



**St. Luke's**  
FOUNDATION

2021 Annual Report



A collection of stories that matter.

Told from our heart to yours.

The good in you brings out the best in us.

THANK YOU.

DEAR FRIENDS,

This annual report is our letter of gratitude to you. As a generous donor, you have your own St. Luke's story, and we are honored when you share it and demonstrate your support through philanthropy. Thank you for your heartfelt gifts of compassion for those in need. Your choices make a difference, and the stories featured here demonstrate just how far your philanthropy reaches and the incredible impact it has, from one person to multitudes. **This would not happen without you.**

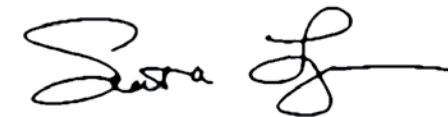
If you were lucky enough to know Judy Bernhardt, you will be lifted learning how her legacy lives on at St. Luke's. Dale App continues his long family tradition of education in support of St. Luke's staff. Phil and Babs Strom make sure St. Luke's cardiac and pulmonary patients have a dedicated space to learn how to champion their rehabilitation and manage their condition. And for families enduring the unbearable loss of a baby, your gifts help us touch hearts, lives and legacies with love and remembrance.

We are so grateful for you and your continued partnership. Thank you for honoring us with your hope, and your love for others.

In Good Health,



**Catherine Carter Huber**  
Executive Director &  
Chief Philanthropy Officer



**Scott Lyons**  
Chair, St. Luke's Foundation  
Board of Directors

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Judy Bernhardt's nursing school graduation photo.

## A caring spirit WHOSE LEGACY LIVES ON.

Though Judy Bernhardt passed away from ALS in 2021, her dedicated and compassionate spirit lives on through the positive impact she had on everyone she interacted with, and in a scholarship founded in her name.

St. Luke's recruited Judy in 1978 to be their very first Clinical Nurse Specialist. She spent her early years defining her role and finding ways to contribute beyond her shifts. A team player through and through, Judy dedicated her career to improving patient care, creating better processes, and advocating for nurses and staff.

"If you didn't have the chance to know Judy, you really missed out," says Jo Ann Hoag, Judy's longtime colleague who retired in 2014 as St. Luke's Vice President and Chief Nursing Officer. That's the overwhelming message that came through loud and clear from family and friends.

"The patients were always first and foremost for Judy, but at the same time she was a nurse's nurse," says Sue Hamel, who served as Vice President and Chief Nursing Officer during Judy's last years at St. Luke's. "She always thought about how we could help patients, but also how to help our employees do better. St. Luke's was deep in Judy's heart."

Lail Beste-Michelson, a retired colleague, remembers Judy fondly. "She brought so much fun

to our work," says Lail, "and there wasn't a problem she couldn't solve. She was widely respected by everyone at St. Luke's."

No matter the endeavor, Judy shined. "She had a volunteer spirit," says Dr. Greg Bernhardt, Judy's husband of 38 years and a retired St. Luke's emergency physician. "As hard as she worked at St. Luke's, she also enjoyed working hard in the community." In addition to Judy's roles with the Lake Superior Medical Society Alliance (LSMSA)

**"St. Luke's was deep  
in Judy's heart."**

**-Sue Hamel**  
*Retired St. Luke's VP/CNO*

Samantha Good, MA, works with a patient at St. Luke's Pediatric Associates.



and several medical associations at the local, state and national levels, she was also active with the Duluth Växjö Soccer Exchange program, volunteered at her daughters' primary school, ran Scholastic book fairs, and taught Sunday school.

Judy's warm and loving nature made those around her feel cared for – and heard. "You could tell her anything," says Ann Sanford, a fellow volunteer at the LSMSA. "She was a good person to confide in and she would just listen."

An amazing hostess as well, Judy put on a well-known lutefisk dinner every year with a long waitlist. "If you got an invite to her dinner you felt honored," says Jo Ann. "When you were at her home, you felt loved. She always had ways to bring people together."

Judy was a light to many who knew her, so when she was diagnosed with ALS, it was heartbreaking. "When she told us about her diagnosis...it was a shock," says Ann. "That was hard."

Near the end of her life, Judy was in a wheelchair and unable to continue her many roles. "She really was a caregiver," Dr. Bernhardt recalls, "so it was extremely tough for her to suddenly be the one receiving care."

In January of 2021, Judy passed away from ALS. But that's not the end of her story or her good work.

**"She had a volunteer spirit."**

**-Greg Bernhardt, MD**  
*Judy's husband and retired St. Luke's emergency physician*



Greg and Judy with two of their three grandchildren, (James and Lily.)



Samantha Good, MA, first-ever recipient of the Judy Bernhardt Memorial Nursing Scholarship.

In recognition of her legacy, the LSMSA founded the Judy Bernhardt Memorial Nursing Scholarship at St. Luke's Foundation as a way to honor their longtime friend who touched so many hearts. "She valued education, and so that's why we thought a healthcare scholarship was the best way to do that," explains Ann.

The scholarship is specifically for St. Luke's caregivers seeking advanced nursing degrees or training, and has one unique requirement – applicants must also be a volunteer. And the first-ever recipient, Samantha Good, MA, is that and more.

Like Judy, Samantha has a volunteer spirit. "Growing up, I had a love of volunteering," says Samantha, who is involved in the Special

Olympics, as well as the St. Louis County Sheriff's Volunteer Rescue Squad, which conducts search and rescue missions in northern Minnesota.

Samantha applied for the scholarship after being accepted into The College of St. Scholastica's Physician Assistant Program. Wanting to learn about Judy, she did some research. "I could tell she had a passion for volunteering in our community and I really admire that."

Judy's caring spirit is alive and well in all who knew her, and now, through the ongoing impact of her scholarship, even those who didn't. Her passion for improving health care will continue to live on in the next generation of caregivers, like Samantha.



Judy with her husband Dr. Greg Bernhardt, and their three daughters Becky, Kelly and Alison.

**"She had a wonderful sense of humor and an infectious laugh."**

**-Ann Sanford**  
*Lake Superior Medical Society Alliance volunteer*

## { 2021 Grants }

<p><b>St. Luke's</b> Amazon Fire HD8 tablets for patient communication courtesy of <b>The Olivia and Howard Geller Foundation for Patient Safety</b> -----<b>\$2,240</b></p> <p>Assistance to patients experiencing acute and/or emergent financial challenges courtesy of <b>St. Luke's Small Things Fund</b> -----<b>\$1,050</b></p> <p>Assistance to employees experiencing financial crises due to personal hardships outside their control courtesy of <b>St. Luke's Employee Compassion Fund</b> -----<b>\$10,769</b></p> <p>In-kind gifts for patient care and comfort -----<b>\$8,043</b></p> <p>In-kind gifts of personal protective equipment -----<b>\$6,252</b></p> <p>In-kind gifts in support of St. Luke's staff -----<b>\$41,422</b></p> <p><b>St. Luke's Breast Center</b> Recovery Care Bags -----<b>\$3,872</b></p> <p>Support for 3D tomography screenings for patients -----<b>\$1,335</b></p> <p><b>St. Luke's Education Department</b> Support for annual BioEthics conference from the <b>Dr. Kay R. Lundberg Memorial Lecture Fund</b> -----<b>\$2,000</b></p>	<p><b>St. Luke's Emergency Department</b> Blankets and stuffed animals to comfort pediatric patients -----<b>\$3,009</b></p> <p>Narcan take-home kits to reverse the effects of opioid overdose -----<b>\$1,800</b></p> <p><b>St. Luke's Home Care and Hospice Duluth®</b> Afghans and quilts for hospice patients -----<b>\$2,047</b></p> <p>Ensuring hospice continues to offer palliative, personal, emotional and spiritual care for patients and their families regardless of the ability to pay for services -----<b>\$50,000</b></p> <p>Therapeutic foam mats, pill boxes, scales, Home Care/Hospice library resources, "Gone From My Sight" and "The Eleventh Hour" booklets, and forget-me-not seed packets, and journals for the care and comfort of hospice patients and their families -----<b>\$4,015</b></p> <p><b>St. Luke's Information Technology</b> Audio system for St. Luke's auditorium -----<b>\$53,000</b></p> <p><b>St. Luke's Laboratory</b> Communication hardware and software for laboratory -----<b>\$3,049</b></p> <p>Continuing education for staff -----<b>\$308</b></p> <p><b>St. Luke's Laurentian Medical Clinic</b> Framed photographs for patient areas from the <b>Foundation for Photo/Art in Hospitals</b> -----<b>\$2,400</b></p>	<p><b>St. Luke's Maternal Child Health Unit</b> Bereavement training for staff with support from the <b>Northland Newborn Foundation</b> -----<b>\$3,439</b></p> <p>Blankets, hats, booties and quilts for newborns -----<b>\$5,287</b></p> <p>Celebrating the last baby born in 2021 and the first baby born in 2022 -----<b>\$146</b></p> <p>Perinatal loss program -----<b>\$2,520</b></p> <p>Funding to support the construction of and equipment for St. Luke's Specialized Care Nursery -----<b>\$196,064</b></p> <p>Grief support through the <b>Emerson Runkle Fund</b> -----<b>\$520</b></p> <p>In-kind support for Birthing Center staff -----<b>\$368</b></p> <p><b>St. Luke's Mount Royal Medical Clinic</b> Sports therapy program equipment -----<b>\$8,066</b></p> <p><b>St. Luke's Pavilion Surgery Center</b> AccuVein vein viewing system -----<b>\$5,232</b></p> <p><b>St. Luke's Pediatrics Unit/ Pediatric Associates</b> Distraction toys, stuffed toys, books, coloring books, blankets, crayons, markers and puzzles -----<b>\$8,301</b></p> <p>Total refresh of the Pediatric Unit family waiting room courtesy of <b>maurices Grand Give</b> day of service -----<b>\$3,075</b></p>	<p><b>St. Luke's Regional Cancer Center</b> Cancer Center resource cart and educational materials and books in memory of <b>Kenneth Wilson</b> -----<b>\$1,211</b></p> <p>Canvas wrapped photos for patient waiting areas by and in memory of <b>Julie Fogelberg</b> by her family -----<b>\$1,884</b></p> <p>Framed photographs for patient areas from the <b>Foundation for Photo/Art in Hospitals</b> -----<b>\$1,350</b></p> <p>Gentle yoga classes for cancer patients -----<b>\$939</b></p> <p>In-kind gifts for patient care including scarves, comfort pillows, clothes, earrings, hats and quilts -----<b>\$18,086</b></p> <p>Patient gas cards, wigs, grocery cards, lodging, nutritional shakes and Chemo Care Bag supplies -----<b>\$4,868</b></p> <p>Patient waiting area aquarium care -----<b>\$3,356</b></p> <p>Support for breast cancer patients through the <b>Bowling to Beat Breast Cancer Compassionate Care Fund</b> -----<b>\$954</b></p>	<p>Support for cancer patients through the <b>Cancer Care Transportation Fund</b> -----<b>\$1,985</b></p> <p>Transportation support for cancer patients through the <b>American Cancer Society</b> -----<b>\$3,000</b></p> <p><b>St. Luke's Rejuvenation Center</b> "Brave Faces" program providing cancer patients with products and education to care for their skin during treatment -----<b>\$6,000</b></p> <p><b>St. Luke's Respiratory Care Department</b> Continuing education, equipment, training and educational materials on the latest respiratory care for therapists funded by the <b>Douglas H. and Judith H. Lewis Memorial Fund of the Duluth Superior Area Community Foundation</b> -----<b>\$2,948</b></p> <p><b>Eva Erickson Peterson Memorial Nursing Scholarship</b> Scholarship for a St. Luke's employee pursuing an RN degree or higher -----<b>\$1,000</b></p>	<p><b>Fredenberg Volunteer Fire Department</b> Expansion of emergency services with additional medical equipment -----<b>\$3,400</b></p> <p><b>Gladys Eklund McKissack Nursing Scholarship</b> Scholarship for a St. Luke's employee to finance educational goals in pursuit of a nursing career -----<b>\$1,000</b></p> <p><b>Grand Lake Volunteer Fire Department</b> Swiftwater rescue equipment -----<b>\$4,400</b></p> <p><b>Judy Bernhardt Memorial Nursing Scholarship</b> Scholarship for a St. Luke's employee pursuing an advanced level nursing degree -----<b>\$1,000</b></p> <p><b>Stephen F. Kavajecz Nursing Scholarship</b> Scholarship for a St. Luke's employee pursuing an RN degree or higher -----<b>\$1,000</b></p> <p><b>Whiteside Institute for Clinical Research</b> Advancing clinical research in the areas of cancer, lung and heart disease -----<b>\$235,816</b></p>
<p><b>TOTAL 2021 GRANTS = \$723,826</b></p>					

## { Consecutive Years }

### 35 Years

Minnesota Power

### 34 Years

North Shore Bank

### 33 Years

Verna & Arend Sandbulte  
Ben & Barry Wolfe

### 32 Years

Don & Jo Ann Hoag  
Willey H. Mitchell Family  
Foundation

### 31 Years

Bob & Helga Wallner

### 30 Years

John & Lynn Benson

### 29 Years

Linda & Bob Basara  
Lail Beste-Michelson  
Jan Biga  
Richard & Kathy Johnson

### 28 Years

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### 27 Years

Tom & Toni Kasell  
Lynn & Dexter Nelson

### 26 Years

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Christy Mahoney  
Muriel Whiteside  
Charitable Trust Fund  
Diane Vogel  
Jon & Kathy Welles

### 24 Years

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### 23 Years

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& Carl Huber  
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Dr. David & Pat Mast  
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Dr. Gary & Diane  
Peterson  
Todd & Melissa Scaia  
Peter & Patricia  
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Polly Vallie  
Drs. John & Linda  
Van Etta

### 19 Years

Allen Aho  
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## Remembering Ken WITH A GIFT.

The Cancer Center Resource Cart is more than just a cart with books – it's information and understanding for patients receiving cancer treatment. The cart was a gift from longtime St. Luke's employee, BJ Wilson, in memory of her late husband, Ken, who received treatment at St. Luke's Regional Cancer Center.

"Every day during chemo, he'd say how blessed he was that the people in the Cancer Center were so caring and compassionate," says BJ. "He wanted to do something for them, but he wasn't able to. So I did this for him." BJ says Ken would read everything he could during downtime between treatments, and it helped him understand his diagnosis. "A gift like this," says BJ, "may help someone else in their treatment journey."

According to Cancer Center Social Workers Tina Robert and Beth Hohenstein, the impact of the Resource Cart is immeasurable. "Patients and families spend so much time here for appointments and treatments," says Tina, "it is wonderful for them to have access to information that can be so meaningful."



A patient reads a book from the Cancer Center Resource Cart.

Beth agrees. "The materials address the physical and emotional aspects of cancer," she says, "and there's a variety of information on how to cope and how to speak to family members, as well as guidance for nutrition and meditation. We are so grateful for this gift!"

BJ's heartfelt generosity is a reminder of the many ways gifts can be made to St. Luke's Foundation.

**For more options please see page 40.**

## { In Memory }

<b>Inez Acker</b> Maxine Phelps	<b>Sidney Backlund</b> Judy Backlund	Katharine & Wayne Bogen Carolyn Braiedy Keith & Cindy Brannstrom Roger & Mary Brannstrom Zlata Bushey Dr. Mike & Denise Bussa Craig Cance Margaret Cleveland Jane Crain Steven Davis & Dr. Terese Tomanek Christine & Thomas Day Bruce & Sandra Deneau Lynn & Pat Devlin Susan Drier Derek Drier Maggie, Shelly & Debbie Edwardson Clarice Erickson Bruce & Debra Esse Karl & Kerry Everett Pam Franklin Dr. Walt & Kay Gower Renee Graves & Family Sue Hamel & Missy Ranum Anna Hansen Robert & Julie Hardwick Judy Harvey Lynne Hemann Robert Higgins Rosemarie Hughes Courtney Hulsebusch Lori Huska James Johnson, Jr. James & Alice Johnson Kathy R. Johnson Mary Kandels Kim C. Knuth Dr. Tom & Suzanne Kunze Bob & Ethel Lahti Lake Superior Medical Society Alliance Delores & Robert Levander Rebecca Lindberg Carol Marsh Jan & Dan McCarthy Toni Meierhoff Marilyn Melhus Dan & Terry Michard & Family	Joy Miller Nadine Moeller Gerry & Patti Monticello Micky Mullozzi Dr. Thomas & Lynn Nelson Joe & Esther Niverth JoAnn Nyholm Lois & Steve Opseth Barbara Paltzer Ron & Penny Pratt & Family Duane & Ruth Proehl Troy & Mary Rasch Ellen Revis Mary Beth Riley Carleen Ronchetti Mary Schlosser & Stewart Hazel Susan Schmidt & Jerry Hadland Joseph & Mary Schrock Doug & Peggy Simensen Dr. G. David & Melissa Spoelhof Dennis & Cheryl Stanek Robert Steininger Eugene Thorner Bob Ulland & Myrna Wells-Ulland Leanne Ventrella Justin, Erin & Cory Voss Arlene West Sandy Williams Mary Wagner Zbaracki	<b>Julien Berntson</b> Walt & Wendy Anderson Stephen Barry Dorothy Beck Bob & Barbara Bennett Russ & Bev Berntson Dode Grassinger Ted Guck Marlene Haglund Joan & Al Heikka Tim Helwig Cindy Hickey Bob & Rik Higgins Michelle Hooy Kenny, Vicki & Sherry Kangas Don & Cathy Letourneau Barbara & John Lundin Eric & Jeanie Odegard Lee & Terry Regas	<b>Karen Berntson</b> Julien Berntson	<b>Lillian Berntson</b> Julien Berntson	<b>Debra Berntson-Gutz</b> Julien Berntson Elaine Haglund	<b>Mary Louise Betzler</b> William Stroozas	<b>Paul Biga</b> Jan Biga	<b>Michael Bodine</b> Zane Bail Judy Bartlett Richard Bartlett Paul & Nancy Bettein Linda Bodine Sarah Bohrer & Family John & Shirley Colbenson Dick & Mary Corbin Darlene Dahlen Kyle & Kim Dahlen Tom & Becky Dahlen Mike & Eileen Doherty Lisa Bodine Harala Catherine Horejsi Dave & Colleen Johnson Steven & Chris Koehler Mike & Joann LaFave Steve LaFave & Family Paul & Stephanie Lunseth Kelly & Adriana Matzke Jim & LeAnn Micek Mike & Kathy Micek Nancy Aronson Norr Edward & Joan O'Donnell	Deb Pace & Family Dr. Daniel & Mary Robinson Phillip & Emily Scharber Cathy Schmidt Douglas Schroeder Roxanne Valerius Daniel & Diane Valerius Leota Vance Bennett & Sharon Wallace Donna Westerlund & Family	<b>Helen Bostrom</b> Dr. David & Nancy Choquette	<b>Jay Brown</b> Beverly Nordwall	<b>Joanne Bryant</b> Greg & Lynn Bryant Laurie & Robert Paulson	<b>John Bryant</b> Greg & Lynn Bryant	<b>Barbara Campbell</b> Rob & Cindy Downs	<b>Leonard Campbell</b> Rob & Cindy Downs	<b>Ray Campbell</b> Greg & Lynn Bryant	<b>Roderic J. Campbell</b> Julie Demgen	<b>Michael Carey</b> Barb & Steve Carey	<b>Garry Carlberg</b> Wendy Carlberg	<b>Alvina Carlson</b> Ann Anderson	<b>Dick &amp; Edith Carlson</b> Ethel O'Leary	<b>G. Everett Carlson</b> Ann Anderson	<b>Joanne Carlson</b> Mark Carlson St. Luke's Volunteers	<b>Richard Carlson</b> Helen Stellmaker	<b>Richard "Ozzie" Carlson</b> Carol Swanson	<b>Sue Lee Carlson</b> Gerald & Marcia Semerau	<b>Jack Carr</b> Eleanor Carr	<b>Carol Cassman</b> Jane & Stephen Smalley	<b>Evelyn Chaffey</b> Debra & Kevin Appel	<b>Tod Chadwick</b> Family & Friends	<b>Gen Chapman</b> Jane Gilbert-Howard & Dr. Ken Howard	<b>Jack Chapman</b> Jane Gilbert-Howard & Dr. Ken Howard	<b>Lilah Child</b> Robert Almquist Juanita Disney	<b>Patricia Christensen</b> Voula & Jim Heffernan Arlene & Nancy Nelson John & Melissa Ouellette Susan Richards LeAne Rutherford & Barbara Jeffers Sally Smith & Jeff Christensen Jack & Barbara Walcome	<b>Frances Cimperman</b> Steve & Deb Clasen	<b>Dorla Clark</b> Wanda Clark	<b>Irma Hartley Claypool</b> Ann Bowman	<b>Nancy Claypool</b> Tom & Carlyle Conrad Angelica Fryberger Dr. Walt & Kay Gower Michael & Betsy Rosenzweig Brenda Sederberg	<b>John Collins</b> James & Gloria Wright	<b>Joel Cooper</b> Ben & Barry Wolfe	<b>Claire Cullen</b> Sandy Geier	<b>David Cullen</b> Sandy Geier	<b>Paul Cullen</b> Sandy Geier
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Thank you to our 2021 Benefit Tournament Titanium Sponsors



Thank you to our 2021 Circle of Light Premier and Titanium Sponsors





**Thomas Currie**  
Des & Phyllis Currie

**My Dad**  
Kari Rewert-Fink

**Ernest Dalbec**  
Eleanor Dalbec

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Lynn Dart-Nelson

**Betty Jane Davis**  
Jane Schroeder

**Jennefer Dee**  
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**Olene Holt**  
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Grant Gimpel, Grand Lake Fire Chief, in his swiftwater rescue gear.

## Supporting VOLUNTEER HEROES.

In Minnesota, we play hard in our summer months. Sometimes it leads to accidents, injuries or emergencies. That's why volunteer fire departments in rural areas are so crucial. Two recent St. Luke's Foundation grants are supporting these vital, local resources in ways that truly impact our communities.

"We have the Cloquet River and 15 lakes in our fire district," explains Grant Gimpel, Grand Lake's fire chief of nine years. "Over the last couple of years, we've noticed more summer emergencies – sailboats tipping over and drownings for example," says Grant. With that in mind, he applied for a grant through St. Luke's Foundation to prepare his team for those emergencies.

With funding from the Foundation, they purchased life jackets and swiftwater suits, designed specifically for rescuers to wear during river, lake or floodwater emergencies. "We have some dry suits designed for winter water and ice rescues, but these new suits are thinner and the dexterity is significantly better for rescues during warmer months and in moving water," Grant explains. The suits also protect the responders from hypothermia. "It's a huge improvement for our community."

Fire Chief Linda Bergstrand has volunteered for the Fredenberg Fire Department for 46 years and she, too, understands what her team needs in order to respond quickly. The grant they received from the Foundation secured needed medical bags, carbon monoxide meters and an automated external defibrillator (AED).

"It enhances our response times," says Linda. "Being in a rural community, the firehall is where most of the equipment is centrally located, but we have members in the four corners of the community, and for them to keep this equipment at their home where it can be quickly grabbed is a big deal."

With grants from St. Luke's Foundation, these volunteer heroes are now better equipped to respond faster and more effectively to keep their rural Minnesota communities safe.

**Maxine Houchins**  
Joanne Saiko

**Karl & Dorothy Honigman**  
Jon & Kathy Welles

**Keith Hovland**  
Dr. David & Nancy Choquette

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Jane Gilbert-Howard & Dr. Ken Howard

**Betty Howard**  
Jane Gilbert-Howard & Dr. Ken Howard

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**Leo LaGessee**  
Catherine Skamarycz

**June Lake**  
Judith Sheriff



Thank you Amanda, Nick and all members of University of Minnesota Duluth Pre-Medicine Club for the cozy blankets. They will be given to children who visit our Emergency Department to help them feel at ease.

**Janine Diane Larson**  
John & Betty Wistrom

**June Lauri**  
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Lance Reasor/Reasor Family Foundation

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Robert Zimmerman, Sr.

**Patricia Zimmerman**  
Robert Zimmerman, Sr.

**Benedict Zylka**  
Elizabeth Zylka Family



Katie, owner of Individual Nutrition, gave our Emergency Department a boost as she supplied protein shakes for employees of all shifts on Tuesday, October 5th. Her company is grateful for the care St. Luke's provides the region.



# Education IS IN HIS HEART.

Dale App looks out over Lake Superior from his balcony.

A tradition of lifelong learning runs deep in Dale App's family. "In talking with some of the doctors and nurses I know, I heard about their continuing education needs," Dale says, "And I thought, why not create something that helps fund that?"

Dale reached out to St. Luke's Foundation and they worked together to establish the Dale W. App Medical Education Fund in memory of his parents, Captain William and Helen App.

"Both my parents had long connections with St. Luke's and so have I. In fact, I was born there," Dale says.

That's why he chose to support St. Luke's Foundation with an ongoing annual gift to establish the Dale W. App Medical Education Fund. The purpose of the fund is to support continuing education for physicians, physician assistants, nurses, technicians, home health care personnel, and other healthcare providers employed by St. Luke's.

An additional gift from Dale, in the form of a bequest, will endow the medical education fund, keeping it vibrant for future generations of St. Luke's caregivers as well.

Growing up, Dale's loving and caring parents raised him to value education. "Education has been a hallmark in my family," says Dale.

As a child, Dale had the unique opportunity to accompany his father, Captain William App, aboard ships on the Great Lakes. "As the ship's captain, my father needed to stay educated on new radar technology, medical care aboard ship, and more," Dale says. "He had to go through a series of tests every five years to renew his captain's license."



Continuing education was a requirement. It helped him do his job better, and ultimately made him a better captain, leading safer voyages for him and his crew. It also made an impact on the youngest aboard his ship, Dale.

Dale's mother, Helen, also instilled the importance of learning by keeping him focused on his studies. When at home in Duluth, studying wasn't a problem, but, in early winter when the ships would layup, the App family would relocate to Arizona or California. They'd bring Dale's books and assignments along and mail weekly assignments back to his Duluth school for grading. With all the opportunities for horseback riding, swimming and so many other temptations in the West, Dale's mother made sure school assignments came first.

"She'd say, 'Okay, you sit down and start doing your homework and nothing happens until you get that done,'" says Dale. "She was a pretty firm mother, but her personality served her well since she was also the one to manage the household and finances while my father was away."

Dale feels it's important to contribute to many causes, but education is near to his heart. "While I was in the Air Force, I had a lot of continuing education on a variety of subjects," Dale says. He earned a Bachelor of Arts magna cum laude and a Master of Business Administration, both from the University of Minnesota and was also an adjunct professor at UMD for 16 years teaching strategic management.



"Education has been a  
hallmark in my family."

-Dale App

(top left) Lukie, Dale's canine companion of 14 years.

(top right) Framed photos of Dale's parents, Captain William and Helen App.

Dale has plenty of stories from his amazing life, but the ones he's telling the most these days are about his dog, Lukie, who recently passed away at age 14.

"He was a very rare breed, an Egyptian Saluki," Dale says, turning to a page from an encyclopedia of dog breeds. "Lukie traveled with me everywhere – fly fishing in Montana, to the Black Hills, and even Naples, Florida. He was just like a person. Sometimes friends would borrow him for a couple of hours if they had troubles and wanted to talk to somebody. Lukie would listen intently, eyes watching, head tilted, never interrupting." Whether at home or on the road, wherever he went, Lukie made a big impact.

And that's Dale's goal, too. He will always support causes he's passionate about. "When you're retired long enough, you start dreaming up all kinds of stuff," he says with a laugh. By creating a legacy of learning at St. Luke's, his plans are already making a big difference.

{ In Honor }

**Peggy Anderson**  
June Kreutzkampf

**Dean & Evelyn Bader**  
Charles Williams

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Flora North, a floral and gift shop located in the Lincoln Park Craft District, made a surprise delivery to St. Luke’s main campus on Wednesday, October 20th as a thank you to our employees for all that they do. The idea behind “petal it forward” is to take two bouquets, keep one and surprise someone else with the other.

# Bridging the gap

## FROM INJURY TO RECOVERY.



Duluth’s abundant opportunities for recreation inspire an active population.

When an injury keeps you from doing what you love – whether from playing a sport or walking in the park – having a good physical therapy (PT) plan can make all the difference. For an active community like Duluth, access to comprehensive rehabilitation is a necessity.

It was through treating this community that Chad Johnson, PT, DPT, COMT, was inspired to apply for a St. Luke’s Foundation grant. St. Luke’s Mount Royal Medical Clinic where he’s based faced the challenge of not having the right equipment to best treat patients. After applying and receiving a grant from the Foundation, the clinic was able to purchase additional exercise equipment to better serve athletes and active patients of all ages.

“This new equipment helps bridge the gap from injury to recovery,” says Chad about the new kettlebells, squat rack, and free weight equipment

purchased with Foundation funds. “Previously, patients would have to seek more advanced training at another facility, or we would have to figure out other options.”

Having everything a patient needs right in the clinic means Chad and his PT coworkers can coach each patient through their treatment plan, right there. “At a gym, there’s a lot of equipment that can be intimidating,” says Chad. “Being able to teach the best next steps for treating an injury or pain is essential for a physical therapist.”

“With the new equipment, we can give patients one-on-one feedback,” says Chad. “These patients want to get back to how they felt before. Now, we can help them get back to skiing, running, climbing, cycling and all the activities that Duluth has to offer.”

“Now, we can help them get back to skiing, running, climbing, cycling and all the activities that Duluth has to offer.”

-Chad Johnson, PT, DPT, COMT  
St. Luke’s Physical Therapist



Phil and Babs Strom reminisce over coffee.

## A couple who gives FROM THE HEART.

Phil and Babs Strom have quite the story.

“I got drafted in 1965,” Phil says, showing a photo of his younger self in uniform. “I was sent to Germany and in January of ‘66, I met this nice school teacher from Kornwestheim.” It’s a small town outside Stuttgart, and it’s where their story begins because that’s where Phil and Babs met.

“My girlfriend and I were at this tiny little restaurant,” says Babs, describing their real life scene as if straight from a black and white movie. “We walked in and there wasn’t an open table, but there was one long table with two guys sitting there.” One of them was Phil. Babs could tell the guys were having trouble reading the German menu, so she offered to help them and sat down at their table.

“They hit on us,” interjects Phil, with a smile.

It was a night when dinner turned into a drink and a drink turned into singing. “We sang, and talked, and drank,” Babs remembers, “and that’s how we met.”

They’ll never forget that night in a small German restaurant where the owner kept the place open for them until 2 am – while Phil and Babs fell for each other. Seven months later, they were married. After Phil finished his service, they moved to Minnesota.

During their 55 years of marriage, Phil and Babs have been blessed with children, grandchildren, and even great-grandchildren – something many people don’t get to experience. And that’s why having access to exceptional healthcare at St. Luke’s is so important to them.

“The patient above all else isn’t just a slogan, they actually live that here,” Phil says. “My first significant experience at St. Luke’s was in 2009. I had heart bypass surgery. I was very impressed with the whole cardiac care unit.”

Babs has had a variety of care experiences herself at St. Luke’s, from orthopedic to vascular to wound care. “I truly wouldn’t go anywhere else,” Babs says.

The all-around excellent care they received is what inspired Phil and Babs to support St. Luke’s Foundation. Thanks to their gift, St. Luke’s now has a brand-new Heart & Vascular Education Room. It’s a dedicated space where patients going through cardiac or pulmonary rehabilitation can learn how to manage their conditions.

Previously, cardiac and pulmonary rehab used a shared space for patient education. “It wasn’t as private,” says Sharon Bourdeau, Supervisor of St. Luke’s Cardiac Diagnostics and Cardiac & Pulmonary Rehab. “Now, we have our own room, and it’s a very private, beautiful space for patients.”

Phil and Babs are grateful to St. Luke’s, and their support continues to help others. “We’ve been richly blessed,” Phil says, “and we wanted to give something back. Having gone through the Cardiac Rehab program, the process of learning how to live with a condition and having the support you need is extremely important.”

“The patient above all else isn’t just a slogan, they actually live that here.”

-Phil Strom

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1881 remains a notable year in St. Luke's history. It's the year St. Luke's first opened its doors above a blacksmith's shop. Today, annual donors of \$1,881 or more become members of St. Luke's Foundation's 1881 Society.



## Brave Faces A GIFT OF CONFIDENCE.

Michelle Sturm, LAPE,  
instructs a patient on how  
to apply makeup.

When your appearance changes, it can impact your mental and emotional health. Patients undergoing cancer treatment are faced with changes to their hair, nails and skin – which means their own faces may seem unfamiliar.

When the American Cancer Society discontinued its *Look Good, Feel Better* program, St. Luke's Social Worker Tina Roberts knew she wanted to do something. "It was really important to keep offering something like that program," says Tina, "because it brought so much joy to our patients."

She reached out to St. Luke's Foundation for funding support and to St. Luke's Licensed Advanced Practice Esthetician Michelle Sturm. Together, they teamed up to create *Brave Faces*.

The program offers workshops hosted right in the Cancer Center by Michelle. Patients learn how to safely wash and care for their skin. Then Michelle matches each person with the best eyebrow pencil and eyeliner for their coloring, and demonstrates how to apply them.

"It's rewarding to help these women feel good about their appearance again," says Michelle. "Some of the ladies would look in the mirror with their eyebrows and eyeliner on and they'd smile and say, 'This face looks familiar.' Hearing that is just amazing to me."

Patients take home the tools and knowledge they need to care for their skin. But it's not about the skincare products or even the certificate for a facial at the St. Luke's Rejuvenation Center that makes the experience so special: It's the fact that patients leave with a renewed sense of self.

"They leave the Cancer Center on a positive note," Michelle says, "Walking a bit taller, feeling just a bit more like themselves again; this is truly a transformational gift thanks to the generosity of our donors."

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On Saturday, September 11th, Northland Bikers for Breast Cancer Awareness held their 14th Annual Bike Run in South Range, Wisconsin. Their Board of Directors and volunteers celebrated a record breaking event and presented St. Luke's Foundation with a check for \$7,500. Their gift supports the Cancer Care Fund with provides wigs, scarves, hats, gas cards, grocery cards, chemo care bags, support groups and classes for no cost to cancer patients. Thank you, Northland Bikers for Breast Cancer Awareness!

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# Honoring every baby AND EVERY FAMILY.

There's no feeling like it: The test comes back and you find out you're pregnant. You start making plans, going to appointments, taking prenatal vitamins, reading books, and buying the gear. You think about names. You wonder if your baby will have your eyes, and what their personality will be like. You start to see a future for this little person growing inside you. **Then, the unthinkable happens.**

This is a story that isn't often shared, but one that needs telling. And for parents of perinatal loss, whether by miscarriage, stillbirth, or a baby lost shortly after birth, the Perinatal Loss Program at St. Luke's is vitally important.

"When you deliver a healthy baby, you get all this support. We roll out the red carpet and it's a really exciting time," says Mallory Cummings, RN, and Project Manager for St. Luke's Maternal Child Health Department. "But these bereaved parents never feel that. They feel the complete opposite."



A keepsake mold of a lost baby's feet.

The Perinatal Loss Program aims to change that by supporting parents and families during an acutely painful time.

"Thanks to a grant from St. Luke's Foundation, we're able to purchase keepsake items and support materials," says Mallory. Families receive mementos, such as pendant necklaces and keychains that can hold a lock of their baby's hair or part of their identification band



The two most crucial keepsakes provided by the program are 3D molds of a baby's hands and feet, as well as beautiful pictures taken by professional photographer, Amanda Jane Cane Spilde, who donates her time.

inside. There are also stuffed animals for siblings to take home, as well as a special weighted teddy bear, which can provide comfort for a grieving mother.

"These keepsakes are memories that they'll carry with them the rest of their lives in their grief journey," says Mallory, "because you're never truly healed when you lose a baby."

The two most crucial keepsakes provided by the program are 3D molds of a baby's hands and feet, as well as beautiful pictures taken by professional photographer, Amanda Jane Cane Spilde, who donates her time.

Mallory explains just how much these keepsakes matter. "I've been told by a mother who had a full-term loss, 'Mallory, if my house is burning down, I am running back in and getting the molds of my baby's hands and feet.'"

The program has grown to include two trained Perinatal Loss Bereavement Coordinators, as well as a Maternal Child Health nurse who also received bereavement training. That training was funded by a grant from the Northland Newborn Foundation.

Kelly Alvar, a St. Luke's nurse of 20 years and co-founder of the Northland Newborn Foundation, knows first-hand what it feels like to lose a baby. She's lost two. And that's why she's so passionate about helping others going through it.

"Years ago, people didn't talk about it," says Kelly, "Sometimes moms and dads didn't even get to hold their child. That's why these programs are hugely important."

Though nothing can fix what was lost, the Perinatal Loss Program makes all the difference for families who are hurting. Thanks to this caring team, families will open a keepsake box and find precious gifts inside – priceless memories meant to honor their baby and, maybe someday, help them heal.

**"You're never truly healed when you lose a baby."**  
-Mallory Cummings, RN  
St. Luke's Project Manager of Maternal Child Health



Author Eileen Dvorak donated autographed copies of her children's book, *A Cloud Came Down and Sat on the Ground*, to St. Luke's Foundation. The book tells the charming story of a young boy's conversation with a cloud and features illustrations of familiar locations around the Twin Ports. Copies will be given to pediatric patients in St. Luke's Emergency Department and Pediatrics Unit and will be available in primary care clinic waiting areas.

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Nimet Jackson  
Kathy Jacobs  
Dolores Jacobson  
Greg Jacobson  
Lindsey & Craig Jacobson  
Patti Jenkins  
Charles Jensen  
Ryan Johansen  
Kathy Johanson  
Ellis Johns  
Steve & Sheri Johns  
Charlotte & Ward Johnson  
James & Alice Johnson  
Jamie Johnson  
Jolene Johnson  
Kathy Johnson  
Kathy & Richard Johnson  
Katy Johnson  
Kelly Johnson  
Kelsey Johnson  
Laurie & David Johnson  
Marilyn Johnson  
Norma Johnson  
Dr. Randall & Patricia Johnson  
Robin Johnson  
Sharon & Dave Johnson  
Sue Johnson  
Johnson Insurance Consultants  
Jean Johnson-Foreman  
Helene Jokinen  
Kimberly Jolstad  
Claudia Kanter  
Catharine Karow  
Dr. Gretchen Karstens  
Jim & Pat Kasell  
Bunnie Katich  
Malainna Keller  
Jane Kempton

Samantha Kerr  
Karen Kesti  
Audrey Ketola  
Keyport Liquors  
Elaine Killen  
James & Nancy King  
April Knapp  
Dennis Kolari  
Patti Komulainen  
Pamela Krall  
Joan & Paul Krause  
June Kreutzkamp  
Teri Kroll  
Bob & Katie Kuettel  
Dr. Timothy Kufahl  
Kunert Kreations  
Leslee Kvam  
LaCroix Sparkling Water  
Laurel LaJoie  
Lake Superior Art Glass  
Lakewoods Transportation LLC  
Toni Landgren  
Shawn & Carrie Landman  
Deidre LaRock-Muggley  
Jack Larsen  
Danielle Larson  
Martha Larson  
Muriel Larson  
Milton Legg  
Kathleen Leonard  
Edita Leskey  
Annie Leusman  
Cristine Levenduski  
Michele Lewandowski  
Tammy Licari  
Melissa Lickiss  
Carol Lilyquist  
Linda Lincowski  
Joleen Linn  
LitWits Book Club

Lizzards Art Gallery & Framing  
Tom Lohman  
Lindsay Lepinski Long  
Mollie Lucia  
Dana Ludwig  
John Lund  
Joseph Lusher  
Jane MacDougall - Paper Loon  
Alan MacKenzie  
Christy Mahoney  
Lois Maine  
Mainstream Fashions for Men  
Nancy Mancini  
Marine General  
Mars Lakeview Arena  
Karen Mattson  
Jan & Dan McCarthy  
Taylor McCormick  
Dorina McCullough  
Leesyl McKinney  
David McKowski  
Ed & Coral McMahon  
Dave & Cari McMillan  
Tania McVean  
Diana Meehan  
Nancy Melander  
Annette Mellinger  
Dr. William Merrick  
Pam & Ken Mertz  
Laurie Mesedahl  
Alex Messenger  
Jim & LeAnn Micek  
Mike & Kathy Micek  
Dr. Luke Midlo  
Military Order of the Purple Heart  
Chapter 56  
Dr. Melissa Miller

Dr. Roger & JoAnne Miller  
Jim & Diane Miner  
Herb & Terri Minke  
Michael Mock  
Kristin Moeller  
Sherri Monroe  
Lois & Herbert Moss  
Micky Mullozzi  
Courtney Murphy-Bakken  
William Murray  
NE Regional Corrections Center  
Naomi Nelson  
Dr. Rachel Nelson  
Dr. Thomas & Lynn Nelson  
Nemadji Golf Course  
Donald & Carol Newman  
Elizabeth Niemi  
Jean Ninfeldt  
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Vern & May Nordling  
William Norman  
Nancy Aronson Norr & Scott Norr  
North Shore SUP  
Northland Plastic Surgery  
Diane Nyman  
Nancy Odden  
Marilyn & Allen Odean  
Olde Town Gallery  
Ethel O'Leary  
Cheryl Olson  
Mary O'Neill  
Robert & Christine Ostby  
John & Melissa Ouellette  
Richard Ouellette  
Jacquelyn Paaso  
Deb Pace & Family  
Carolyn Paquette



In October, during Breast Cancer Awareness Month, the Duluth Texas Roadhouse restaurant and their guests raised \$7,900 in gift cards in support of St. Luke's patients. Texas Roadhouse gift cards will be given to patients receiving care from St. Luke's Regional Cancer Center.

Sherri Parker	Angela Rockwell	Scott & Julie Seymour	St. Luke's Pediatric Associates	Valentini's Bistro	Gene & Wanda Altiere	Roger & Mary Brannstrom	Nicole Davis
Holly Parviainen	Rotech	Janice Shaller	Linda Steffes	Polly Vallie	Kelly Alvar	Steven Davis	Steven Davis
Mary Patchin	Linda & Dr. R. Fernando Roth	Courtney Shaw	Robert Steininger	Stewart & Charlotte Vande Zande	Larry Andersen	Terry & Barb Davis	Terry & Barb Davis
Robert Patterson	Dr. Darin Ruanpeng	Judith & Timothy Sheriff	Donald & Elizabeth Stellmaker	Leanne Ventrella	Ann Anderson	Bridgeman's Restaurant	Alice Dee
Katie Paulson	Rust Consulting, Inc.	Kimberly & Jeff Shingler	Linda Stephenson	Diane Vogel	Dave & Jan Anderson	Bronca	Keri DeGraef
Laurie & Robert Paulson	Arianna Ryan	Karen Sidorowicz	Peter & Patricia Stephenson	John Vradenburg	Marguerite Anderson	Steve Brooker	Bruce & Sandra Deneau
Norma Pavola	Richard Rysman	Colleen Sievi	Sandra Stuart	Jennifer & Jim Wallner	Ondraya Anderson	Donna Brown	James Denno
Barb & Steve Payette	Steve & Kathleen Sabel	Sarah Simonson	Whitney Sundquist	Walmart - Superior, WI	Peggy & Jim Anderson	James Brownell	Betty Dickenson
Amber Peterson	Stan & Tracy Sadenwasser	Jerry & Deb Sinnott	Brian Swanson	Jane Walters	Rodney Anderson	Bea Brune	Marylee Dinehart
Carol Boyer Peterson	Sadie's Photography	SISU Beauty Co.	Carol Swanson	Rachel Warpeha	Walt & Wendy Anderson	Barb Buchholz	Aurora Dioquino
Chris Peterson	Melissa & Lauryn Salmela	Ski Hut, Inc.	Tyler Swanson	Steve & Nancy Waters	Natasha Andrae	Amy & Paul Bugge	Juanita Disney
Elizabeth Peterson	Roni Salo	Jeff Skoraczewski	Tara Swenson	JC & Katy Welles	Anonymous	Rayna Bullock	Jeanne Doucette
Roberta Peterson	Luke Sammon	Addie Smith	Morgan Swingen	Stephen Welsh	Jenny Apriesnig	Burgess Family	Rob & Cindy Downs
Sarah Peterson	Sammy's Pizza - Cloquet & Lakeside	Gregory Smith	Julie Taffe	Arlene West	Allan Apter & Brenda Ion	Sugarhouse	Briann Drake
Brian Pfeifer	Dr. George & Diane Schaezner	Sally Smith	Thomas & Christine Tetzlaff	Jim & Ann Wheeler	John & Kathy Arola	Abigail Bushey	Stacy Duffy
Sharon Picconatto	Gertrude Schanche	Carl & Mary Snedker	Linda Tezak	Whole Foods Co-op	Cheryl Arro	Zlata Bushey	Duluth Candy Co.
Kathryn Pickhartz	Anne Schapman	Josh Soderholm	Brad Thiem	Nissa Wick	Tara Avery	Jeff & Vickie Cadwell	Duluth Tap Exchange
Greg & Ditto Ploeger	Bruce & Sharyn Scheleske	Yvonne Prettner Solon	Charlene Thompson	Lori Williams	Tiffany Avery	Dr. Daniel Campbell	Dust & Noise
Rich & Marba Pogue	Connie Schenck	James Somers	Sally Thompson	Susan Winner	Judy Backlund	Barbara Carey	Woodworking
The Pottery Burn Studio	Liz Scherer	Lacey Spalding	William Thompson	Brian & Beth Wirre	Bailey Builds	Jaclyn Carey	Eagles Nest Massage
Ron & Penny Pratt & Family	John Schilling	Marie Spang	Laurie Thoreson	Kevin & Erin Wirth	Josh Bailly	Wendy Carlberg	Therapy
Del & Penney Prevost	LeeAnne Schiltz	Linda Spears	Ruth & Dale Thorpe	Kayla Witzman	Judith Bakken	Dori Carlson	Maggie, Shelly & Debbie Edwardson
Brooke Puchalla	Mary Schlosser	Dr. Jeffrey and Kari Speer	Tim Tierney	Valrae Wolf	Margaret Barlage	Lynn Carlson	Henry Eichman
Kim Quinones	Joseph & Mary Schrock	The Spicker Sisters	Lee Ann Tomczyk	Ben & Barry Wolfe	Samantha Barnett	Eleanor Carr	Jack & Nancy Eilefson
Rachel Raivala	Douglas Schroeder	Dr. G. David & Melissa Spoelhof	George Trachte	Caryn Wood & Family	Stephen Barry	Castle Danger Brewery	Jack & Nancy Eilefson
Red Lobster	Jessica Schroeder	St. Germain's Glass Co.	Michelle Tunell	Janelle Wourms - "Blessed with More"	Judy Bartlett	Ron & Kathy Chalupsky	Eileen Elliott
Greg & Janet Reigstad	Roslyn Scott	St. Louis County Safety & Risk Management	Pennie Turcott	Merle & Mary Wovcha	Richard Bartlett	Rodger Chase	Trisha Elm
Audrey Respet	SCSU Nursing Faculty & Staff	St. Luke's Board of Directors	Twin Ports Mask Brigade	James & Gloria Wright	Tony Bartovich	Vivian Chase	Ruth Erickson
Kathryn Reynolds	Dr. Thomas & Julie Seidelmann	St. Luke's CDI	Twisted Pastries Coffeehouse	Mary Wright	Perla Bautista	Kathy Chepelnik	Bruce & Debra Esse
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Kathy Riddle	Jack & Cindy Seiler	St. Luke's Facility Assistants & Security Department	UMD Athletic Department	Ron Yardley	Lynn Benson	Dr. Lynne Chilberg	Kasey Fairchild
Mary Beth Riley	Gerald & Marcia Semerau	St. Luke's Hospitality Services	UMD SERVE	Yarn Harbor	Rick & Bev Berg	Marsha Chipman	Barbara Farmer
Wendy Risdall	Brandy Severson	St. Luke's IT Department	Patti & Tom Urbanski	Misty Young	Marissa Berger	Tricia Christenson	Mary Fitch
Tina Roberts			Va Bene	William Young	Russ & Bev Berntson	Shayna Christianson	Seth Fonger
Toni Roberts				Marjorie Youngren	Tom Bersell	John & Shirley Colbenson	Sandra & Wallace Fontaine
Dr. Amery & Tracy Robinson				Zenith Bookstore	Paul & Nancy Bettein	Stephanie Cooper	Julie Ford
Lorraine Robinson				Meredith Ziegler	Jan Biga	Dick & Mary Corbin	Martha Frederickson
				Carol Ziemer	Joy Bittner	Country Craft Shed	Kathy Frick
				Alma Zimmerman	Patricia Blegen	Shannon Cousino	Barbara Farmer
				Elizabeth Zylka	Cynthia & Dr. David Blomberg	Beverly & Gerald Cran	Mary Fitch
					Keith Blunt	CRAVE	Seth Fonger
					Shirley & Cliff Boe	Todd Cullen	Sandra & Wallace Fontaine
					Katharine Bogen	Barbara Currier	Julie Ford
					Zoran & Kim Bogojevic	Dena Cyr	Martha Frederickson
					Sarah Bohrer & Family	Amber Dahl	Kathy Frick
					Dr. Steve & Karen Bonin	Betsy Dahl	Pamela Fritch-Hieb
					Sue Bosell	Jill Dahl	Tyrone & Sharon Frost
					Carol & John Botten	Darlene Dahlen	Joan Gainsley
					Charlotte Boyd	Kyle & Kim Dahlen	Luella Gannarelli
					Carolyn Braiedy	Tom & Becky Dahlen	Joseph Garson
					Keith & Cindy Brannstrom	Eleanor Dalbec	Nate & Missy Gens
						Carrie Daniels	Deb Gerlach
							Jessica Gfeller
							Ellora Gherna
							Neil Glazman & Barb Russ
							Aimee Glonek
							Rachell Goebel



We're excited to unveil the newly refreshed pediatric unit family waiting room, courtesy of maurices. They made this space brighter and more comfortable for our patients and their families. Each September, their associates make a difference in our community through their Grand Give day of service. We are grateful they chose to support our patients this way.

Vicki Goode	Ann Jackson	Lawrence LaFave	Roger & Betty McKeever	Jeven Parask	Rachel Rossiter	Amanda Staubin	Roberta Vose
Don & Gerry Graden	Dee Ann Jackson	Mike & Joann LaFave	Doug & Ann Melander	Richard Parendo	Reigh Royer	Helen Stellmaker	Justin, Erin & Cory Voss
Dode Grassinger	Anna Jacobson	Steve LaFave & Family	Kristen Mesedahl	Jan Parish	Gloria & Harold Royseth	Bob Stephens	Linda Vuchetich
Renee Graves & Family	Norman Jacobson	Bob & Ethel Lahti	Dan & Terry Michard	Violet Parson	Dr. Amanda Webb Rubin	Janet Stevenson	Roman Wacker
Great Harvest Bread Co.	Julie Jago	Neal Lahti	MidCoast Catering	Anna Pearson	Vickie & Joe Russell	Stewart's Bikes & Sports	Thomas & Diane Wagner
Mary Grew	Andrea Jang	Lake Aire Bottle Shoppe	Joy Miller	Rhoda Pearthree	LeAne Rutherford	Mary Stoj	Jack & Barbara Walcome
David Grimm	Fred & Jean Jeffery	Lakeside Liquors	Mission Creek Church	Jamie Perfetti - J Salon	Joanne Saiko	Barbara Stovern	Kathleen Walkowiak
Grizzly's Wood-Fired Grill	Brenda Jeka	Kamara Langenbrunner	Paul Modeen	Elsie Pernat	Sammyboyinc.	Rebecca Strand	Bennett & Sharon
Ted Guck	Ron & Barbara Jensen	Patricia LaPlante	Angela Moe	Allison Petell	Glen Sande	William & Mary Stroozas	Wallace
Paul Gundersen	Muriel Johannessen	Dale Larrivy	Nadine Moeller	Rhonda Peterson	Jon Sarkela	Jodi Sunde	Sandra & Greg Wallgren
Catherine Gunderson	Becky Johnson	Arthur Larsen	Thor & Barbara Moen	Maxine Phelps	Larry & Colleen Saur	Superior Animal Hospital	Scott & Heather Wallin
Dan & Arnette Gustafson	Chester Johnson	Sharon Larson	Jamie Moll	Rachel Phillips	William & Judy Sazama	& Boarding Suites, LTD	Kara Warren
Wayne Gustafson	Dave & Colleen Johnson	Randy Lasky	Patricia Montgomery	Candice Pierce	Phillip & Emily Scharber	Superior Public Museums	Ron & Carol Wedin
Beth Guy	David & June Johnson	Jennifer Latvala	Gerry & Patti Monticello	Becky Plackner	Cathy Schmidt	Kristin Swenson	Pamela Wells
Melissa Hagen	Eric Johnson	Mary Laverdiere	Dustin Moreland	Laura Plewa	Susan Schmidt	Angela Szumowski	Donna Westerlund &
Marlene Haglund	Jackie Johnson	Summer Ledingham	Jeff Mowry	Anndrea Ploeger & Mark	Jane Schroeder	Richard & Linda Taber	Family
Bruce & Diane Hallada	James Johnson	Summer Ledingham	Jeff Mowry	Johnson	Brenda Schwerdt	Eileen Tanori	Clarence & Jean Whalen
Valaree Hammond	Mary Johnson	Gary Leeper	Mt. Royal Market	Mary Powell	Brenda Sederberg	Jacob & Kaye Tanttari	Lisa White
Anna Hansen	Rodney & Patricia	Marge Lepak	Matt Mulliner	Lisa Pratt	Susan Shaffer	Anthony & Mary Lou	Marsha Wick
Claudine Hansen	Johnson	Don & Cathy Letourneau	Joe Murphy	Duane & Ruth Proehl	Kendra Sharkey	Tarvers	Nancy Wicklund
Lucille Hansen	Steven Johnson	Delores & Robert	Arlene Nelson	Barbara & David Sheedy	Barbara & David Sheedy	Mary Tezak	Kelly Wiisanen
Duane & Nancy Hanson	Susie Johnson	Levander	Lynn & Dexter Nelson	Julie Shober	Julie Shober	John & Rondalyn Thierer	Wild State Cider
Peggy Hanson	Tina Johnson	Rose Ligman	Nancy Nelson	Doug & Peggy Simensen	Doug & Peggy Simensen	Micheal Thomas	Nicole Wilke
Ron & Bev Hanson	Kristine Jokela	Raleigh & Laura Lillemoe	Richard & Charlene	Jenna Simonson	Jenna Simonson	Vernon & Armida	Brad & Cathy Williams
Jeanette Harden	Don & Lynn Jones	Bruce Lind	Nichols	Marlon Simpauco	Marlon Simpauco	Thompson	Charles Williams
Robert & Julie Hardwick	Shirley Kaczmark	Sharrell Lindorff	Thomas Nikkola	Doug & Birdie Sjostrom	Doug & Birdie Sjostrom	Laura Tilseth	Courtney Williams
Ben Harstad	Judy Kaiponen	Darryl & Anita Lisowski	Joe & Esther Niverth	Darci Rees	Darci Rees	Elvi Tollgaard	Sandy & Thomas
Fred Haugen	Judy Kaiponen	Gary & Nancy Loberg	Sally Noonan	Lee & Terry Regas	Lee & Terry Regas	Trailfitters	Williams
Mary Hauser	Dan & Caryl Kaler	Kathy Lund	Beverly & Dale Nordwall	Ernest Reinke	Ernest Reinke	Robert & Shirley Truscott	Gary & Sandra Winklesky
Christen Hayward	Ruth Kalland	Cindy Lundeen	Alanna Norick	Dan Rentschler	Dan Rentschler	John Turner	John & Betty Wistrom
Voula & Jim Heffernan	Dena Kalmer	Barbara Lundin	Rebecca Norlien	Ellen Revis	Ellen Revis	Ursa Minor Brewing	Norma Wittich
Joan & Al Heikka	Mary Kandels	Paul & Stephaine Lunseth	Esther North	Kari Rewert-Fink	Kari Rewert-Fink	Daniel & Diane Valerius	Rosie Wood
Robert Helgeson	Kenny, Vicki & Sherry	Malcolm & Anne	Northern Acrylics, Inc.	Jack & Theresa Reynolds	Jack & Theresa Reynolds	Roxanne Valerius	Kristine Worcester
Melissa Hendricks	Kangas	Macaulay	Northwest Outlet	Deanne Richards	Deanne Richards	William Van Duzen	Yoga North
Stephanie Helmer	Margaret Kaptonak	Sondra MacNally	Bob & Lorraine Novak	Susan Richards	Susan Richards	Leota Vance	Gayle Zakrajsek
Tim Helwig	Diane Kettelhut	Mary Anne & Ralph	JoAnn Nyholm	David Ries	David Ries	Gerald & Sharon	John Zallar
Melissa Hendricks	Kelly Kienzle	Mader	Pam & Ron Nylander	Ginny Rimolde	Ginny Rimolde	Veenhuis	Laurie Zappa
Jennifer Hendry	Dawn Kilpela	Gail Maderich	Ruth Nystrom	Andie Rish	Andie Rish	Dennis & Kathy Velander	Kathleen Zellers
Cindy Hickey	Karen Kilpo	Sharon Maki	Linda Oberg	Mardell Rodman	Mardell Rodman	Daniella Virijevic	Alex Zenner
Bob & Rik Higgins	Jessica Kimmes	Michael Mangan	Eric & Jeanie Odegaard	Margaret Romano	Margaret Romano	Steve & Nami Vizanko	Robert Zimmerman
Robert Higgins	Carolyn Kleiner	Joanne Marinac	Edward & Joan O'Donnell	Carleen Ronchetti	Carleen Ronchetti		
Susan Hill	Sandra Kleiner	Eulalie Markham	Cindi Ogren				
Marcia Hoff	Mike & Debbie Klopp	Traci Marquardt	Roxy O'Hearn				
Michelle Hooey	Raymond Klosowski	Carol Marsh	Linda Olenski				
Catherine Horejsi	Kathren & Aaron Kloss	Marshall Hardware	Deb & Katie Olson				
Angela Hraba	Kristeen Kmetz	Brenda Martin	Richard & Ruth Olson				
Hucklebeary	Kim Knudtson	Sarah Matheson	Krystyna Olszewski				
Rosemarie Hughes	Kim Knuth	Mary & Brad Matlack	On 93rd & Grace/Lift				
Susan Hyndman	Kenneth Kochsiek	Sandy Maturi & Donald	Bridge Bagels				
Kathy Ide	Steven & Chris Koehler	Harter	Adrienne Osmundson				
Amanda Imes	Jenna Kowaleski	Kelly & Adriana Matzke	David Pajunen				
Incentive Services	Dorothy Kray	Katherine McKay	Barbara Paltzer				
	Heather Kucera	Krystal McKay	Margie Palumbo				



Lahti Family Foundation trustee Mike Rosenzweig presents a \$5,000 check to St. Luke's Co-President/CEO, Dr. Nick Van Deelen in support of St. Luke's Specialized Care Nursery. The new nursery will care for St. Luke's tiniest patients — those born as early as 32 weeks and those with Neonatal Abstinence Syndrome. We are grateful for the Lahti Family Foundation for their partnership in this important and exciting project.

## { Ways to Give }

Coming together to give is crucial to St. Luke's Foundation and its mission. All gifts, no matter the size or method of giving, contribute to advancing our reach. Gift-giving options are listed here for your consideration.

### Outright Gifts

Often the easiest to arrange, many donors support us with gifts of cash, checks, credit cards (VISA, MasterCard, American Express, Discover), securities or stocks, real estate, or in-kind gifts.

### Retirement Plan

Name St. Luke's Foundation as the beneficiary of the remainder of the assets after your lifetime, avoiding a heavily taxed gift to heirs.

### Life-Income Gifts

One of the following trust options may be the best fit for you:

- Charitable Remainder Annuity Trust: A trust that pays a set income annually.
- Charitable Remainder Unitrust: A trust that pays a fixed percentage of the trust's assets.
- Charitable Lead Trust: A trust that pays a fixed or variable income to St. Luke's Foundation for a set term, and then passes to heirs.

### Retained Life Estate

Designate the ownership of your home to St. Luke's Foundation while you retain occupancy.

### Bequests in Wills

Please tell us if you have named St. Luke's Foundation in your will. We would welcome the opportunity to share our appreciation.

#### Sample bequest language for St. Luke's Foundation:

"I, (name), give, devise and bequeath to St. Luke's Foundation (written amount or percentage of the estate or description of property) for its unrestricted (without conditions attached) use and purpose."

If you want to restrict your bequest, please consult with St. Luke's Foundation when you make your will to be certain your intent can be accomplished.

### Amazon Smile

If you are an Amazon shopper, your purchases could benefit St. Luke's Foundation.

Simply log in to smile.amazon.com. You'll find the same products, prices and shopping features as the main amazon.com, but a charity will benefit from your purchases. After you log in, select St. Luke's Foundation as your charity and AmazonSmile will donate 0.5% of the price of your eligible purchases to our organization.

Support St. Luke's Foundation from your phone:

1. Open the Amazon app on your phone
2. Select the ☰ icon.
3. Click the "Gifting & Charity" button.
4. Select AmazonSmile and follow the prompts to select St. Luke's Foundation as your charity.

### Donor Advised Funds

Donor Advised Funds (DAF) are a type of charitable investment account. A donor creates an account with a sponsoring organization such as a financial services firm or a community foundation by making a contribution of cash, stock, or other assets, providing an immediate tax benefit to the donor, and allowing them to recommend grants to charities of their choice over time.

**Tax ID:**  
**St. Luke's Foundation**  
**Tax ID #41-1448118**

**Mailing Address:**  
**St. Luke's Foundation**  
**1000 E First Street, Suite 102**  
**Duluth, MN 55805**

### Life Insurance

Name St. Luke's Foundation as the beneficiary for income tax deductions.

### GiftCalcs Planner

GiftCalcs Planner is an interactive tool that lets you run sample gift calculations and their financial benefits to you. Visit slhduluth.com/foundation.

### Give Online

Visit slhduluth.com/foundation and click "Make a Donation."

This information is not intended as legal, tax or investment advice. For such counsel, contact an attorney or tax or investment professional.

For more information on how you can support the mission of St. Luke's Foundation, please contact:

**Catherine Carter Huber:**  
**ccarterhuber@slhduluth.com**  
**218.249.2420**

We would be honored to work with you to ensure that your wishes are carried out in the manner that best meets your needs.



@STLUKESFDN



Employees from National Bank of Commerce surprised us with a year-end gift. We're grateful for their ongoing partnership.

## ST. LUKE'S FOUNDATION

# Financials

Donations ----- \$1,326,260

Assets ----- \$14,398,215

Grants ----- \$723,826



October is Pregnancy and Infant Loss Awareness Month. To honor the little lives gone too soon, St. Luke's Maternal Child Health Department hosted a cookie sale in Blue Waves Café and collaborated with Anndrea Ploeger, Mark Johnson and Spaces by Blue Arrow to raise funds for the creation and ongoing care of a memorial planter outside St. Luke's Building A. Anndrea and Mark, pictured with members of the Maternal Child Health team, honor their son, River, as they raise awareness and work to end the stigma of pregnancy loss and infant loss. Through their support, over \$2,000 was raised for this project. Superior Street Baking graciously donated the beautiful cookies.

## ST. LUKE'S FOUNDATION

# Leadership

### { Staff }

**Catherine Carter Huber**  
Executive Director and  
Chief Philanthropy Officer

**Meagan Avery**  
Development Associate

**Laurie Johnson**  
Coordinator

**Rebecca Lindberg**  
Development Associate

**Eric Lohn**  
St. Luke's Co-President/CEO  
Chief Financial Officer

**Nicholas Van Deelen, MD**  
St. Luke's Co-President/CEO  
Chief Medical Officer

### { Board of Directors }

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Chair

**JC Welles**  
Vice Chair

**Steven Dastoor**  
Treasurer

**Lizette Lawien**  
Secretary

**Helena Jackson**  
Past Chair

**John Cloutier**

**Susan Goltz, MD**  
Medical Director

**Lindsey Jacobson**

**MayPakou Ly**

**Del Prevost**

**Roni Salo**

**Carmen Wendland**



Touched by the care and fortitude of St. Luke's employees throughout the COVID pandemic, Jackie with DRCC created a special banner to demonstrate her gratitude and to honor those who lost their lives to the virus. The banner was displayed on the second floor of St. Luke's for all to enjoy.



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**St. Luke's Foundation**

1000 E. 1st Street, Suite 102

Duluth, MN 55805