dinner served during presentation
- Eat What You Love, Love What You Eat books available in Valley West Gift Shop or online from book retailers
- Free "Am I Hungry?" magnet for every attendee
- Variety of raffles and prizes

## **KHF Travel News**

Our Nova Scotia & Prince Edward Island trip will be here in no time! The adventure begins July 22nd. We have 15 people traveling with us and we are all excited to explore the heart of Canada's Atlantic seacoast on this wonderful vacation. We look forward to sharing our adventure with you.

Proceeds from our travel adventure benefit DeKalb County Hospice, Kishwaukee Community Hospital, Valley West Community Hospital and the Community Cares Clinic.

