CREATING A CLINIC OF THE FUTURE

Mercy Comfort Health Center for Women: Serving the health care needs of mid-life women

Mercy Medical Center - Des Moines has a tradition of meeting the health care needs of women. From the labor and delivery unit to the care provided at the renowned Katzmann Breast Center, you can be assured Mercy offers the most advanced medical care.

However, an important piece was missing in the continuum of care: coordinated health and wellness services for women who are in the prime of their lives. Too often, physicians were seeing women in their 40s, 50s and 60s who were busy caring for their families, assisting aging parents and working—often times at the expense of their own health care needs. “For many women the question has been where to go to address these unique health issues. Now with the Comfort Women’s Health Center, they will just need to know one phone number to have all of their speciality care needs met,” said Dr. Stephen Feltz, M.D., Mercy urogynecologist.

Recognizing the opportunity to build upon the excellence of Mercy’s existing highly-skilled physician and clinical staff, Mercy leadership made it a priority to address these needs through the development of a new clinic dedicated to the preventive and specialized care of mid-life women.

Answering the call

As witnessed throughout Mercy’s history, philanthropy plays an important role in ensuring Mercy offers the most needed, advanced and quality health care services possible. It is a standard begun by the Sisters of Mercy over a century ago and continues today.

The first to answer the call was the Comfort Family Foundation who pledged a lead gift of $8.5 million in support of the $14.2 million project budget. For many years, the Comfort family has supported Mercy initiatives. Frank Comfort, a successful Des Moines attorney – who passed away in October of 2012 – made it known he wished to honor the women in his life by committing to this transformational project. “Mr. Comfort’s vision set the stage for a new approach to addressing mid-life women’s health issues. The Comfort Family Foundation gift will enable the women of central Iowa to have access to some of the most
innovative and comprehensive health care services available in
the nation. We are pleased to honor Mr. Comfort and his family
by naming the new clinic the Mercy Comfort Health Center for
Women,” said Bob Ritz, Mercy Medical Center – Des Moines
president.

Bringing comprehensive, coordinated women’s health
and wellness care to central Iowa

“A unique component of the clinic is it will provide a ‘one-stop’
coordinated health and wellness experience,” shared Leisha Barcus,
Women’s Center director. “We have created a clinic model which
will include an array of comprehensive health care specialties in a
single clinic setting—all with the goal to meet the distinct needs of
women in their post-reproductive years.”

Foundational services located within the clinic include the
Katzmann Breast Center, a well-known resource in central Iowa
offering comprehensive breast health services; urogynecology and
physical therapy services addressing pelvic floor and incontinence disorders; medical imaging offering both screening and
diagnostic services; sexual and menopausal support; weight loss and nutrition; and mental and brain health services. These
foundational services will be complimented by specialty services including cardiology, plastics, endocrinology, integrative
health-nutrition services and therapeutic massage.

“In order to accommodate all of these specialty services in one clinical setting, we have designed a clinic, which will not only
serve the needs of women today, but is poised to embrace future growth and be responsive to the ever-changing health care
needs of women. We challenged ourselves to create a space which would encourage interdisciplinary interaction among all of
the physicians while providing a comfortable, peaceful space for each woman ensuring the best possible health care outcomes,”
said Barcus.

The 34,000 square foot clinic
located at 1601 NW 114th
Street in Clive is expected to
open in the spring of 2017 and
is being designed as a “clinic
of the future.” From check-
in to check-out the patient
experience is the number
one priority with the clinic
designed to provide each
woman with a comfortable
and private environment
where she can feel at ease.
Excellent Care. Compassionate Care. Coordinated Care. This is the culture of the Mercy Comfort Health Center for Women. If you are interested in learning more about the services offered by the clinic or if you would like to make a gift in support of this transformational clinic, please contact Mercy Foundation at (515) 247-3248 or foundation.mercydesmoines.org. Your generosity – both today and tomorrow – is our future and brings hope and care to thousands of women. Join us in this legacy.

PRAIRIE MEADOWS GRANT AWARD

Thank you, Prairie Meadows, for investing in women’s health

Prairie Meadows recently awarded a $100,000 Legacy Grant to Mercy Foundation to assist in the construction of the Mercy Comfort Health Center for Women. “We are excited and honored to be a part of this significant project for Mercy and the women in the community,” said Julie Stewart, director of community relations for Prairie Meadows.

Thank you, Prairie Meadows for your investment in the health of women and our community!

Shopping on Amazon? Go to smile.amazon.com and select Mercy Foundation of Des Moines Iowa. We will receive 0.5% of your purchase back as a donation!
DONOR SPOTLIGHT: NANCY STEFANI

Part of the Mercy Family

Nancy Stefani has dedicated her life helping others prepare for the future. As a native of Ankeny, Iowa Nancy grew up in an Italian family where honor, respect and dignity were the foundation of her upbringing.

Philanthropy has been a strong part of Nancy’s life. “My mother was very giving and made sure no one went without,” shared Nancy. In 1976, Nancy graduated from the National Institute of Planned Giving in Memphis, Tennessee launching her into a long, fruitful career of helping others decide what they would like their legacy to be through the art of estate planning. For 18 years, Nancy was director of planned giving for the Roman Catholic Diocese of Des Moines. She also served Drake University in the same capacity; first as a gift planning officer and later as director of gift planning. Today, Nancy serves as a gift planning consultant for the Renaissance Group.

Mercy: part of the Stefani family
Mercy Medical Center – Des Moines has also been another important part of Nancy’s life. “This has been my family’s hospital where we have received excellent care for many, many years. I truly believe every community deserves a Mercy hospital where the healing ministry of Christ shines through by providing compassionate and exceptional health care to all. We are blessed to have Mercy as part of our community.”

Nancy’s pride in Mercy extends to her role as a Mercy Auxiliary board member. She is very proud the Auxiliary has reached a membership of more than 2,200 individuals and for their dynamic grant program which touches nearly every operational aspect of Mercy and its Mission initiatives.

Giving back
As Nancy reflected on her own life as a gift planner, a community volunteer and advocate for quality health care, she realized what she wanted her legacy to be. She made the generous decision to designate Mercy Foundation as the beneficiary of an individual retirement account in order to continue the wonderful work being done by Mercy for years to come. (Learn more about beneficiary designation options on page five.)

Nancy designated that her gift be used to benefit the Auxiliary’s continued support of Mercy’s valet parking services ensuring each guest is provided with exceptional care and service before they even enter through the hospital doors. An additional amount has been designated to support the professional development needs of the Mercy Foundation staff.

“I am passionate about these two areas of Mercy’s ministry, and I am honored and blessed to pledge my resources to support them,” shared Nancy.

“Nancy’s gift to Mercy Foundation shows her personal commitment to ensuring the long-term success of Mercy. Through her foresight and generosity, she is leaving a lasting legacy honoring both her passion for gift planning and her high regard for Mercy. She is helping to secure the long-term future for many of Mercy’s Mission initiatives,” said Shannon Duval, past Mercy Foundation president.

As Nancy reminisced about her life’s work, it reminded her of a Pope Francis quote: “A little bit of mercy makes the world less cold and more just.” “I like to think it can also be said that a little bit of philanthropy can touch lives with mercy and healing,” concluded Nancy.

“Philanthropy is the rent you give back for the space you have been given on this earth.”

Pictured, above left is Nancy Stefani. Above right is the valet parking service, made possible by the Mercy Auxiliary.
IS A BENEFICIARY DESIGNATION GIFT RIGHT FOR YOU?

Do you own a qualified retirement plan such as an IRA, 401(k) or 403(b)? Would you like to make a significant gift to charity and leave a lasting legacy like Nancy Stefani?

Advantages of Beneficiary Designation Gifts

- **Tax Savings**: By making a gift of your retirement plan to our organization, your estate will receive a 100 percent charitable deduction, thereby saving estate taxes, and will avoid the income taxes on those assets. By comparison, if your estate were subject to the estate tax, your retirement plan would be subject to estate taxes, and if you left your retirement plan to your children or grandchildren, those assets would result in substantial income taxes. From a tax perspective, your retirement plan is a “good” asset to leave to charity and can be a “bad” asset to leave to family.

- **Revocable**: You can modify or revoke the beneficiary designations at any time during your lifetime.

- **Easy to Do**: Simply fill out a beneficiary designation form provided by the plan or account administrator. (You will need the legal name and tax number of our organization.)

If you would like to receive our weekly newsletter which includes topics on health and wellness, finance and the latest Washington news, please sign up at mercyfoundationdsm.giftlegacy.com and click on the e-newsletter link. The e-newsletter is provided at no cost or obligation.

For more information on beneficiary designations or other gift giving opportunities, please contact Lynda Jacobson, Mercy Foundation executive director of gift planning, at (515) 643-8025 or ljacobson@mercydesmoines.org.

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FOREVER GRATEFUL

It’s all in the family

Melissa Hofmann, a vibrant and spirited 41-year old, fondly recalls being nestled in her grandmother Shirley’s warm arms as she softly sang and rocked her to sleep as a young girl. “My grandmother and I were very close. She was everyone’s friend and loved her family deeply. We shared many of the same interests. Sometimes, I almost feel as if we are carbon copies of each other.”

Melissa and her grandmother also shared the BRCA 2 gene which increases the chance of developing ovarian and breast cancer. Shirley was diagnosed with ovarian cancer at age 56 and would become a 27-year survivor before passing away in March of 2015. Three of Shirley’s sisters and her own mother would also be diagnosed with ovarian cancer.

Melissa began to question if there was a genetic link causing the high number of cancer diagnoses in her family. Through research, tenacity and a sixth sense that her family may carry the BRCA gene mutation; Melissa asked her grandmother if she would be tested. Her grandmother agreed, and in 2014, found that she was positive for the gene mutation. Soon after, Melissa scheduled an appointment with a genetic counselor and she, too, found out she carried the BRCA 2 gene mutation. “My grandmother kept telling me how sorry she was that she had given this to me. I kept telling her what a gift she had given to me by getting tested. This gave me an opportunity to proactively address my health concerns.”

Mercy Cancer Center: a new family

Melissa turned to Mercy Cancer Center for advice and guidance. She soon discovered a “new family” who would support her through some of the toughest decisions she would need to make regarding her health.

Her first stop was to meet with Dr. Carl Christie, Mercy’s gynecologic oncologist. Dr. Christie spent time counseling Melissa on her options, reassuring her he would work with her if she decided she wanted to have children. “Dr. Christie told me we would have around a five-year period before I would need to make a firm decision about having a hysterectomy.” After careful consideration, Melissa decided to have surgery in August 2015. “Dr. Christie was more than a doctor to me. He knew how to make me laugh and comfort me when I felt overwhelmed. His team brings tears to my eyes when I think of the devotion and support they give to their patients. It is incredible!”

Because of increased risk for breast cancer, Dr. Christie referred Melissa to Dr. Tiffany Torstenson, Katzmann Center breast surgeon, for a consultation. Understanding that she would need to be screened at six-month intervals for breast cancer until she reached age 70, Melissa made the decision to have a double mastectomy. “I knew within five minutes of being in the room with Dr. Torstenson, she was not going to take the future of my health for granted. She was honest, empowering and gave me the facts I needed. The team at Katzmann Breast Center is phenomenal. They walked each step with me as I made my decision to have surgery and complete the reconstructive process.”

When it came time to begin the series of reconstructive breast surgeries, Melissa chose Dr. Samuel Maurice. Although still completing the reconstruction process, Melissa has nothing but high regards for Dr. Maurice and his team. “I can honestly say I never dread going to see Dr. Maurice. Who can say that about a doctor’s visit? And, I go weekly. We still have a way to go before the reconstruction process is complete, but I have faith and trust in Dr. Maurice that the outcome will be just as he says.”

“My grandmother kept telling me how sorry she was that she had given this to me. I kept telling her what a gift she had given to me by getting tested. This gave me an opportunity to proactively address my health concerns.”

– Melissa Hofmann
“Every visit I made to Mercy exceeded my expectations. Not only because of the excellent care but also because every person I met showed so much care and compassion. There were laughs, tears, moments when nurses became my counselors, CNAs became my best friends and lab technicians my confidants. Thank you, Mercy, for becoming part of my family. You truly ‘are my sunshine.’ I am forever grateful.”

“‘You are my sunshine, my only sunshine. You make me happy when skies are grey. You never know, dear, how much I love you. Please don’t take my sunshine away.’”

Composed by J. Davis and C. Mitchell

Pictured, clockwise from top: Carl Christie, D.O. and Melissa before surgery; Grandma Shirley; Melissa and Drake and “You are my sunshine” necklace given to Melissa by her grandfather, Dwight, in memory and honor of her grandmother, Shirley.

Each year more than 120 Mercy physicians and staff are honored for their excellence and compassion. If you, too, have received exceptional care and would like to recognize your physician or other Mercy team member, please contact Mercy Foundation at (515) 247-3248 or visit foundation.mercydesmoines.org to learn about the Angels of Mercy program.

Shopping on Amazon? Go to smile.amazon.com and select Mercy Foundation of Des Moines Iowa. We will receive 0.5% of your purchase back as a donation!
OTTUMWA REGIONAL LEGACY FOUNDATION GRANT SUPPORTS MERCY OTTUMWA CLINIC EXPANSION PROJECT

Mercy Ottumwa Medical Clinic is expanding its primary care presence and adding an urgent care clinic in Ottumwa. The clinic, which serves people from Ottumwa and surrounding areas, will be relocated to a new building to be constructed at 522 N. Hancock St. It will provide family medicine, internal medicine, urgent care and physical therapy, and will have the latest digital technology necessary to support those services.

The clinic expansion is made possible through the generous support of a $600,000 Ottumwa Regional Legacy Foundation grant. “It is difficult to express the depth of our appreciation to the Ottumwa Regional Legacy Foundation for its generous support of the project. In an era when available capital for such projects is extremely limited, the foresight and support of the Foundation’s staff and board truly allowed this project to proceed,” said Dr. Wael Haidar, president of Mercy Clinics in Des Moines.
Gratitude. A simple, yet bold and powerful concept. The sacred work of philanthropy begins and ends with gratitude— with thanksgiving for the bounty that allows us to share with others— followed by the foundation’s ability to adequately say THANK YOU for your gift and trust in our ability to make an impact with your generosity. Your gifts light the flame for the mission of Mercy—and for that, we are deeply grateful!

After six years with Mercy Medical Center-Des Moines, my family and I are headed to Denver, where I will serve as the president and chief development officer of the National Catholic Health Initiatives Foundation. We do so with gratitude—for the opportunity to work with amazing donors, professionals, board members, and colleagues at Mercy. People who have truly lighted our flame, and shaped our path.

It has been an honor to work on transformational projects like the renovation and expansion of the Mercy Children’s Hospital and Clinics; the relocation and modernization of Mercy Behavioral Health inpatient services; and ongoing mission support for House of Mercy, Mercy College of Health Sciences, Bishop Drumm, and Mercy Hospice. Additionally, the Comfort Health Center for Women is coming to life totally due to the generosity of the Comfort Family Foundation and other donors, who are excited to see this new way of delivering care.

I’ve also been proud to serve alongside Mercy Auxiliary—who have grown their membership to more than 2,200 strong. Additionally, this past year it has been thrilling to watch our Mercy family have a million dollar year, committing over $1 million to our community. A moment for gratitude, indeed!

Your generosity of spirit, in the words of Albert Schweitzer, “has lighted the flame within me.” In the words of the Swedish diplomat and author, Dag Hammarskjöld:

“For all that has been, Thank you. For all that is to come, Yes!”

Please keep in touch and know that you have my very best wishes and deepest gratitude!

ShannonDuval@catholichealth.net

A NOTE OF THANKS

Although we are sad to see Shannon leave, we are all excited that she has this new opportunity to serve as president and chief development officer of the National Catholic Health Initiatives Foundation. Below are a few highlights of Shannon’s time with us at the Mercy Foundation.

Shannon started her position as president of the Mercy Foundation in May 2010. At that time, I was the board chair for the Ronald McDonald House and had the pleasure of meeting Shannon while we worked to develop the Ronald McDonald Family Room in the Mercy Pediatrics Unit. I was very impressed with her from the start, as she helped finalize the coordination of the funding for the room and completed the fundraising necessary to finish the renovation project.

Her passion and dedication for the Mercy Foundation has been essential to the success of a number of projects. Shannon has always appreciated gifts and donations of any size. This is how the foundation staff coined the phrase, “Every Gift Matters.” Gifts from grateful patients, children, and Mercy family staff members particularly touched her heart. Under her guidance, the foundation secured a record $8.5 million dollar donation from The Comfort Family Foundation for the construction of the Mercy Comfort Health Center for Women in Clive.

Shannon kept a bell on her desk and would ring it and cheer when a large gift was closed or when there was something exciting going on at the Foundation. She kept the mood in the office positive and upbeat and was known for her operatic singing. Shannon and DeLane opened their home and hosted many holiday parties and special events for staff and committee members.

Shannon will be missed by all. We wish you and your family all the best. Thank you for your leadership, dedication, compassion, and most of all for sharing your faith with all of us. We are all grateful to have had the opportunity to work with you.

Shannon

Tom Mass
Past Board Chair, Mercy Foundation
After conducting a thorough search, the Mercy Foundation Board of Directors and the Mercy Medical Center Board of Directors are pleased to announce the appointment of Shannon Cofield as President of the Mercy Medical Center Foundation.

Shannon comes to Mercy from Drake University where she has held a number of leadership positions since 2012. Most recently, she served as Chief of Staff for the President of Drake University. Prior to joining Drake University, Shannon served for eight years as the President of the United Way of Central Iowa helping to create a number of programs addressing key community needs such as access to health care and educational supports.

“We are very excited Shannon is joining our Leadership Team at Mercy Medical Center,” said Mercy President Bob Ritz. “She is a well-rounded and very talented executive who has extensive experience and accomplishments in philanthropy, community service and development. Shannon is the ideal leader to join us as we continue to advance our Vision to provide a Remarkable Mercy Experience to everyone we are privileged to serve. With several new exciting developments at Mercy, Shannon’s skills and abilities make her the perfect fit for the Mercy Foundation.”

“It is truly an honor to lead the Foundation which is solidly built on the special ministry of the Sisters of Mercy,” said Shannon. “Securing vital funding that ensures clinical excellence and quality care for everyone we are privileged to serve is a Mission role I am very excited to begin with the Mercy Foundation. I look forward to engaging donors involved in this critical work and helping facilitate and fulfill Mercy’s Mission to improve the overall quality of life in the Greater Des Moines Area.”

Shannon will begin her duties as Foundation President in the latter part of September. Welcome to the Mercy Family, Shannon!

MORE ABOUT SHANNON

Hometown: Atlanta, Georgia where she lived for 35 years. Shannon served as Vice President of Resource Development for the United Way of Metropolitan Atlanta.

Family: Married with two daughters, Rachel, a junior at Georgia State University and, Anna, a junior at Drake University.

Education: B.A. in Journalism from Georgia State University and a M.B.A. from the University of Iowa.

Community Activities: Shannon serves on a number of community boards including: Greater Des Moines Convention and Visitors Bureau; Greater Des Moines Habitat for Humanity; YMCA of Greater Des Moines; Anawim Housing and the Healthiest State Initiative.

Hobbies and Interests: Horseback riding, running and reading.