

FMCH Foundation Board

The FMCH Foundation is governed by a Volunteer Board of Directors comprised of Area Community Members:

- * Dick Canella, President
- * Eric Boeding
- * Jim Gerdes
- * Becky Fullenkamp
- * Marilyn Holmes
- * Lynn Hoyer
- * Dawn Kempker
- * JoAnn Lampe
- * Ann Menke
- * Chuck Osmanski
- * Sharon Scholl-Nabulsi
- * Kevin Rink
- * Dr. Roy Tinguely

Contact the FMCH Foundation

- I have already included the FMCH Foundation in my will/estate plan.
- I would like more information on how to include the FMCH Foundation in my will/estate plan.
- I would like information about the FMCH Foundation.

Please Note: All starred (*) fields are required.

Name:* _____

Address:* _____

City/State/Zip:* _____

Phone:* _____

E-Mail:* _____



lifeline Connections

“Bringing Life to FMCH”

February 2016

Patient Story - Tracy St. Clair

Fort Madison Community Hospital turned the hospital pink in October to raise awareness for Breast Cancer and the importance of women getting screened. And for one FMCH employee, it was the gentle nudge she needed to make her appointment and have her annual mammogram.

“I try to get my mammogram every year, but this year I just kept putting it off. So when all of the breast cancer awareness messages started showing up, I decided it was time to make my appointment,” expressed Tracy St. Clair.

And for Tracy, it was the best decision she could’ve made.

“During my routine mammogram, they found a suspicious spot. It was so small and so difficult to detect we would never have found it this early without a mammogram. I have to believe that my outcome would have been totally different if I had waited.”

Tracy, 49, was diagnosed with a rare form of breast cancer on October 1st. In a show of solidarity, her co-workers purchased a pink FMCH breast cancer awareness t-shirt in support of the FMCH Foundation Mammography Fund.

And the support did not begin and end with her department.

“Every one that cared for me at FMCH was amazing. It was comforting how Kim Tackett (Radiology Tech) took ownership of my care and focused on making me as comfortable as possible during the procedures. She was there during the scary times. Radiologist Dr. Kang was so compassionate and supportive, concerned for all of my needs. Dr. Tinguely who did the surgery and Melissa Lambert (The Women’s Center) were wonderful as well. I was just so glad that I could stay at FMCH for all of my care.”

And what advice would Tracy give to other women?

“You don’t fully understand the importance of getting your annual mammogram until you are faced with this situation. There really should be no excuse not to have this screening. With the wonderful staff at FMCH, how quickly a mammogram can now be done and the FMCH Foundation Mammogram Assistance Fund, all of the barriers have been removed.”

Along with the FMCH employees, the FMCH Foundation Mammogram Assistance Fund has been made possible through the support of community organizations including the Fort Madison Fire Department and Shottenkirk’s. For more information about this fund, contact Carrie Green.



Pictured from Left to Right: Dr. Roy Tinguely, Kim Tackett, Melissa Lambert, Tracy St. Clair, Aron West, Dr. Pil Kang

3D Mammography Coming Soon to FMCH

FMCH strives to invest in the latest technology so that our patients receive the very best care. In keeping with that goal, FMCH will be replacing their current Digital Mammography with groundbreaking 3D Mammography. Proven to find cancers earlier and reduce callbacks, this technology is becoming the new standard of care in leading breast centers. The Mammography Suite is being remodeled and the new 3D Mammogram machine installed. FMCH will begin performing 3D Mammograms on March 3rd.

A Note from Carrie Green, Executive Director:

Happy 2016! It's time to start fresh and focus on the New Year with new beginnings. Many of us choose to make New Year's resolutions that pertain to our health. Whether it is to exercise more, eat fewer sweets, lose weight or join a gym, studies have shown it's easier to accomplish your goals if you write them down.

An everyday example of how a plan can go awry is a simple trip to the grocery store. We all have experienced what happens when we don't make a grocery list...we forget items we need and buy items we don't need.

The same goes for your overall health—physically, mentally, emotionally and financially. Once you have paid your house payment and bought groceries (with a list!) consider what charities are important to you based on your life experiences.

Where do you feel you can make the most impact with your gifts: wealth, wisdom and/or work? Perhaps you don't have the wealth, but you have the time to give. Consider becoming a volunteer at Fort Madison Community Hospital (FMCH). Perhaps, you don't have much time, but your education or "wisdom" can be offered to help. Perhaps you have "wealth" and are considering where you can make the most impact and leave a legacy. "Wealth" does not have to be extensive cash flow. There are many options available that allow you to make a difference and donate to Fort Madison Community Hospital. It is important to speak with your tax advisor about which of these options would make sense for you.

We hope you find success with all of your 2016 resolutions and wish you a very healthy and happy New Year!



Our Mission:

To provide continuing support to Fort Madison Community Hospital that will provide funding for improvements in technology, continue to improve the facilities and quality health care programs and service that improve the health care for our community.

Our Vision:

To support and grow a fund which will enhance quality health care for the community through Fort Madison Community Hospital.

Our Purpose:

The FMCH Foundation is striving towards the goal of raising \$5 million.

A strong Foundation will assist FMCH as we face upcoming economic challenges. FMCH is committed to their vision to be the Southeast Iowa health care provider most admired for its people, partnership with the community and quality of service. To do this we rely on the support of the community and a solid financial base.

Save the Dates
June 17, 2016
 FMCH Foundation Golf Tournament
 at Sheaffer Memorial Golf Course

October 20, 2016
 FMCH Foundation Community Dinner



2015 in Review

The FMCH Foundation had a very productive and exciting year thanks to the support of a committed Board of Directors, dedicated FMCH employees and generous community donors. Highlights of the year included:

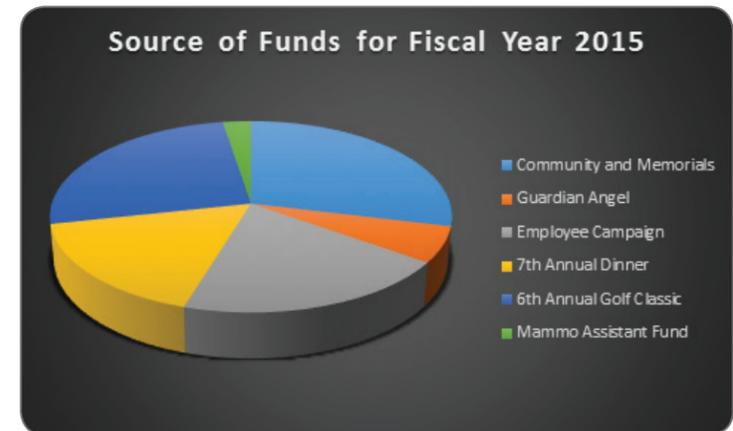
- * **Employee Campaign** - 2015 marked the seventh annual employee campaign. The dedication to FMCH is apparent in the level of giving that our employees demonstrate through their monetary donations and through their passion to provide quality and compassionate care.
- * **Premier Golf Tournament** - 2015 marked the fifth year for the FMCH Foundation Golf Tournament & Dinner at Sheaffer Memorial Golf Course. We had a beautiful day, a full slate of players and a very successful event. Spots are filling up quickly for our sixth annual event to be held on June 17, 2016.
- * **Community Dinner** - Our seventh annual community dinner was another sold out event. Everyone enjoyed an opportunity to network during the wine & cheese reception; partake in a wonderfully prepared dinner; and reflect on our awesome speaker, Rob Quillen.
- * **Mammo Assistance Fund 2015** - The FMCH Employees along with the Fort Madison Fire Department partnered in selling T-Shirt to raise funds for the Mammo Assistance Fund. The Mammo Assistance Fund helps pay for mammograms and follow up tests for patients who do not have insurance or the ability to pay for these important screenings. We continually look for ways to grow the fund as the need for assistance continues to grow.
 - * **In 2015, the FMCH Foundation provided \$2,295 in patient assistance.**



Thank you to these generous donors:

- * \$10,000 donation received from the Iowa Fertilizer Plant
- * \$30,000 received from the Estate of a grateful patient
- * \$5,500 received in a patient memorial dedicated to the FMCH Annex
- * \$7,900 grant received for implementation of ICD-10

We look forward to building on the success of 2015 to grow our Foundation to ensure quality health care remains available to all in the communities we serve. We invite you to be part of our mission.



IRA Charitable Rollover

You may be looking for a way to make a big difference to help further our mission. If you are 70½ or older you may also be interested in a way to lower the income and taxes from your IRA withdrawals. An IRA charitable rollover is a way you can help continue our work while benefiting you this year.

Benefits of an IRA charitable rollover

- * Avoid taxes on transfers of up to \$100,000 from your IRA to our organization
- * Satisfy your required minimum distribution (RMD) for the year
- * Reduce your taxable income, even if you do not itemize deductions
- * Make a gift that is not subject to the 50% deduction limits on charitable gifts
- * Help further the work and mission of FMCH

How an IRA charitable rollover gift works

1. Contact your IRA plan administrator to make a gift from your IRA to us.
2. Your IRA funds will be directly transferred to our organization to help continue our important work.
3. Please note that IRA charitable rollover gifts do not qualify for a charitable deduction.
4. Please contact me if you wish for your gift to be used for a specific purpose.

If you have any questions about an IRA charitable rollover gift, please contact me. I would be happy to assist you and answer any questions you might have.