

HOW YOUR GIFT HELPS

2018-2022 Donor Financial Report

When you give to Sauk Prairie Healthcare Foundation 100% of your gift stays local to help your healthcare system, your neighbors, and your community. Sauk Prairie Healthcare Foundation's mission is to foster charitable giving that supports the vision of Sauk Prairie Healthcare, provide sound stewardship of contributions and advance the health of our communities. When you give to Sauk Prairie Healthcare Foundation, you support not only your local healthcare system, but your community as well. Your donor gifts made GREAT things happen not only in our facilities, but in our local communities.

HERE'S WHAT WE SUPPORTED.

Community Health

- Ice Age Trail**
- Reach Out and Read
- Great Sauk State Trail
- Healthy Life Grants
- Lodi Cross Country
- Walk in Remembrance
- Strassenfest
- SPCA
- Culver Park

Community Programs

- Mental Health**
- Fitness
- Dangerous Decibels
- Medical Care Grant
- Medication Take Back
- Mobile Meals
- Dental Fund

Sauk Prairie Healthcare Programs

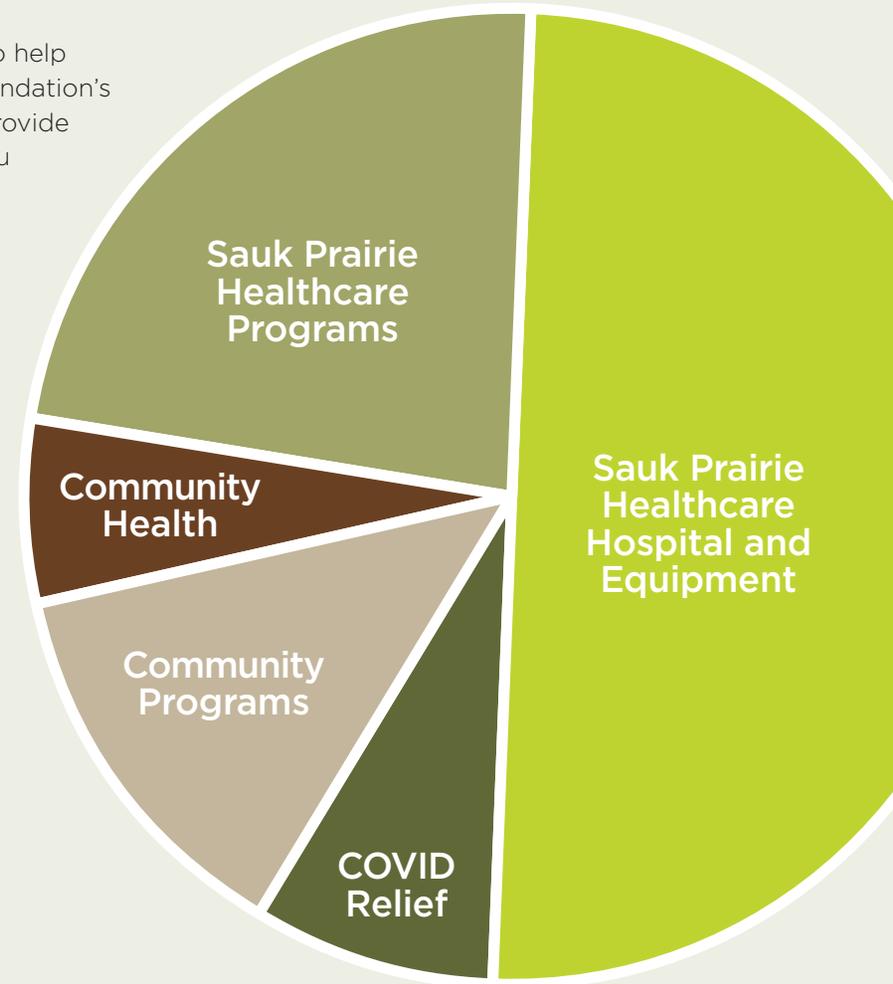
- Heart Zones**
- HERO
- Scholarships
- Women's Health
- HERO Support Fund

Hospital and Equipment Needs

- Lucas Chest Compression**
- Wellbe Navigation
- New Hospital
- Sun Sails
- 3D Mammography
- Off-cycle Equipment Requests

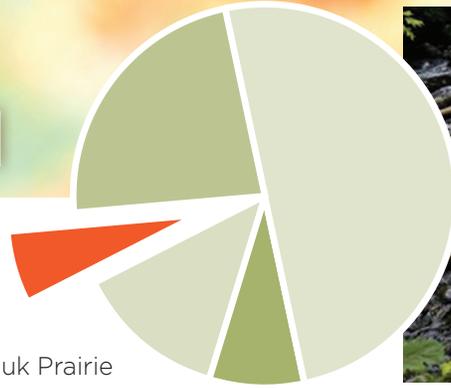
COVID Relief

- UV Disinfecting Lights**
- Donation
- Employee Support



**You can read a feature story on the starred programs on the following pages.

COMMUNITY HEALTH



Getting Kids Active: Ice Age Trail

In 2008, Luke Kloberdanz and Chris McNeill, teachers at Lodi Elementary School, were discussing a list of students “in need of remediation,” meaning that Luke and Chris would have to find a way to re-teach material the students had failed to learn. Luke said, “We quickly realized the kids on this list were the last ones that needed to be placed at a desk to learn using the same methodology as was practiced during the regular school year.”

“We saw an opportunity to improve students’ learning, emotional well-being and overall health by developing a format where we would take them on daily field trips for five days at a time, hiking for up to eight miles with high school mentors.”

The proximity of the Ice Age Trail made it an obvious destination. The trail is a 1,000 miles long that weaves throughout Wisconsin, managed in part by the Ice Age Trail Alliance (IATA). Luke was familiar with the Trail, having been a volunteer since 2001 and having thruhiked the Trail in 2003.

Now they had a plan and a program, the only problem was how to transport 30 students and two teachers to the trail. Luke remembered

seeing a flyer from Sauk Prairie Healthcare Foundation offering community Healthy Life Grants, and thought this might cover the transportation costs. He filled out the paperwork and requested the funds. It was the first time he had applied for a grant.

Jim Slattery, M.D., was on the Sauk Prairie Healthcare Foundation committee that reviewed Luke’s application. He recalls, “After noting that there was some irony in funding transportation for hikers, we quickly recognized the benefits of Luke’s program. It is a perfect fit for Healthy Life Grants, reaching so many kids, teaching them simple but life altering skills with long term health benefits.” Our philosophy is to not only fund projects in our hospital and clinics, but to support healthy living in the communities we serve.

Luke received the grant, and the program he and Chris designed evolved into Saunters, now a successful, integral youth and education program of IATA.

The Saunters program has received funds from the Foundation every year since 2008.

You can watch a video of Saunters and other Foundation projects at SaukPrairieHealthcare.com/Foundation



COMMUNITY PROGRAMS

Training that makes an impact: Mental Health First Aid

Some people are born to help others. Take Sarah Smith. For many years she provided homecare for developmentally disabled adults and hospice patients. Sarah has MS and had to stop working six years ago, but that didn't decrease her desire to help others. She found an opportunity after taking the Mental Health First Aid training.

Sarah works out and participates in physical therapy twice a week at Wellspring, Sauk Prairie Healthcare's wellness and rehabilitation center in Prairie du Sac. While there, she saw a flyer for the course, sponsored by Sauk Prairie Healthcare Foundation.

Sarah signed up and participated in the training. Little did she know that her new skills would be called upon within the week. Because she no longer drives, Sarah uses a ride service to take her to and from Wellspring. She often sees the same drivers and gets to know them a little bit.

She was in the car just days after her training and noticed that her driver seemed down. Because she had talked with him before, she knew some details about his life and asked questions.

He opened up to her and confirmed that he was depressed and felt that life was not worth living.

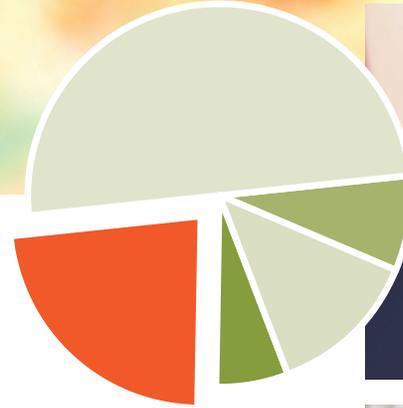
Sarah said, "My training gave me the courage to ask him 'Are you planning on taking your own life?' and he responded 'yes.'"

The training also gave Sarah the tools to know what to do when someone confirms that they are considering suicide. She said, "I told him I was not getting out of his car until we got some help. I called the suicide prevention hotline and he talked with them."

Her driver got the help he needed. Sarah was so appreciative of the training she had received.

Sarah recently saw the driver again and was happy to see that he was doing much better. He told Sarah that after the call to the hotline, he was admitted to a hospital for several days. He is currently in counseling.

Sarah said, "I am ever so grateful for the training I received. It empowered me to take this step and ask him the hard questions. If I had not participated in the course, I would not have had the tools or courage I needed to intervene."



SAUK PRAIRIE HEALTHCARE PROGRAMS



Helping kids understand their hearts: Heart Zones

When you give to Sauk Prairie Healthcare Foundation, you support local healthcare and your community. Your gift funds community wellness projects like Heart Zones, fitness technology software that helps kids understand their heart rate. Heart Zones uses wearable heart rate monitors, an electronic display and software to measure and record physical activity. Heart Zones engages, assesses and motivates students to pursue safe and healthy active lifestyles by measuring and displaying their heart rate.

During their physical education class, students wear sensors that measure five heart zones ranging from resting to vigorous activity levels. The goal is for them to remain in the moderate to more strenuous zones for 20 of the 45-minute class. Data from their monitors is collected and displayed so students can quickly see if they are exercising in the preferred zones and for how long.

Funds provided by the Foundation have purchased monitors to cover students in the Sauk Prairie, Lodi, River Valley and Wisconsin Heights School districts. Grand Avenue Elementary School in Prairie du Sac has used Heart Zones for three years with some inspiring results. Eric Scheunemann and

Jacob Breunig, physical education teachers at the school, have become national leaders in the use of Heart Zones, helping other educators successfully use the technology.

They initially purchased six heart rate monitors and rotated them between students. Eric and Jacob were immediately impressed by how the instant feedback impacted the students. Eric said, “The hospital found out what we were doing and we were able to partner with them to purchase the additional heart rate monitors we needed to cover all of our students.”

Jacob said their students become experts at knowing their heart rate, even without wearing the monitor. He praised the technology, saying, “As a teacher it’s really helped us get to know our students better and maximize our potential to help the kids get the most out of our class every day.”

He said Heart Zones helps each student understand their body and their heart, as well as why it’s so important to keep it healthy.

“We only have these kids for a few years,” Jacob said. “When they’re exercising on their own, they will understand which zone they’re in and how long they need to be working in that zone so they can live the healthiest lives that they can.”



HOSPITAL AND EQUIPMENT NEEDS



Hands-free CPR: LUCAS Machine

Memorials to Sauk Prairie Healthcare can have a profound influence on the care we provide. Our Emergency Department now has a machine that performs sustained touch-free CPR, thanks to a memorial for Dick Marino who passed away at age 67 in 2019, due to a lifelong cardiac problem.

Dick's widow, Jan, shared her husband's enthusiasm for Sauk Prairie Healthcare, so the Marino family requested that any memorials for Dick be directed to the Foundation.

Jan had been meeting with Sauk Prairie Healthcare Foundation Executive Director Todd Wuerger about the best use for the memorial. "We were looking at how to use these funds consistent with what Dick would have wanted. Our 45-year marriage was a partnership, and we were both very committed to helping the hospital provide excellent healthcare to the local community."

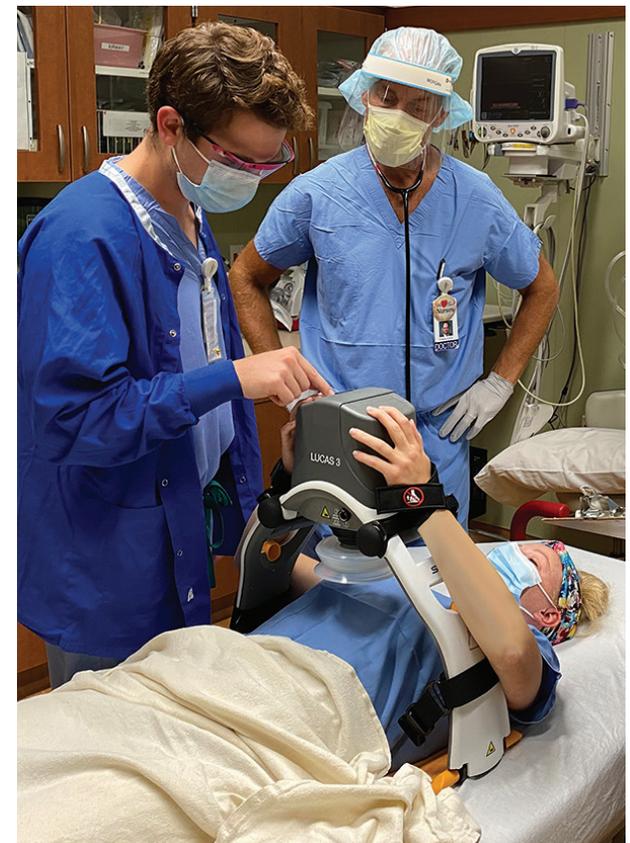
One item that came to light was a LUCAS machine. Janelle Hupp, MD, a family medicine physician at the Wisconsin Heights Clinic, said, "The device is used to provide chest compressions to a patient in cardiac arrest. In these critical situations, the chest compression piece is of primary importance as the compressions are the only thing circulating

blood to vital organs when a person's heart is failing. The quality of chest compressions is also extremely important. For optimal circulation, the chest compressions need to be done at a certain pace and depth. This machine ensures that these measures are met and can increase the chance that a patient will recover back to baseline status.

When humans are providing chest compressions, even with the best of intentions, fatigue can be a factor impacting the speed and depth of compressions. I would whole-heartedly support funding this request."

"Dick had lived with cardiac issues his whole life and traveled frequently to UW Hospital in Madison for specialized care," Jan said. "The ER Team trains on LUCAS machine, which allows for hands-free CPR. LUCAS machine will help people locally, and Dick would be thrilled to know that we were investing in this technology. He was such a brave and courageous person with all of his health issues, for him to know that it could save a life, would make him extremely happy. I was so overwhelmed with the generous memorials to Dick, to use this in a way that is so impactful and timely, I know Dick would be pleased.

Dick's legacy lives on.



SPH COVID RELIEF

Fast, portable, effective disinfection: MoonBeam UV Lights

The pandemic came quickly and Sauk Prairie Healthcare needed to act quickly to be ready to take care of patients. As Sauk Prairie Healthcare prepared to meet the demand of a patient surge, we asked the community to support us with additional financial resources in order to meet the need, so that we could purchase:

- Disinfectant equipment & solutions
- Protective gear for workers including respiratory face protection for the mouth, nose, and eyes
- Medical equipment and supplies such as IV pumps, monitors, and filters

Early estimates of equipment and supply needs were close to \$170,000.

The community completely stepped up and helped us raise more than \$220,000. With those resources, the hospital purchased a number of items including several Powered Air-Purifying Respirators, an additional ventilator, and other supplies and technology. These purchases were used to provide patients high-quality care and protect hospital personnel as the pandemic continues and after it abated.

One local couple heard the plea for help and responded in a significant way.

Eric and Irene Rapp of the Spring Green area contacted Todd Wuerger, Sauk Prairie Healthcare Foundation Executive Director, to see how they could help. Todd said, "I explained that the most urgent need is for two Ultraviolet Disinfectant Systems. This equipment uses UV light to kill pathogens, including the COVID-19 virus, in as little as three minutes.

UVC lights are twice as effective as traditional cleaning and disinfection alone." Sauk Prairie Healthcare had planned to purchase this equipment eventually, but with the crisis, it soon topped the list of priorities.

Eric and Irene quickly decided to help the hospital by purchasing the equipment. Eric said, "In view of the present situation, Irene and I feel it's really important to find ways to support the hospital as it prepares to take care of our community."

The Rapp's have made gifts to the Foundation in the past, but typically like to downplay their generosity. This time, they wanted their gift to be public, to inspire others to donate.

