April 2018


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Caring for Mind, Body & Spirit
The Vince Lombardi Cancer Counseling Center

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June B. Hansen

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To learn more about Named Endowment Funds and other giving programs at St. Luke’s, please call Laverne Schmidt at 414-649-7123.
PRAISE FOR THE CHAMPIONS

"The achievements of an organization are the results of the combined effort of each individual."

— Vince Lombardi

It's fitting that we remember the words and deeds of Coach Lombardi as this issue introduces the Vince Lombardi Cancer Counseling Center at St. Luke's, one of only three such centers in the nation. The Cancer Counseling Center provides compassionate care to individuals and families struggling with the diagnosis and treatment of cancer. Coach Lombardi's battle with cancer became a rallying point for many in our community to join forces with St. Luke's Medical Center to stop this disease. You will meet some of the champions who dedicate themselves to fighting cancer, including June Hansen, Tammy Kaczmarek, Aldo Madrigano, Lynn Sileno, and Marija Weidman. We are blessed to have so many dedicated individuals working with us to deliver the highest quality health care, therapy, education and research at St. Luke's Medical Center.

Philanthropy happens because of people becoming interested and invested in the advancement of medical excellence at St. Luke's Medical Center. Over the past dozen years, we have had the opportunity to work with many champions, individuals who used the power of their philanthropy to change the face of health care in our community. These champions have acted on their dreams, embraced their interest in our work and engaged others in this effort.

Much in the same way that Coach Lombardi engaged his players, professionals in the field of philanthropy are challenged to identify, inform, involve and inspire individuals who then join us in making a charitable investment to advance the quality of health and patient care in our community. Thanks to the many champions who have joined us in these efforts, St. Luke's Medical Center has been able to support important advancements in medical excellence, research, patient care and education.

This summer, I will begin a new role with Aurora Health Care, to help people fulfill even bigger dreams. Through the relationships we have established, champions will have the opportunity to make a truly significant impact through their philanthropy. Donors like you have made this possible. I look forward to working with the many individuals, who are champions to us all, to help them realize their dreams to advance the landscape of health care in our community and at St. Luke's Medical Center.

"... let me tell you what winning means... you're willing to go longer, work harder, give more than anyone else."

— Vince Lombardi

Brad Holmes
Vice President for Philanthropy
The diagnosis of cancer often evokes a roller coaster of emotions in an individual – grief, guilt, anger, anxiety and despair all take turns at the forefront. As time passes and the illness progresses, these feelings may intensify to the point where they threaten both the patient’s response to treatment and their quality of life. Fortunately, St. Luke’s has established the Vince Lombardi Cancer Counseling Center to help people with cancer, and their families, cope with these complex emotional and physical reactions to the disease.

“It’s a normal expectation for people with cancer to experience worry, sadness, fatigue, lack of energy or insomnia as a result of cancer treatment,” explains psychiatrist Jeffrey Knajdl, MD, Medical Director of the Cancer Counseling Center. “It’s not normal to go longer than a couple of weeks feeling hopeless, suicidal, or worthless, dropping out of treatment because of fear or not enjoying significant relationships with spouses, children or grandchildren. Of all the things cancer can do, it’s not supposed to do that.” It is estimated that 50% of people with cancer, through the course of their treatment, will experience significant psychological distress that results in symptoms, such as anxiety or depression.

The opportunity to focus on psycho-oncology, a branch of psychiatry specializing in cancer care, and to establish a comprehensive program at one of the Midwest’s premier cancer centers, drew Dr. Knajdl to St. Luke’s Medical Center in 1998. Dr. Knajdl is a graduate of the University of Nebraska College of Medicine and completed his residency at the Creighton-Nebraska Department of Psychiatry in Omaha, focusing on general psychiatry and consultation-liaison with an emphasis on psycho-oncology. In 1998, he received the prestigious George Ginsberg Award from the American Association of Directors of Psychiatry, presented annually to the top seven psychiatric residents in the nation, and the Psychiatric Resident of the Year Award, sponsored by Pfizer Pharmaceuticals.

The Vince Lombardi Cancer Counseling Center staff: (seated, left to right) Carmel Bankier-Sweet, RD, Clinical Dietician; Gloria Donais, Administrative Assistant; Jeffrey Knajdl, MD, Medical Director; (standing, left to right) Therese Lorincz, Social Worker; Barbara Clinkenbeard, RN, CNS, NP, Psychiatric Nurse Practitioner; Julie Bryson, PhD, Psychologist; Chaplain Kathy Brady, OP; and Robin Mosleth, RN, CNS, Coordinator.

Executive Nurse, oversees cancer services and helped recruit Dr. Knajdl as Medical Director of the Cancer Counseling Center. “People who treat cancer patients have a passion. When Dr. Knajdl talks about his work with cancer patients, it’s clear that this is his passion. He gives 120 percent every day,” she says.

Dr. Knajdl helped establish the Vince Lombardi Cancer Counseling Center (CCC) to address the psychological needs of patients with cancer, and their families, within the context of their physical being. The CCC at St. Luke’s Medical Center is one of only three comprehensive,...
psychiatric-based programs in this country, modeled after the original program at Memorial Sloan-Kettering Cancer Center in New York City. The other program is offered at Miami University in Florida.

Barbara Clinkenbeard, RN, CNS, NP, a Psychiatric Nurse Practitioner with a master's degree in psychiatric mental health, is a partner in practice with Dr. Knajdl at the CCC. Barbara is a graduate of Creighton University School of Nursing in Omaha, Nebraska, where she also was a member of the teaching faculty. Barbara started a cancer counseling program at the University of Nebraska and persuaded Dr. Knajdl to complete his residency in the program. "I feel passionate about psycho-oncology because I am able to increase people's awareness and understanding of cancer-related illnesses and let them know there is help. I find it really satisfying being involved in people's lives and making a difference," said Barbara.

Having introduced Dr. Knajdl to the field of psycho-oncology, it seemed only fitting for him to recruit Barbara to join him in Milwaukee at the Vince Lombardi Cancer Counseling Center. "She's a wonderful person; not only is she a friend, but also a partner in our practice together. We work very well together," says Dr. Knajdl.

To generate support and demonstrate the healing potential of the Center, Dr. Knajdl and Barbara initially offered psychiatric consultation services to all patients hospitalized at St. Luke's. "We started as a medical psychiatry service, gradually focusing exclusively on cancer patients and their families," Barbara explained. As the doctors and nurses learned more about what Dr. Knajdl and Barbara were doing at the Center, the referrals grew. Today, patients have come from many other hospitals in the state, and throughout the country. Since October 1998, the CCC has attracted 7,000 patient visits. Most referrals come from St. Luke's oncologists. Says Dr. Knajdl, "We are grateful for how these renowned cancer specialists have embraced the Center."

THE CALL FOR HELP
Typically, a practitioner refers a patient to the Vince Lombardi Cancer Counseling Center if the patient or caregiver identifies any areas of distress. For example, if a patient says at the time of diagnosis, "This is more than I can handle. With all that's going on in my life, I can't cope with one more thing," the doctor may recommend they call the CCC. In the course of treatment, practitioners also may note distressing changes in a patient since the last visit. These patients might report insomnia, lack of energy, episodes of sadness or crying, inability to get out of bed, problems at work or not feeling family support. While some of these symptoms may be a physical result of the cancer and treatment, psychiatric symptoms may also be present. "If I see that a patient is not doing well, day in and day out, and that the patient's usual coping skills or support system are not working, then I refer them to the Vince Lombardi Cancer Counseling Center," says Dr. John Hanson, an oncologist with Medical Consultants, Ltd. in Milwaukee.

The professionals at the Cancer Counseling Center assess each patient carefully, to get to the heart of the matter. As part of the Center's initial assessment, patients are asked to rate their level of distress between zero and ten. People who select five or above are generally in need of some sort of intervention, whether it be speaking to a chaplain, evaluation of pain control, or treatment for depression or anxiety.

LAURA'S STORY
In April 1999, 34-year-old Laura Corey was a radiant bride, celebrating her marriage to Tim and starting their life together as a blended family, with her daughter, continued on next page
Jessica, and his daughter, Stephanie. Later that year, Laura developed pneumonia. On December 24th, when she and Tim should have been toasting their first New Year together as a married couple, Laura instead was hospitalized for septicemia, failure of the immune system to function. The hospital stay lasted three weeks, part of which time Laura spent in a coma. When she finally went home, she still had pulmonary function problems. Laura dedicated the new year to getting better, going to regular pulmonary rehabilitation sessions. “I couldn’t even walk on a treadmill – after a few minutes I was exhausted, just fighting for air,” she said. Still suffering from short-term memory problems as a result of the oxygen deprivation from her hospital ordeal, Laura was not prepared for the worst that was yet to come.

On November 20, 2000, Laura was diagnosed with breast cancer. She underwent a mastectomy the next day. “The doctors thought the cancer might have started when I was septic, since I had no immune system,” Laura says. Following the mastectomy, she endured several hospitalizations, including heart monitoring to detect and prevent damage caused by the radiation that was part of her treatment plan, and a hysterectomy.

After these illnesses, Laura became a shadow of her former self. “I was losing weight. I had lost my job when I was sick earlier in the year, with the lung problems, and I was really depressed,” Laura explained. “I thought I had my whole life planned out. Now I stay home all day – I can’t do the things I used to do.” Her oncologist, Dr. Jacob Frick with Oncology of Wisconsin, SC, referred her to the Vince Lombardi Cancer Counseling Center at St. Luke’s.

Dr. Knajdl diagnosed Laura with bipolar disorder, also known as manic depression. “The cancer and its treatment subjected her to enough stress that a chemical imbalance kicked in,” he said. Laura now follows up with Dr. Knajdl and takes medication for depression, which has helped significantly. Dr. Knajdl is helping her manage her memory problems, too.

“It’s been hard on my entire family, so I’m glad they can also get help from the Center,” she says. As Laura’s physical health improves, the Center helps her to recover emotionally from the devastation of two near-fatal illnesses within one year. “Dr. Knajdl is such a nice man, very compassionate and understanding. His main focus is to help his patients feel better,” says Laura, “and I definitely do.”

A HOLISTIC APPROACH

“If we fail to look at the medical, psychological, social and spiritual issues, we do not promote total healing,” Dr. Knajdl says earnestly. “At an age in which we are becoming more and more aware of the mind and body, and how they are connected, it behooves us to explore all of those areas. I never let a patient walk out of my office without asking, ‘How are things going at home?’ ‘How are the kids?’ ”

The CCC staff takes a holistic approach to diagnosing and treating mental illness. “We counsel on the effects depression can have on the immune system, and its subsequent role in the medical outcome. Treating depression is an integral part of the overall plan of care,” explains Barbara.

Surprisingly, when CCC patients are asked what troubles them most, they often say it’s not the cancer. Many parents, for example, relay concerns about their children, such as, “I’m worried about my eight-year-old son, he’s...
not doing well in school right now, and this has never been a problem. I’m worried that he thinks I’m going to die, or that I can’t be the parent he really needs me to be.” Laura Corey concurs. “I have moments of guilt that my children are suffering because I’m not there for them. I’ve had so many doctor appointments and hospitalizations. Thankfully, the Center is getting me on the right track, so I can be the parent I was before,” she says.

“We let our patients know it’s okay to talk about all of these aspects of their lives. That is what we do in counseling, address all of these issues so that true peace of mind can be achieved,” emphasizes Dr. Knajdl.

“We lead with a medical model. Every patient who walks in to our Center is medically ill, but they also have an enhancer, which is their emotional distress,” Barbara says. “Sometimes patients come here with so much despair and hopelessness that they feel they are overwhelmed in their current circumstances and do not feel they can get through it.” In these situations, the staff develops a plan of care, that may include medication and therapy. These treatment plans are developed in conjunction with the oncologists to ensure continuity between the care for mind and body.

Dr. Knajdl and Barbara go out of their way to be accessible to their patients at all times, to help them through urgent and crisis situations. “I remember being paged while on vacation. Someone needed to talk to me right away about the results of his biopsy,” recalls Dr. Knajdl. “I was so grateful that I could be there for him.”

Dr. Hanson attests to the availability of the CCC staff, “I remember having a patient in trouble on the 4th of July. I called Dr. Knajdl to discuss this situation. The Center staff responds immediately, whenever I call.” This dedication shows in every aspect of the CCC’s treatment approach.

AN ART AND A SCIENCE
Education plays a big role in helping some patients accept their cancer diagnosis and treatment. Patient education includes information about the use of medication as part of treatment for psychiatric disorders. Psycho-pharmaceuticals, more commonly known as antidepressants, anti-anxiety agents or sleeping medications, can be a crucial component of a successful treatment plan. However, some psychiatric medication can also interfere with the patient’s treatment for cancer. “It’s an art and a science,” Barbara says, “finding the right combination of medication that works for each patient.”

Dr. Hanson explains, “Dr. Knajdl and Barbara have a very unique understanding of the pharmacology of drug interactions. They are very good with extraordinary pain control and psychiatric medication.”

Having trained medical professionals administering care at the CCC significantly benefits patients’ physical health. Says Barbara, “If a patient comes in and tells me they’re not feeling well, I can take a look at their medical record and say, ‘No wonder you’re feeling this way – your lab values are abnormal, this is elevated and something else is going on over here. We need to draw this to the attention of your doctor.” Since patients often see their CCC practitioners more frequently than their medical providers, many times Barbara or Dr. Knajdl are the first to detect some significant medical changes. Their ongoing communication with the oncologists ensure that all practitioners are aware of the status of a patient’s physical and mental health.

INvolving THE FAMILY
When somebody in the family has cancer, the whole family is affected. Dr. Knajdl adds, “When a parent is diagnosed with cancer, one of the many questions going through his or her mind is, ‘How are my children doing?’ Depending on their developmental stage, children’s emotional responses can range from, ‘I’m really angry at mom for getting breast cancer’ to ‘I feel I...”
caused my dad’s colon cancer.’ It can be an overwhelming experience for parents and children.” Not only are children affected, but all family members experience the upheaval associated with cancer.

The Vince Lombardi Cancer Counseling Center offers individual and group therapy for all members of the family, to address their needs in dealing with the patient’s diagnosis and treatment. Frequently, parents request help in keeping their children informed about the disease, in realistic terms without frightening them. Based on what they know about the family, the patient and the prognosis, the CCC staff can give parents the best recommendation on what to share and when. Dr. Knajdl and Barbara frequently ask about family members, including spouse, siblings and other significant individuals, encouraging them to come in for individual or group counseling sessions, depending on their specific needs.

Unique to the CCC is the Kids Connection, a support group program for children in which child life specialists use age-appropriate techniques to stimulate discussion. Your Caring Connection is another program offering group support for patients experiencing cancer, their family and friends. Make Today Count, a group offered in cooperation with the American Cancer Society, also helps patients and family members coping with cancer or other severe illness.

THERAPEUTIC APPROACHES
Through the process of therapy, patients confront the complex myriad of emotions surrounding their illness. Common feelings include sadness and grief, guilt that somehow the patients’ actions caused the disease or because the patients can no longer fulfill some of their responsibilities due to the illness, anger and fear. Sometimes, it may be difficult for patients to identify these feelings through conventional therapy or support groups. The Vince Lombardi Cancer Counseling Center has implemented several complimentary therapies designed to help patients address these underlying emotions through other expressive means.

Art therapy helps patients and their family members cope with the emotional rollercoaster brought on by a cancer diagnosis. Jessica Corey (above) works with art therapist Jill Wargolet at the Cancer Counseling Center.

Art Therapy
Art therapy is helpful for patients trying to express themselves, but not finding the right words. Using colors, paper or clay, a patient is encouraged to create images that best represent their inner emotions and feelings.

The art therapists are educated about psychological issues surrounding patients with cancer. They try to pair each patient with the right artistic medium to work with — something not too difficult, yet something that will challenge a bit and engage the individual.

Laura Corey has benefited from art therapy. “I’ve had breakthroughs, big releases of raw emotions. It’s a cleansing, a weight off my mind,” she explains. After one particular session, the art therapist was very concerned about a drawing Laura had made. It looked very grim and the therapist was concerned for Laura’s safety. Her cousin had recently died of cancer and Laura was experiencing survivor’s guilt. The art therapist called Dr. Knajdl at home, who then called Laura right away to discuss her feelings. It was helpful for Laura to have the art therapy session to reveal the depth of her anguish when she had not been able to identify or address it through conventional means.

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Art therapy has also been uplifting for Laura. "The last time I went, I was not having a good day. When I left, it put me in such a good mood that it carried me right into the weekend," she said. Laura's stepdaughter Stephanie, age 17, and her daughter Jessica, age 12, have also participated in art therapy sessions. "I was surprised at how clearly Jessica could express her frustrations on paper," Laura said after reviewing one of her daughter's drawings.

**Pet Therapy**

The Vince Lombardi Cancer Counseling Center has created a comfortable, inviting atmosphere. The addition of pet therapy complements the setting perfectly. Research shows that interacting with pets lowers blood pressure and helps people relate to something outside themselves. The gentle disposition of dogs makes them the most appropriate animals for pet therapy. "Perhaps a patient can't connect with his/her family, or hasn't responded to myself or Dr. Knajdl," says Barbara Clinkenbeard. "But when my dog Duffy, one of our trained pet therapy dogs, jumps up on their lap, I will see a side of that patient I didn't know was there. It nurtures a part of them that seeks this type of unconditional response."

In addition to Duffy, four other dogs are certified to participate in the CCC's pet therapy program. A volunteer staff guides the dogs through each visit. To become certified, the dog and its owner or volunteer companion go through a series of tests (developed by Therapy Dog International and the American Kennel Club) to measure agility and friendliness. Additionally, the dog becomes acquainted with the hospital and medical equipment, to ensure that the animal will remain calm in a medical setting. Last, but not least, the dog needs to pass certain health requirements to prevent the spread of any infectious disease. St. Luke's eighth floor hematology and oncology unit has designated rooms for pet therapy visits for patients and their families.

Fran Huxley serves as a pet therapy volunteer with her two dogs, Maddy, a 10-year-old West Highland Terrier, and Bj, a 13-year-old Cairn Terrier. After seeing a similar program on TV's "Animal Planet," Fran conducted her own research into pet therapy programs, which lead her to St. Luke's Medical Center. After Fran and her dogs passed an interview with Barbara, and received the necessary certification and training, she began volunteering at St. Luke's. "I've had anywhere from one to 15 visitors on any given afternoon. Sometimes family members will come too, so it works well with two dogs," says Fran.

For patients, a visit with Fran's dogs can be a vacation from the hospital routine. Fran explains, "It's a time for patients to forget their illness... a time to get out of their room and have some normalcy in their lives." Family members can also interact with the dogs, to give them a necessary release that they

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might not realize they need. “There was a woman visiting whose husband was in the hospital and not doing very well. She started petting my dogs and eventually broke down, sobbing. I’ve never had patients do that, only their family members,” comments Fran.

Fran begins a visit with a new patient or family member by asking if they have a pet now, or have ever owned a pet. This ice-breaker usually starts a longer conversation about pets and animals, and helps to alleviate any misgivings that a patient or family member may feel. “I find it very rewarding, just watching people move from apprehension, to warming up, to smiling and laughing. By the time they leave, they are so much more relaxed. It’s gratifying to bring smiles to their faces,” says Fran of the personal satisfaction she receives from this volunteer effort.

In certain circumstances, if a patient is too sick to move, a pet therapy visit may take place in the patient’s room with permission from the doctor. Barbara recalled an instance when a woman was in the last stages of her cancer and asked to have one of the pet therapy dogs brought to her hospital room. The pet kept her company in her final hours, when she had no family or other companion to be with. “When I think about why I came to St. Luke’s, it’s stories like this. You don’t have to look very far to see that there is a lot of meaningful interaction going on every day, thanks to the investment in this Center,” said Barbara.

Spiritual Care
The diagnosis of cancer — or any serious illness — often brings about profound inner thoughts and self-reflection. There are times when patients want to talk about these very personal feelings, but may feel isolated from their own religious community or lack connection to any faith group at all. Spiritual care has the ability to transcend the boundaries of conventional therapy and meet this sensitive need for people of all faiths. Chaplain Marcia Marino, Regional Director of Pastoral Care, and Sr. Kathy Brady, Oncology Staff Chaplain, provide spiritual care at St. Luke’s in conjunction with the CCC practitioners.

Patients also may want to address their feelings of guilt about cancer, thinking they may have caused it by smoking or making other unhealthy choices, or that they are not able to provide for their children as a result of cancer. In times of trial, spiritual care offers comfort and peace of mind. Explains Barbara, “People evolve emotionally and spiritually as their illness progresses. At a time when their condition is deteriorating, and they are possibly facing death, people want to figure out their relationship with God. They want to understand and make sense out of where they have been, and where they are going.”

Nutritional Counseling
Nutritionists are available for consultations with cancer patients who have specific medical needs. For example, some patients may have mouth sores that interfere with eating; others may need to alter their diets to boost their immune systems. The psychiatric and medical models incorporated in psycho-oncology can be helpful in identifying situations that require a nutritional consultation.

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ART THERAPY INSPIRES NEW CAREER

“SURVIVING SCENTS” BENEFITS CANCER COUNSELING CENTER

Tammy Kaczmarek credits the art therapy she received at the Vince Lombardi Cancer Counseling Center (CCC) with turning her life around after she was diagnosed with breast cancer in January 2000, at the age of 28. “I was so distraught . . . I did not want to go through what I knew I was going to endure,” Tammy says.

According to Tammy’s surgeon, Dr. Wendy Marie Mikkelson of the St. Luke’s Comprehensive Breast Center, her reaction to the diagnosis was not uncommon. “It’s difficult for patients to deal with the diagnosis of cancer, it’s not the same as diabetes or heart disease. The fear that accompanies the diagnosis can really be a problem. It’s enormous and can overtake every aspect of a patient’s life,” she explains.

The CCC helped Tammy with medications and counseling. “At first, I thought it would be odd, talking to a therapist. I never did that before. They helped me get my emotions out, crying, just being able to say whatever I wanted, knowing that there would be someone to listen and understand. Unlike a family member, they know what’s about to come. Barbara Clinkenbeard (CCC psychiatric nurse practitioner) really helped to educate me,” Tammy explains.

Within two weeks of her cancer diagnosis, Tammy began chemotherapy. In April, she had a mastectomy, followed by more chemotherapy. “When my chemo was done, that’s when I really needed counseling. I was just terrified to be out in the world,” Tammy says.

In Tammy’s first art therapy session, she picked up a red marker and drew an exclamation point, revealing anger over her life circumstances. The therapist continued to ask her questions that day and in subsequent sessions, helped to draw out a range of feelings.

Once counseling began, Dr. Mikkelson could see a change come over Tammy. “A whole layer of anxiety dropped away. She began to deal better with her life, seeing herself as more than just a woman with cancer – she was still Tammy,” she said.

Art therapy engaged Tammy’s interest in painting and colors, and helped her to confront her feelings. But she did not expect that it would lead to a new career. During her recovery, she burned candles as a relaxation technique. She bought a candle-making kit as an inexpensive present for a friend’s birthday, and decided to try it herself. She began making candles regularly with a friend from a breast cancer support group, and her new business began.

Tammy calls her business Surviving Scents, and she contributes one dollar from every candle sold to the Vince Lombardi Cancer Counseling Center. The first year alone, she contributed $1,450 to the Center. She also donates “Celebration of Life” candles to the Center for its patients. Tammy explains, “During one of our sessions, Barbara gave me a flower. It lasted nearly three weeks, longer than any other flower I’d had. I felt a special celebration from that gesture, and I want to pass that feeling to others with similar experiences.”

Tammy’s candles come in a variety of colors, sizes and fragrances. For more information about Tammy’s candles, or to place an order, visit her website at www.survivingscents.com or call (414) 975-5687.
Support Groups
The Cancer Counseling Center offers a variety of support groups to meet a range of needs. *Us Too! The Prostate Cancer Support Group* and *Breast Friends/ The Breast Cancer Support Group* brings together men and women who have been impacted by these cancers, and their family and friends.

Members of the Breast Cancer Support Group meet regularly to share feelings and offer emotional support.

Refocusing on Hope/A Support Group for People with a Primary Brain Tumor supports patients and their families facing the unique trials posed by a brain tumor. Patients with brain tumors experience phenomenal deficiencies — such as not recognizing people and becoming disoriented. If the tumor interferes with the part of the brain that directs motor functioning, they cannot get up or get dressed by themselves, either. Not only does the brain tumor interfere with quality of life, so does the treatment. Some medications cause irritability and mental status changes. Patients with a brain tumor lose so much functional ability every day that it takes its toll on them personally and on their families.

"(The Cancer Counseling Center) is filling a tremendous need for patients and their loved ones."

— Patty Abella

Other Services on the Horizon
Massage Therapy
Massage therapy is a new program offered through the Cancer Counseling Center. Therapeutic massage for cancer patients differs significantly from other types of massage. Massage therapists must proceed with caution when treating a patient with cancer. Prior to a massage, the therapist must examine the patient's platelet counts to ensure they are not too high, and check white blood cell counts, to prevent infection. An improper massage could break bones in patients with metastatic cancer (cancer of the bones). Massage therapist Greg Jolly was educated at Memorial Sloan-Kettering Cancer Center in New York, the birthplace of psycho-oncology care, to ensure the health and well-being of CCC patients.

Massage therapist Greg Jolly provides therapeutic treatment to Cancer Counseling Center patients of all ages — as well as their family members and caregivers.

Recognizing the importance of “taking good care of the caregivers,” family members are also invited to have massages at the Cancer Counseling Center.

Music Therapy
Dr. Knajdl knows firsthand the therapeutic benefits of music, having paid his way through medical school by performing in a band. He plays the piano and saxophone. “It’s a wonderful way to relax and gain peace of mind,” Dr. Knajdl says.

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Even patients who are not musicians will benefit from the rhythmical and systematic release provided through music therapy. Following a model similar to art therapy, music therapy will meet the patient at his or her level of comfort and expertise, giving them another mode of self-expression or relaxation to facilitate recovery and healing.

Dr. Knajdl and Barbara credit Patty Abella, Aurora Health Care’s Regional Manager for Cancer Services, for her hard work in launching many programs in the CCC. Overseeing all the out-patient cancer programs at St. Luke’s, Patty recognizes how the Vince Lombardi Cancer Counseling Center complements all of the efforts to alleviate pain and suffering for cancer patients and their families. “The Cancer Counseling Center is one of those services that, once you have it, you don’t know how you ever got along without it. It’s filling a tremendous need for patients and their loved ones,” says Patty.

SERVICES FOR STAFF

Collaborating with all the disciplines within St. Luke’s on methods to relieve the emotional and physical distress caused by cancer remains at the heart of the Vince Lombardi Cancer Counseling Center’s work. Dr. Knajdl finds this aspect of the job particularly rewarding. “In the field of psycho-oncology, you get the opportunity to work with oncologists to treat patients for depression or anxiety and watch them get better. When we see oncologists incorporating some of the same strategies that we’ve found successful, I know we’re making meaningful contributions to physicians’ care practices and to patients’ quality of life,” he explains.

Dr. Knajdl also teaches courses for St. Luke’s medical residents. Two years ago, the Family Medicine Department awarded Dr. Knajdl the “Teacher of the Year” Award. “It was such a surprise and validation of my love for teaching,” he says. Resident physicians also do rotations in the Cancer Counseling Center and see patients with Dr. Knajdl. “Every time I have a resident physician on our service, I think, ‘How can I give back? How can we have fun today, teaching a future doctor about the field of psycho-oncology?’” says Dr. Knajdl.

Additionally, Dr. Knajdl and Barbara co-facilitate a support group for oncology nurses and staff. “Cancer is one of the hardest fields in nursing. It’s very rare that a new graduate from nursing school would choose oncology because it’s so intense,” explains Dr. Krajdl. “These nurses have high levels of dedication, they are well skilled and ready for anything.”

Pam Crofton, RN, has attended the Nursing Support Group regularly since it began. Pam discovered her professional calling for oncology nursing five years ago. “Patients with cancer require a high level of care; they come in frequently for chemotherapy and other medical care. It’s a different kind of bond with these very sick patients and their families; they look forward to seeing you. I was ready to get to know my patients and their families better,” she explains. Pam chose St. Luke’s in order to specialize in oncology nursing.

continued on next page
The Nursing Support Group offers nurses like Pam the opportunity to celebrate their shared memories of the patients and families they have served, and mourn those they have lost. "On the unit, when a patient passes away, there's always another patient who needs you. There is no time to express the grief you feel. The support group is a safe place to express our feelings, to cry," Pam says. She recalls a patient whose passing particularly affected her. The woman was hospitalized for nearly a month and her condition was deteriorating. The patient's three grown children visited daily, as did her supportive ex-husband. "We knew her death was coming, but it was still really hard," Pam says. The Nursing Support Group gives Pam and her co-workers a special opportunity to discuss their feelings, helping these professionals cope with the challenges and rewards of oncology nursing.

**Adding to Staff**

Due to its extraordinary success since opening in 1998, the Vince Lombardi Cancer Counseling Center continues to expand its staff. Psychologist Julie Bryson, PhD, has joined the Center to provide counseling for cancer patients and families. A nurse coordinator will be responsible for facilitating continued program expansion, staff and patient education, clinical research and patient contact, triaging and support.

A thanatologist, a professional who deals with grief and dying, will also be hired. This position requires a highly-specialized skill set. "It's really a calling — you have to be available when patients and families need you, to help them through their grief. Thanatologists are very rare," explains Vicki George.

Currently, the Cancer Counseling Center offers services at St. Luke's Medical Center and the Vince Lombardi Cancer Clinics in Slinger and West Bend. Patient demand will dictate further location expansion, which will include the new Aurora Women's Pavilion at West Allis Memorial Hospital.

Dr. Knajdl plans to incorporate ongoing research into the work of the CCC, too. "Very little data exists about psycho-oncology compared to other fields," he explains.

"We hope to set national trends regarding the care and treatment of patients with cancer who experience psychological distress. My goal is to measure the patient benefits of psycho-oncological care in multiple areas, and then watch this become standard of care, almost like chemotherapy protocols are now."

The growth of the Vince Lombardi Cancer Counseling Center will be based upon a solid foundation of caring for individuals suffering from the psychological consequences of cancer. "Dr. Knajdl and Barbara Clinkenbeard have a true talent for caring for patients and their families," said Patty Abella. The patient satisfaction surveys illustrate this through the excellent ratings for the Center.

continued on next page
SEEDS OF INSPIRATION
The Vince Lombardi Cancer Counseling Center is the realization of a dream shared by two important supporters of St. Luke's Medical Center and the Vince Lombardi Cancer Clinics: Don Tendick and Joseph Sileno, both of whom died prior to the Center's opening. (See story on page 16.)

Don Tendick and his wife, Rosemary, contributed initial funding to St. Luke's to conduct exploratory research into cancer counseling programs at the national level. At the time, Memorial Sloan-Kettering and George Washington University were the only two nationally-recognized programs focusing on the psycho-social aspects of cancer. "We found that other hospitals had pieces of psycho-social programs, but they did not offer the full-spectrum we wanted to develop," Vicki George says. Somewhat serendipitously, Vicki met Dr. Knajdl and, in the course of their conversation, he expressed his true interest in cancer counseling. With additional funding from St. Luke's philanthropists (and personal friends of the Tendicks) Joseph and Lynn Sileno, the Cancer Counseling Center became a reality.

Recognizing the importance of ongoing philanthropic support of St. Luke’s Medical Center, Vicki adds, “When our staff sees volunteers like the Tendicks and Silenos giving their time, effort and sometimes personal wealth to further initiatives that care cancer and support patients and their families, it’s motivating for the staff to continue this important work.”

Thanks to the generosity of these donors, thousands of patients with cancer and their families have received essential care at the Cancer Counseling Center – the only center like it in Wisconsin and one of only three such programs in the country.

“It’s been very exciting to develop this Center and make a difference in people’s lives,” says Barbara Clinkenbeard, “St. Luke’s offers us a lot of support, through facilities and resources, and generous donors help us to create and fund new and innovative programs. Our success is a direct result of caring individuals, from all walks of life, building a dream together.”

Vicki George, RN, PhD, Regional Vice President and Chief Nurse Executive, Aurora Health Care

Larry Gross visits with Social Worker Theresa Lorincz at the Vince Lombardi Cancer Counseling Center.
Touched by an Angel

Lynn Sileno's Dedication to Cancer Counseling

As the philanthropic visionary behind the Vince Lombardi Cancer Counseling Center, to many Lynn Sileno is a guardian angel. Lynn and her late husband, Joseph, a former Vince Lombardi Charitable Funds board member and staunch supporter of St. Luke's Medical Center dedicated themselves to creating the Cancer Counseling Center after cancer took the life of Joseph's son, Joe Jr. “Joe and I wanted to make something positive out of Joe Jr.'s death,” Lynn explained.

Joseph Sileno, Jr. was one of six children. When he was diagnosed with kidney cancer at age 42, his wife and children (Joe Sr.'s grandchildren) shared the trauma. While Joe Jr. was critically ill, the nurses at St. Luke's did their best to normalize the situation for his young children. The nurses allowed the children to bring sleeping bags for their overnight stays at the hospital and popped popcorn for them. “St. Luke's did a marvelous job in treating and helping my stepson in every possible way,” said Lynn. Sadly, Joseph Sileno, Jr died in June 1997.

During Joe Jr.'s illness, Don and Rosemary Tendick, also tireless advocates of the Vince Lombardi Cancer Clinic, gave a significant gift to St. Luke's Medical Center to fund research into different approaches to counseling cancer patients. Don (who passed away in May 2000) and Rosemary inspired the Silenos to help make the Cancer Counseling Center a reality. Six months after Joe Jr.'s death, Joe Sileno, Sr. died unexpectedly of a brain aneurysm. Following her husband's death, Lynn's best friend died, and then she lost her parents shortly thereafter. “Good things have come from those losses – the opportunity to do something good for others as a result; it's a wonderful journey,” Lynn says.

“The kind of pain Lynn went through, losing so many significant people in such a short period of time... I only wish a Center like ours had been available to her then,” commented Dr. Jeffrey Knajdl, Medical Director of the Vince Lombardi Cancer Counseling Center. Dr. Knajdl credits Lynn with his decision to come to Milwaukee to launch the Cancer Counseling Center. “When I first toured St. Luke’s Medical Center, I thought it was a wonderful hospital and felt they wanted to start a good program. After talking with Lynn and finding out why she thought the Cancer Counseling Center needed to be built, I said ‘I have to come to St. Luke’s.’ With the amount of energy, love and dedication she has put into this, it will continue to grow and impact cancer patients,” he explains.

Lynn credits her husband for nurturing her spirit of philanthropy, “Joe was the most kind and compassionate man... he really enriched my life.”

The Cancer Counseling Center was designed to look and feel like a comfortable living room, with furniture, fabric colors and decorations all selected to reflect that warmth. Lynn, an accomplished interior designer who operates Nancy Lynn Interiors, in addition to owning and managing several hotels, worked with the hospital's design staff to create a warm and inviting atmosphere. “The results have been beyond my wildest dreams,” Lynn says. “When you hear the stories of what a difference the Center is making in the lives of patients and families, it’s clear our work has been worthwhile.”
"Touched By an Angel" is an exquisite Baccarat crystal figurine you may purchase to help advance cancer support programs at the Vince Lombardi Cancer Counseling Center. Memorialize someone special, recognize a significant event, or honor those who have been an inspiration in your life.

The Angel stands 7½ inches high and is inscribed, "Touched By an Angel." It can be personalized with the name of a loved one and is available for $300. To order, please complete and mail the coupon below.

Please send me the Limited Edition "Touched By an Angel" Baccarat crystal figurine at a cost of $300 per Angel.

Name ___________________________________________
Address ________________________________________
City/State/ZIP __________________________________
Phone ____________ Email ________________________

Payment  □ Check (pay to: Lombardi Angel Fund)
□ MasterCard □ VISA

Card # __________________ Expiration Date ______/_____

Shipping Information (if different from at left):
Name ________________________________________
Address ______________________________________
City/State/ZIP ________________________________

Angel Inscription (limit 15 letters and spaces):
____________________________________________

Send to:
Judith R. McGauran, St. Luke's Medical Center,
R.O. Box 341217, Milwaukee WI 53234-9909.
CLINICAL RESEARCH

CLINICAL RESEARCH AT ST. LUKE'S

St. Luke's Medical Center is the headquarters for Aurora Health Care's Clinical Research Department. In 2000, Bryan J. Tucker, PhD, joined Aurora as Director of Clinical Research. "Clinical research enables us to safely administer new, cutting-edge medications, treatments and therapies to a portion of our patients years before they get approved for the general public," says Dr. Tucker.

There are over 70 research studies currently underway at St. Luke's, including:

**Oncology**
- **Vaccines** – Exploring a new treatment modality that would be less toxic to a patient's body than chemotherapy or radiation.
- **Breast cancer detection via saliva** – In combination with mammography, a saliva test is being researched as another diagnostic tool. Once the saliva test has been refined, it could have implications in detecting other types of cancer.

**Cardiology**
- **Diagnostic test for heart attacks** – Research is under way to more rapidly diagnose a heart attack when a patient enters the Emergency Room with chest pains. A more rapid diagnosis means faster treatment for a heart attack, and therefore improved outcome for the patient.

**Gastrointestinal Medicine**
- Medications are being tested now to reduce gastrointestinal bleeding.

**Cortisol Studies**
- St. Luke's holds a patent for the investigation of cortisol levels as a means to reduce fatigue in night shift workers or others who have altered sleep cycles.

For a complete listing of research protocols currently underway at St. Luke's, or for more information on how you might contribute to important medical research, please call 414-649-5397.

Vince Lombardi Charitable Funds is proud to sponsor the 32nd annual **Vince Lombardi Golf Classic** and the 15th annual **Lombardi Walk for Cancer** on Saturday, June 8, 2002. All funds raised from the two events go to support the Vince Lombardi Cancer Clinic, Cancer Counseling Center and Gene Therapy Research Laboratory at St. Luke’s Medical Center.

The Classic is held at North Hills Country Club in Menomonee Falls and is host to many celebrities in the sports and entertainment fields. The Classic begins at 7 a.m. and admission is free. Bring your family and friends and enjoy the day.

The Lombardi Walk for Cancer is held at Menomonee Falls High School and begins at 10 a.m. Join the pledge program and be eligible for prizes. **Let’s Walk together – Win together.**

There are many opportunities to volunteer or participate in these events. For more information, contact Shelly Rosenstock at 414-649-7015.
Aldo Madrigrano’s involvement with the pioneering cancer programs at St. Luke’s began almost 20 years ago, when he and a group of friends from North Hills Country Club in Menomonee Falls were invited by Vince Lombardi Golf Classic founders Joseph Sileno and Ted Levenhagen to help organize the event in the early 1980s. Since then, he has been a tireless organizer and supporter of the now nationally-recognized Golf Classic, as well as many other fundraising events benefiting St. Luke’s cancer care.

But after years of dedicated service, the tables were turned in 1999 when the hospital came to the aid of Aldo in a very personal way. In the spring of that year, Aldo’s girlfriend, Dawn Slawnikowski, was diagnosed with breast cancer and treated successfully at St. Luke’s. “Dawn has been in remission for more than three years now and I credit the nurses and doctors at St. Luke’s Medical Center who took care of her. I’ve seen personally what St. Luke’s can do,” he says.

As president of Vince Lombardi Charitable Funds, Inc., Aldo’s long-term involvement with St. Luke’s inspires him to seek new challenges, including chairmanship of both the 2001 and 2002 Vince Lombardi Golf Classic. Proceeds from the annual Golf Classic, the Award of Excellence Black Tie Dinner and the Vince Lombardi Walk for Cancer comprise the greatest portion of the Charitable Funds’ contribution to cancer programs at St. Luke’s. Aldo is working hard to attract national sponsors and a younger demographic to the events, while adding new elements to keep current supporters coming back.

Over the years, Aldo has enlisted the help of his family and friends. His brother Tom and his sister, Gina Madrigrano-Friebus, volunteer at the Award of Excellence Dinner. His staff at W.O.W. Distributing Company, a regional beer distributor that he owns in Sussex, participates in the Walk for Cancer and the Golf Classic as athletes and volunteers. “My family, friends and employees have always been 100 percent behind St. Luke’s,” he says.

Aldo also supports St. Luke’s cancer programs personally as a Lifetime Philanthropist and Philanthropists Club member. His company has adopted St. Luke’s Medical Center as a designated charity, donating cash and product throughout the year. Aldo marks special events in employees’ lives with gifts and memorials to the Vince Lombardi Cancer Clinic.

Aldo enjoys flying and golfing during his leisure time, and recently made The Business Journal’s “40 Under 40” list of movers and shakers in the Milwaukee Metro area. Although his pro football loyalties are divided between the Green Bay Packers and the Pittsburgh Steelers, Aldo says he is proud of St. Luke’s tie to Vince Lombardi and the hospital’s relationship with present-day Packers. “Coach Lombardi was a powerful and dedicated force behind everything he did just as the Vince Lombardi Cancer Clinic is a powerful force in the fight against cancer. I really revel in what he did in his life,” Aldo says.

But Aldo is already becoming a force in his own right. “Looking for a cure is what St. Luke’s Medical Center’s cancer services are all about and that’s what sustains my interest. I see how St. Luke’s is touching lives every day and I want to help,” he says.
One of the questions we often hear is “How can I direct my gift?” For example, “Is there a fund to which I can direct a gift for nursing education?” Yes, there is a Nursing Fund. It was established a number of years ago specifically for that purpose. In addition, there are many funds available to meet the growing needs of the hospital. Listed below is just a partial listing of funds to which you can designate your support. We will continue to feature hospital funds that benefit the patients, programs and services at St. Luke’s Medical Center in upcoming issues of The Spirit.

**CANCER COUNSELING CENTER**
Featured in this issue of The Spirit, the services provided at the center focus on the emotional aspects of cancer and offers specialized care regarding the specific symptoms of distress caused by cancer. Charitable support is used, for example, to add to the center’s library to purchase relaxation tapes, books to help patients and their families cope and other educational materials and programming.

**CLARKE SQUARE FAMILY HEALTH CENTER**
Their mission is to provide quality, safe, accessible and affordable health care to whomever needs their services, targeting primarily the uninsured and underinsured community. They are facing severe capacity space limitations because their patient volumes have almost doubled in one year.

**GAMMA KNIFE CENTER**
Patients whose conditions were previously inoperable because of lesion location or other factors now have a treatment option. The Gamma Knife, a form of radiosurgery, delivers a high dose of ionizing radiation to targeted areas deep within the brain. The “blades” used by the surgeons are as many as 201 beams of gamma radiation that are programmed to intersect on a precise target.

**REACH OUT AND READ PROGRAM**
The goals of St. Luke’s Family Practice Center include increasing parent/child bonding, increasing their compliance with well child checks and immunizations through the incentive of a free book offered to children at each visit and increasing awareness of and referrals to adult literacy resources.

**ROBOTIC TECHNOLOGY FUND**
St. Luke’s remains on the cutting edge of technological advancements and continues to pave the road to the future with computer-assisted surgery. Robotic surgery will allow for continued progress toward faster recovery, less pain and safer surgery.

Funds featured in the Fall/Winter 2001 issue of The Spirit include:
- Cardiac Care Fund
- Endocrine-Diabetes Fund
- Immunotherapy Program
- Madison Street Outreach Clinic
- Nursing Fund
- Vince Lombardi Cancer Clinic

For more information on designating a gift to your area of interest, please call Laverne Schmidt at 414-649-7123.
The editors of AARP Modern Maturity magazine have named St. Luke’s Medical Center as one of the Top 50 Hospitals in the Nation — the only hospital in Wisconsin to appear on the list. Other hospitals named include Cedars-Sinai Medical Center in Los Angeles, NYU Medical Center in New York and Georgetown University Hospital in Washington D.C.

The Top 50 list was compiled by Consumers' Checkbook, a nonprofit organization that compares acute care facilities. The hospital rankings are based on four attributes: physician ratings, mortality rates, accreditation scores and training.

“Offering patients quality care and the very latest technology is important to us,” says St. Luke’s Administrator Mark Wiener. “It’s an honor to have the hard work, dedication and professionalism of our physicians and staff be recognized in this way.”

“Not all hospitals are created equal,” says Modern Maturity Editorial Director Hugh Delehanty. “When you need a hospital, it’s good to know which ones set the standard in innovation and safety.”

A complete listing of winners can be found in the May/June issue of AARP Modern Maturity magazine.
STAFF PROFILE

MEET OUR NEWEST TEAM MEMBER: JUDY ZAGER

She may be new to the Office of Philanthropy, but Judy Zager is no rookie when it comes to health care or St. Luke’s. Judy joined the staff of St. Luke’s Medical Center in 1990 and the Office of Philanthropy in September 2001, as Assistant to Vice President, Brad Holmes. Judy is adjusting to the department’s fast pace and likes the many administrative functions in which she is involved. “It’s very enjoyable. I’m just getting to know our donors; they are very nice and caring,” she says.

Judy has worked in the medical field since 1976, having started as a licensed practical nurse. Her previous experiences at St. Luke’s have included roles in Pulmonary Medicine, Scheduling and the Sleep Disorders Clinic. “I enjoy working at St. Luke’s; it is a nice place to work and the opportunities are endless,” she says.

Judy leads a busy life outside the Office of Philanthropy. She and her husband, John, will celebrate 22 years of marriage in June. They have two daughters, Lindsay, age 14, and Jennifer, age 12. The girls’ teen activities, including outdoor sports, music and friends, keep Judy on the go. Additionally, Judy owns her own medical transcription business, and works at it part-time in the evening and on weekends. The family enjoys well-deserved breaks relaxing at their cabin in Northern Wisconsin or spending time with friends.

Judy appreciates the role of philanthropy in advancing the quality of care at St. Luke’s Medical Center, and her experience in patient care and administrative capacities gives her a unique perspective on the role of philanthropy. “Philanthropy impacts so many different areas of the hospital and so many programs. Our donors are very important to the research conducted at St. Luke’s,” she says.

A gift to The Tribute Fund is a thoughtful way to express your feelings and benefit St. Luke’s Medical Center at the same time. Your gift can help heal a heart or bring a smile on a special occasion. Through your giving, an anniversary, holiday, recovery from an illness and other significant occasion in your life or the life of someone special to you can become a symbol of your caring.

When you give a gift to The Tribute Fund, you will receive an acknowledgement. Notification will also be promptly sent to the person or family you designate. No mention of the amount of the gift will be made. All Tribute gifts are recognized with your name and that of the person being honored or memorialized in The Spirit of St. Luke’s. Additional distinctive opportunities for recognition are provided at higher levels of giving.

To request a Tribute Fund booklet, please call the Office of Philanthropy at (414) 328-6424.
Although June B. Hansen’s husband, Theodore (Ted), was treated at several hospitals during his lifetime, she is most grateful for the kind and compassionate care he received at St. Luke’s Medical Center during the last months of his life. In Ted’s memory, she has supported immunotherapy research for more than a decade through annual gifts to St. Luke’s.

The couple was traveling from Australia to Hawaii in the summer of 1991 when Ted, then 80 years old, fell ill and learned that he was in the advanced stages of pancreatic cancer. After several weeks in a Hawaiian hospital, he grew strong enough to return home to Milwaukee. Family friend John Hanson, MD, an oncologist with Medical Consultants, Ltd., arranged for Ted’s treatment at St. Luke’s Medical Center.

“I WANT OTHER PEOPLE TO KNOW ... WHAT A COMFORTABLE FEELING WE ALL HAD KNOWING THEODORE WAS IN SUCH GOOD HANDS.”

– JUNE B. HANSEN

Because Ted’s cancer had progressed so far, treatment lasted only three months. After two months of outpatient chemotherapy at the Vince Lombardi Cancer Clinic, Ted was admitted to St. Luke’s. He died on August 28, 1991.

“We had kind, talented, wonderful people taking care of him in a very comfortable setting. The entire family gathered around the clock. We told stories and laughed together. It was a wonderful time,” she says. June, now 89, still treasures the memories of her husband’s last days at St. Luke’s spent with their four children: Theodore Jr., Kathleen, William and Judith, and grandchildren Peter, Adam, Elizabeth and William Gus.

After retiring in the 1980s from a busy career running Hansen Seaway Service, which he founded, and Hansen Storage, a third-generation family business, Ted enjoyed many active years sailing and playing golf with his wife. “He was always a fighter,” June says.

During the final three weeks her husband spent at St. Luke’s Medical Center, June says the staff treated her like family. “I want other people to know how cheerful the atmosphere is, how nice the doctors and nurses are and what a comfortable feeling we all had knowing Ted was in such good hands,” she says.

Through these experiences, June became close friends with Dr. Hanson, whom she had known since he attended elementary school with her children. During her husband’s hospital stay, June traced previously unrealized friendships between the two families back to the 1800s.

Today, June directs her philanthropy gifts to Dr. Hanson’s immunotherapy research to develop strategies to prevent and treat cancer. Immunotherapy is a technique to stimulate the immune system to destroy cancer. When left unchecked, an inactive immune system allows a cancer tumor to grow.

“That’s what it’s all about — helping people. Other people need to know that St. Luke’s is the place to go,” June says.
WELCOME NEW DONORS
GIFTS RECEIVED OCTOBER 1, 2001 THROUGH DECEMBER 31, 2001
GIFTS RECEIVED AFTER DECEMBER 31, 2001 WILL BE RECOGNIZED IN THE NEXT ISSUE OF THE SPIRIT.

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Mr. Conrad Miller

Biological therapy (also called immunotherapy) is a form of cancer treatment that uses the body's natural ability (immune system) to fight infection and disease or to protect the body from some of the side effects of treatment.

There is a vast array of treatment options available to cancer patients today. St. Luke's Regional Cancer Center in Milwaukee houses the latest advancements and expertise in the detection and treatment of all forms of cancer.
In patients with cancer, immune system cells are inactive (asleep), therefore the tumor grows. Immunotherapy is a way to activate (awaken) these cells to destroy cancer.

One type of immunotherapy uses cells of the immune system, which are taken out of the patient's blood and manipulated in the laboratory. Once the cells have obtained cancer-killing ability, they are transfused back into the patient to destroy their cancer.

Immunotherapy has been effective against two types of cancer that were previously unresponsive to other treatments — melanoma (skin cancer) and renal cell (kidney) cancer. Today, immunotherapy is being used together with surgery, radiation and chemotherapy to treat many types of cancer.
The commitment from corporations and foundations is integral to the excellent programs, equipment and services we provide every day to our patients at St. Luke's Medical Center. Through their contributions, we can successfully meet and anticipate the health care needs of the nearly 33,000 inpatients and 448,000 outpatients who come to St. Luke's each year.

Greater Milwaukee Foundation
Cardiovascular Research Fund
Established by Don and
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Mary Elkins, MA, examines mammogram images at St. Luke's Comprehensive Breast Center. Women age 50 and over are encouraged to get a mammogram every year.

The Center also offers a special technique for diagnosing suspicious areas seen on a mammogram called Stereotactic Core Biopsy (SCB). Only one quarter of all hospitals in the country have the trained personnel and advanced equipment to perform this procedure. With SCB, the suspicious area is visualized using a special computerized X-ray, which is able to locate the area in 3-D. Once the location of the lesion is determined, the radiologist inserts a needle into the breast and removes tissue samples. The incision is about the size of the head of a match. The entire procedure usually takes less than an hour and the woman can return to her normal routine that same day. In traditional surgical biopsies, the tissue samples removed are usually large and the patient may require general anesthesia.

Kathy Griebenou, HUC (standing), and Jenny Currie of St. Luke's Comprehensive Breast Center. The Center is focused on care for the whole woman – from physical care for potential breast problems to their effect on a woman's emotional health and its impact on her family.

The Center has a strong focus on education throughout the woman's care. From training in breast self-exams to pre-op teaching and post-surgical care when necessary, the center is focused on creating a supportive environment for women.
Congratulations and thanks are extended to those whose names follow for sharing their resources. We salute them for their compassion and sense of community.

**Hanover Society**

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When writing or updating your will, please remember St. Luke’s Medical Center.
Medical physicist Joseph Allen, MS, reviews brain images on a monitor in the Gamma Knife Center. St. Luke’s Medical Center performed over 200 Gamma Knife procedures.

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1F. IS RECEIVEI) FOR OCTOBER 1, 2001 THROUGH DECEMBER 31, 2001 29
The Gamma Knife at St. Luke's Medical Center reached another milestone this winter when our 200th patient was treated with this revolutionary form of stereotactic radiosurgery. Our multidisciplinary team has now treated approximately 140 patients with primary or metastatic lesions of the brain and more than 60 patients with benign conditions.
The Tree of Light Reading and Resource Room at the Vince Lombardi Cancer Clinic includes books, videos, a computer with internet access and a wide range of cancer-related reference materials. It is open to the public daily.

The home-like chemotherapy stations at the Vince Lombardi Cancer Clinic include comfortable recliners, privacy curtains, and individual televisions for convenience. Family members are welcome to join loved ones during these treatments.

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GIFTS RECEIVED FROM OCTOBER 1, 2001 THROUGH DECEMBER 31, 2001
WHY I GIVE:
HELPING PEOPLE WITH CANCER

Although Marija Bjegovich-Weidman's roles have shifted and evolved, she has devoted over 20 years to supporting successful cancer programs at St. Luke’s Medical Center and Aurora Health Care.

Marija joined St. Luke's as a staff nurse in oncology in September 1981. Since then, she has held positions as coordinator, supervisor, manager, director and now business development representative for cancer services. "I hope for the day that a cure for cancer is found and no longer will there be suffering for those who develop this disease," she says.

Marija’s current role supports the development of new ideas and programs and helps in the recruitment of cancer experts for Aurora. She also partners with key community organizations to educate the public about cancer prevention and early detection. One such organization is the Lombardi Golf Classic Committee – supporting their efforts with the creation of the Vince Lombardi Hotline, Cancer Counseling Center and Lombardi Resource Libraries.

Marija’s commitment to Cancer Services extends through her financial support via the St. Luke’s Employee Philanthropy Club. “It is important for me to try to make a difference in big and small ways. I commit myself, professionally and personally, to this goal of improving cancer care,” Marija says.

Her financial commitment helps support research and services that are not reimbursed by insurance or other means. “The physicians and researchers at St. Luke’s and Aurora are doing great things in making strides against many different types of cancer. I want to see cancer cured in my lifetime!”

"I’VE LEARNED YOU CAN
ACOMPLISH MORE
WORKING TOGETHER THAN
YOU CAN BY YOURSELF."

– MARIJA BJEKOVICE-WEIDMAN

Over the years, Marija has been on the receiving end of what she calls “gifts of legacy” in her relationships with cancer patients and donors. “They have taught me inner strength and confidence to overcome obstacles. And I’ve learned that you can accomplish more working together than you can by yourself,” she says.

Marija and her husband, Bob, enjoy travel, camping, skiing and spending time with their 3-year-old son. Bob joins Marija as a frequent volunteer at St. Luke’s fundraising events.
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Go Nuts!

There is great news for nut lovers! Studies indicate that people who eat five ounces of nuts each week have at least a 35% reduction in their risk of developing heart disease, compared to people who consume less than one ounce per month or do not eat any nuts.

Low fat diets supplemented with peanuts show a greater reduction in lipid levels than low fat diets that eliminate nuts. Interestingly enough, adding 200 calories and 14 grams of fat from a one ounce serving (20 peanuts) does not promote weight gain. In fact, many researchers feel that nut consumption satisfies hunger, which in turn enhances weight maintenance.

Cooking with Spirit:

**Indonesian Meatballs with Peanut Sauce**

- 1 lb. ground turkey breast
- 1/4 cup finely chopped green onions
- 2 Tbsp. instant potato flakes
- 2 tsp. ground cumin
- 1/4 tsp. ground allspice
- 1/4 tsp. ground coriander
- 1/6 tsp. ground cumin
- 1/4 tsp. pepper
- 1/4 cup plain, nonfat yogurt
- 1 egg white
- 3 Tbsp. water
- 1 Tbsp. creamy peanut butter
- 1/2 cup plain nonfat yogurt
- 1 1/2 tsp. low sodium soy sauce

Combine first nine ingredients in a bowl and stir well. Shape mixture into 16 meatballs about 1 1/2 inch in size. Arrange meatballs in four rows on a microwave safe plastic roasting rack. Microwave for 4 minutes. Rearrange meatballs placing the two center rows of meatballs around the outside and the two outer rows in the center. Microwave on HIGH 3 minutes or until done; set aside and keep warm.

Combine water and peanut butter in a 2-cup glass measure and stir well with a wire whisk. Microwave on HIGH for 1 minute. Add yogurt and soy sauce. Stir with a wire whisk. Microwave on HIGH for 15 to 20 seconds or until warm. Do not boil. Serve over meatballs.

Nutrient information per serving: 172 calories, 4.5 grams fat, 193 mg sodium, 50 mg cholesterol. Makes 4 servings of 4 meatballs and 3/4 cup sauce.

— Contributed by Robin Peterson, Dietician, St. Luke’s Cardiopulmonary Rehabilitation Department
THE TRIBUTE FUND

GIFTS RECEIVED OCTOBER 1, 2001 THROUGH DECEMBER 31, 2001

Designating St. Luke's as the recipient of memorial gifts is a very special way to remember a loved one or to express your appreciation for a loved one's care. To let friends and relatives know of your wishes, we suggest the following wording:

The family would appreciate memorials to St. Luke's Medical Center, c/o The Tribute Fund, P.O. Box 14123, Milwaukee, WI 53214.

If you would like to receive a St. Luke's Tribute Fund booklet, a convenient and meaningful way to honor or remember family members and friends, please call The Tribute Fund office at 414-328-6424.

In Honor of

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Mr. and Mrs. Roland B. Sieg

50TH WEDDING ANNIVERSARY
Mr. and Mrs. Peter J. Serda

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When writing or updating your will, please remember St. Luke's Medical Center.
St. Luke's conducts many clinical research studies to develop new and better medications, treatments and therapies to advance patient care here, and around the world.
Clinical nurse specialist Sara Moldenhauer, RN, (standing) and oncology nurse Julie Swincicki, RN, work on the 8th floor oncology unit at St. Luke's.
Time to Spare?

A few times a year, volunteers are needed to help with mailings from the philanthropy office. If you have a few hours to spare and would like to join a congenial group of hospital friends known as the “Stuffer Duffers,” please call Shirley in the Office of Philanthropy at 414-649-7194.
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The Immunotherapy Program, founded in Milwaukee, Wisconsin in 1987, is currently one of only a few programs in the United States offering cellular therapy for patients with cancer. The program’s research and patient treatment components operate side-by-side, so technology is transferred from the laboratory to the bedside in an efficient manner. In the last 15 years, the experienced staff has treated approximately 500 patients with cancer. The program has dedicated nurse coordinators for personal patient care. All clinical trials in the program are approved by an internal Investigational Review Board and the Food and Drug Administration. All cellular therapy is produced in the William Schuett Cell Laboratory, a state-of-the-art cell-production facility which is accredited by the American Association of Blood Banks.
The beautiful Faith, Hope, Love quilt hangs in the Vince Lombardi Cancer Clinic at St. Luke's. Each square was sewn by a bone marrow transplant patient at the hospital.
Just as a precious gem has many sparkling facets ...
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We are proud to recognize your support and invite your annual participation at the following levels:

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At whatever level you decide to give, it's important for you to choose the giving method that best serves your financial situation and meets your charitable goals.

We would be pleased to meet with you and your financial advisor to discuss your giving plans in detail. For further information, please call the Office of Philanthropy at 414-649-7122.
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Because of their generous commitment, the excellence of health care available at St. Luke’s Medical Center will be continued and enhanced for present and future generations.

If you have provided for St. Luke’s Medical Center in your estate plans, but are not among those listed, please let us know. We would be pleased to welcome you as a member of the Lifetime Philanthropists.

For more information on becoming a member of the Lifetime Philanthropists, call or write St. Luke’s Medical Center/Office of Philanthropy, P.O. Box 2901, Milwaukee, WI 53201-2901. Phone: 414-649-7194.

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Dr. James R. Ward
Dr. John E. and Res. Holly W. Whitcomb
Mrs. Kathleen Wickert
Mr. and Mrs. Don Wood
Mr. and Mrs. Donald A. Zeiller

IN MEMORY

In memory of St. Luke’s Lifetime Philanthropists and benefactors whose bequests are living on to advance the quality of health care at St. Luke’s Medical Center

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Erica H. Baderman
Leonard L. Bartell
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Ruth F. Buchholz
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Vakantina Fina
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Edward R. Wehr
Sophia P. Weisfeldt
Arlene White
Eleanora A. Wilinski
Stanley T. and Irene Wos

Recognized below are those Lifetime Philanthropists who made additional legacy gifts in 2001 or who became Members in 2001.

Anonymous
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Mr. George L. French
Mr. and Mrs. Fred H. Hack
Mrs. Carole F. Houstan
Mrs. Aleta Lane
Mr. Aldo Madrigano
Mrs. Mary M. Nault
Mr. Larry G. Newman
Mr. Edward H. Stech
Ken and Dorothy Stoll
Mrs. Beverley Tomazin

Italic print indicates St. Luke’s Philanthropists Club members. + Deceased
Thank you for your generosity throughout the year.

St. Luke's Office of Philanthropy

Please use my gift as an investment in medical progress. I want to help others live a better life.

☐ $500* ☐ $250* ☐ $100* ☐ $50 ☐ $25 ☐ Other $ __________

Gift in memory of __________________________________________

Gift in honor of ___________________________________________

Occasion __________________________________________________

Please notify the following of my gift:

Name ______________________________________________________

Address ____________________________________________________

City, State, Zip _____________________________________________

Please make your gift payable to St. Luke's Medical Center and return this form with your gift.

St. Luke's Philanthropists Club – Suggested Gift Plan

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<thead>
<tr>
<th>Giving Level</th>
<th>Annual Contribution</th>
<th>Quarterly Contribution</th>
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<td>Hanover Society</td>
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*With your gift of $100 or more, you are invited to become a member of St. Luke's Philanthropists Club. You will receive an invitation to the Annual Dessert Gala and your name will be recognized on a unique display in St. Luke's distinguished recognition area. Additional benefits are provided with increased levels of giving.

The great end of life is not knowledge but action.

– Thomas H. Huxley
Give a Gift and Receive Income for Life

You can depend on your St. Luke’s Charitable Gift Annuity to provide payments that are:

- **Fixed**
  Whether the markets rise or fall, your payments will always be the same.

- **Regular**
  Whether by direct deposit or check, your payments will be delivered on time.

- **Enduring**
  Whether you live to be 100 or 125, your payments will continue for life.

### One-Life Gift Annuity Rates*

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<th>Age</th>
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*Two-life rates are slightly lower due to added life expectancy.


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St. Luke’s Medical Center®
Aurora Health Care

Office of Philanthropy
P.O. Box 2901
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