

# Caring Matters

Fall 2006

## Festival of Trees Honors Success of Terrance D. Capistrant, MD, Parkinson's Center at Bethesda Hospital



*"Our vision for the Capistrant Parkinson's Center is to help patients and their families lead lives in which the person controls the disease and not vice versa. That should be the right of every patient. It is possible to live well with Parkinson's.*

*Jacque and I are so grateful to everyone for making Festival of Trees a success and giving hope to Parkinson's patients."*

*Terrance D. Capistrant, MD*

**HealthEast Foundation will honor** the excellent work of the Terrance D. Capistrant, MD, Parkinson's Center by dedicating funds from this year's Festival of Trees to the ongoing growth and development of the center. Heading into the 22nd year of the Festival on November 10 and 11 at the Crowne Plaza St. Paul Riverfront Hotel in St. Paul, excitement is building in anticipation of the stunning array of events that are planned for these two days.

More than 12 years ago, Terrance D. Capistrant, MD, a neurologist who managed many patients with Parkinson's Disease, recognized early symptoms of the disease in himself. The diagnosis was confirmed by a colleague. Although the diagnosis seemed daunting at the outset, he realized it was possible in many cases to function at a high level for many years. As time went on, Capistrant began thinking about a Center dedicated to Parkinson's disease and the great opportunity it would provide for him to personally help other patients. He presented the idea to HealthEast (along with a generous financial gift to start the Center) and from it grew the Terrance D. Capistrant, MD, Parkinson's Center at Bethesda Hospital, this year's Festival of Trees recipient. A primary goal of the Center is to help patients maintain high levels of function

through their lifetime using education, exercise, therapies, and group support. These activities are meant to complement the treatment being given by the patient's neurologist. The Capistrant Parkinson's Center also has neurologists on site as part of the integrated care provided. Although some referrals come from the patient's physician, the most enthusiastic referrals have come from individuals who have had a positive experience as a result of being served by the Center.

Since it opened in 2004, the Center has exceeded expectations of patient volume. What is ahead? Capistrant says they are working on securing a medical director who will devote energy to help guide the team and direct a program of clinical research. This will then fulfill the requirement for a "center of excellence."

Ambitious plans for the future will require ongoing philanthropic contributions, because not all services are reimbursable. "I appreciate HealthEast's commitment to this," says Dr. Capistrant. "And my wife Jacquie and I are especially excited about this year's Festival of Trees. Although we have enjoyed the event for many years, this weekend will be especially meaningful as the benefits will directly affect the Parkinson's Center and our present and future Parkinson's patients.

## 22ND ANNUAL FESTIVAL OF TREES

The Crowne Plaza  
St. Paul Riverfront Hotel  
November 10 and 11, 2006

### Style Show and Luncheon Friday, November 10 10 am to 2 pm

Includes a holiday store, luncheon and style show featuring men's and women's fashions from Sonnie's of Woodbury and Heimie's Haberdashery. Tickets are \$65 per person.

### Wine Tasting Friday, November 10 6:30 pm to 10 pm

"Toast to the Season" wine tasting invites attendees to enjoy fine wines and hors d'oeuvres while trying their luck during the live and silent auction and raffle. Tickets are \$50 per person.

### Gala Saturday, November 11 5 pm to midnight

"Tulips in the Snow – Hope for Parkinson's" Grand Holiday Gala features live and silent auctions, a fabulous dinner, and dancing to the George Faber and The Icons Orchestra. Tickets run from \$175 to \$275 per person.

For more information on the 2006 Festival of Trees, please call the HealthEast Foundation at 651-232-4990.

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## An Update From 2005 Festival of Trees Beneficiary HealthEast Prostate Care

During the past year, HealthEast Prostate Care has continued to research the most recent technological advances in the treatment of prostate cancer and offer them to HealthEast patients. One new advancement is the CyberKnife® Stereotactic Radiosurgery treatment that is now being offered as a primary treatment for prostate cancer in conjunction with a Phase I clinical trial. CyberKnife® technology offers several benefits to the patients, including no cutting, no blood loss, no anemia, no catheter, no incontinence, and no weight lifting restrictions. This technology is just one more option in addition to our two most popular options, surgery and radiation therapy.

For those choosing surgery, a series of pre-surgical classes are offered that help patients and families deal with the anxiety associated with surgery and a cancer diagnosis. The classes highlight the multi-disciplinary approach to cancer care and include physical, emotional and spiritual components. We have received glowing remarks from partners and patients about how helpful the classes were.

Patient educational "Toolboxes," created by men who have experienced prostate cancer, are available for patients to learn more about their disease. The "Toolbox" authors advised us regarding what information and education would be beneficial for someone just being diagnosed with prostate cancer.

This past year we held a very successful community-screening event. Our goal was to screen 25 men from the community, with a primary audience of African American men. We surpassed our goal and screened 67 men at the event, and offered education and screening on the top five leading causes of health concerns to the black community. Women were also encouraged to join in the festivities, food, and fun.

*Ruth Danielzuk, Director  
HealthEast Prostate Care Program*

### Philanthropy Highlights

## Your Gifts Make a Difference

Our donors always appreciate hearing how their gifts make a difference as they are distributed among the many programs and facilities at HealthEast. These highlights are our way of sharing the good news of philanthropy throughout our system.

### St. Joseph's Hospital

In August, groundbreaking ceremonies for the new patient tower at St. Joseph's Hospital were attended by more than 500 donors, volunteers, employees and community members, including the Sisters of St. Joseph's of Carondelet, Mayor Coleman and Bishop Pates. Over \$4.3 million has already been raised during the early stages of the Building

on our Mission Campaign.

### Bethesda Hospital

Generous gifts from the Bethesda Auxiliary, Bethesda Nurse Alumnae, Dr. Samuel and Thelma Hunter and many other donors have helped grow the Bethesda History Center Endowment Fund so that the hospital's rich history of service to our community can be shared with generations to come. A new display features Dr. Hunter's pioneering research and surgery at Bethesda Hospital to implant the first pacemaker.

Dianne and Bob Arnold's gift helped create a Family Recreation Center that brings a touch

*We make a living by what we get;  
We make a life by what we give.*  
- Winston Churchill

## Director's Note



Linda Kay Smith  
Executive Vice President  
HealthEast Foundation

**Look for the silver lining.** Make lemonade out of lemons. When life gives you scraps, make quilts.

We have all heard these common clichés about dealing with life's adversities, simple suggestions for making meaning out of chaos. It is true - adversity is a powerful force. It can either disable us,

or it can inspire us to achieve success beyond our dreams.

This year's Festival of Trees recipient, The Terrance D. Capistrant, MD, Parkinson's Center, is a real-life example of making meaning from adversity. When Dr. Capistrant diagnosed his own Parkinson's Disease almost 12 years ago, he discovered that the silver lining was helping others. Today, he has turned his personal health crisis into a life-changing positive experience for other patients and families diagnosed with Parkinson's. Over the past year, hundreds of individuals have found medical treatment, education, therapy and ongoing support at the Parkinson's Center at Bethesda Hospital.

Dr. Capistrant's kindness and generosity are certainly nothing new to HealthEast and the HealthEast Foundation. During his years as

principal in a busy neurology practice, he also was actively involved in teaching at all three HealthEast hospitals, once admitting that he taught an entire generation of HealthEast Family Practice doctors. He and his wife Jacque have been loyal donors since the HealthEast Foundation was formed in 1988. They have given generously to Festival of Trees, as well as special funds like the Pillars, Hospice Care, Care Center Chapel, Greatest Need Fund, the St. Joseph's Hospital Fund, and the Bethesda Medical Society Fund. In honor of his significant contributions to HealthEast, Dr. Capistrant was also awarded the HealthEast Foundation Physician Community Service Award in 2003.

The focus of Dr. Capistrant's life has not been on what he does for a living, but rather on what gives meaning to his life. Meaning is a human need that reminds us of our integrity, who we are, and what we stand for.

As you prepare to celebrate this joyous season with us, take a moment to consider what gives meaning to your life. What HealthEast philanthropic opportunity has touched your life in a very personal way? Whatever it is, I hope you will open your heart as the end of the year approaches and give generously to honor that special program, facility, or person.

of home and family togetherness to patients and families.

### St. John's Hospital

Elmer and Sherry Nygaard's compassion for children and generous gift helped create two specially designed pediatric patient rooms in the Emergency Department. Colorful and whimsical artwork and children's music help take children's minds off their emergency visit and lightens the stress level of worried parents.

### Woodwinds Health Campus

Woodwinds donors gathered in August to

name the Woodwinds Healing Gardens and dedicate a new gazebo, which was partially funded by Peace United Church as a way for their congregation to leave a lasting legacy in the community. Bruce and Donna Rinkel also contributed generously to the gazebo. The gardens were dedicated as Annie's Gardens, inspired by another generous donor's memories of her grandmother, Annie. The dedication was to all grandmothers whose passion for gardening gave their grandchildren memories of happy times together in beautiful places.

The John G. Fee, MD, Education Center

lecture series offers donors and community members helpful health and wellness information.

### Hospice Care

In June, donor families gathered together for the Blessing of the Names service. Memories were shared and special brass plaques were dedicated on the Tree of Life at St. Joseph's Hospital.

A special thanks goes to Peace-Shalom Foundation for their generous gift in support of spiritual care services for hospice patients and for operating support of The Pillars Hospice Home.

## Caring Makes a Difference in the Health of Our Community

If you are interested in making a gift to support a HealthEast hospital (St. Joseph's, St. John's, Bethesda or Woodwinds Health Campus), or one of your favorite health care programs, please contact HealthEast Foundation at 651-232-4990.

**Donate Online** by visiting our website at [www.healtheast.org/foundation](http://www.healtheast.org/foundation).

Our website is a comprehensive resource for charitable giving featuring E-brochures and many interactive features designed to answer all your questions about HealthEast giving opportunities, events, estate planning, charitable gift annuities and a wide variety of other topics. Visit often – new articles and information are added each month!

## New Tax-Saving Opportunity for Donors Aged 70 ½ or Older

**Are you older than 70 ½?** If so, you qualify for a new tax incentive for charitable gifts. You can now make a lifetime gift using funds from your individual retirement account (IRA) without any undesirable tax effects. Plus, you can make the gift now—while you are living and able to witness the benefits of your generosity. You may transfer up to \$100,000 per year (until December 31, 2007) directly from your IRA.

For more information on how to take advantage of this new opportunity through the HealthEast Foundation, please call 651-232-4990. *Reprinted with permission from the Stelter Company.*

## The Season for Giving

**As end of year approaches**, it is a good time to think about charitable contributions that will qualify for this year's tax deductions. Many people only think of giving cash, but other options are available, including highly appreciated assets such as securities and real estate. These assets must have been held for more than one year to deduct the fair market value. If you hold assets that have declined in value, they can be sold, written off as a loss, and cash proceeds can be used to make a gift.

All gifts must be completed by Dec. 31 to qualify for an income tax deduction this year. Cash contributions sent through the mail are deductible if they are postmarked by midnight on Dec. 31. Gifts of securities are deductible on the date they are transferred to the HealthEast Foundation - not the date you ask your broker to make the transfer. In most states, real estate gifts are considered completed on the date a properly executed deed is delivered to the Foundation.

If you are interested in making a year-end gift, simply call HealthEast Foundation 651-232-4990.

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046-0088 10/06

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