



UNIVERSITY OF MICHIGAN HEALTH-WEST  
MICHIGAN MEDICINE

Foundation

SPRING 2022

# pulse



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## A MESSAGE FROM OUR DIRECTOR

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Friends & Supporters,

University of Michigan Health-West was founded on the idea of putting patients first and we have never looked back. Over the last eight decades, our forward-looking spirit has always been shared by Foundation champions like you. By supporting breakthrough technologies, world-class expertise, and access to our compassionate care, you change the lives of patients for the better.

The Foundation remains unwavering in our mission. With a proud legacy, we are excited for the bold future that lies ahead of us. A future dedicated to healthcare excellence and access for all; progressive, world-class patient care; and a continued investment in our own employee experience.

University of Michigan Health-West remains a nonprofit health system responsible for our own sustainability and the health of West Michigan. This makes your support as vital and effective as ever, forwarding our founding principles of holistic, patient-centered care for years to come.

**Let's show the world what we can accomplish together.**

With Gratitude,

A stylized, handwritten signature in blue ink that reads "Jaime Counterman".

**Jaime Counterman**  
Foundation Director



1942



1985



2007



TODAY





Celebrating and Honoring

# THE LEGACY OF OUR FOUNDING PHYSICIANS



Grand Rapids Osteopathic Hospital (GROH) opened in 1942 and was dedicated to the ideal of patient-centered, holistic care.

## A Proud Legacy

### DOCTORS' DAY

As we embark on a new chapter as University of Michigan Health-West, we celebrate and honor our founding physicians who realized their dream of improving the way people experience health care. Their legacy lives on in the care that our patients receive today.

A tremendous thank you to everyone who expressed gratitude during National Doctors' Day with a gift to the Foundation. While your generous dollars stay local, it will forward our founding principles of holistic, innovative, and patient-centered care for years to come.

Want to make a gift in honor of our founding physicians or pay tribute to a doctor who's made an impact in your life? Return the attached envelope with your gift and consider including a note of gratitude – we'd be happy to pass it along to your doctor!



*Doctors and nurses attend to a patient in the operating room*



*A new era begins on Boston Street with a newly constructed three-story hospital.*



# HEART OF GOLD

## CARDIAC REHAB PROGRAM

When Foundation Board Member, Mike Damstra, knew something didn't quite feel right, he called his doctor. After some initial testing, Mike underwent a stress test which led to a heart catheterization to evaluate how well his heart was working.

Upon waking up from the catheterization procedure, Mike was given mixed results. The bad news was that he had four blockages, but he would not need to undergo surgery to have stints placed in his heart. The doctors felt his condition could be treated with exercise, diet, and medication.

University of Michigan Health-West offers patients the opportunity to participate in the Pritikin® Intensive Cardiac Rehab program which combines exercise, education, and lifestyle change. This project was initially funded by the Foundation and tailored specifically and exclusively for cardiovascular patients to help them develop a heart healthy life.

"I couldn't wait to start the program and then once I started it, I took it upon myself, with David's help, to push myself to do as much as I could do. If something was going to go wrong, I wanted it to happen here and not somewhere else," shared Damstra.

The goal of the cardiac rehab program is to improve strength, function and knowledge while lowering risk factors. The program is supported by exercise physiologists, a nurse, a dietician, and cardiologists.



"I knew I had to get through the program, and I knew I had to push myself to do it because family is very important to me, and I want to be around for a while."

At UM Health-West, we have four times the national average of patients who participate and complete the Pritikin® program.

"He's been an exemplary patient for us. We know he's going to continue to keep this healthy lifestyle he's going with," shared David Running, Exercise Physiologist.

Upon completion of all 36 sessions, patients get to celebrate with their cohort during a ceremonial banging and signing of the gong. A moment to revel in and inspire others.

"I'm just glad I was able to complete the program and I have one hundred percent confidence now that I can do anything I want to do, and I'll be just fine."

To learn more about the Pritikin® Intensive Cardiac Rehab program, visit [UofMHealthWest.org](https://UofMHealthWest.org).



# Improving the Pediatric Patient Experience through Play

Stepping inside any healthcare facility can come with fears and hesitations, especially for a child. At University of Michigan Health-West, we know creating a safe and healing environment is of the highest importance when caring for kids and families. That is why the Foundation funds and supports the work of Child Life Services.

Megan Rogers, Child Life and Patient Experience Coordinator, is a trained and certified professional with an extensive education in helping children and their families overcome life's most challenging events. When the Outpatient Pediatric Cardiology Clinic relocated to 1310 Beltline, Megan utilized the Foundation's resources to transform the new waiting room into an innovative, virtual playground.

The recently installed BEAM Interactive Projector System is an award-winning gaming system that is not only entertaining, but also hygienic and educational. By projecting interactive games onto the waiting room floor, it engages children during their visit and helps normalize medical experiences creating a physically and emotionally safe environment.

With the help of Megan, this piece of cutting-edge technology has profoundly impacted the patient experience. By focusing on the sum of all patient interactions, including play, we are transforming the way care is delivered, even to our youngest patients.



Pediatric Cardiology Patient, Hannah, using the BEAM Interactive Projector System on a recent visit to the doctor.



Madeline Schaab

## Foundation welcomes new team member

Madeline Schaab is the Foundation's new Development Officer focused on corporate giving and event sponsorships and serves as our liaison to the impACT Board of Directors. Prior to joining University of Michigan Health-West, she spent 5.5 years in development at Disability Advocates of Kent County helping to ensure people with disabilities have access to their home, employment, and the community.

Community and access are just a few of the things that Maddie is passionate about. Active in the West Michigan community, she is a GR Forward Goal 5 Alliance member. This citizen-led council advises Downtown Grand Rapids Inc. staff on programs and projects related to continued growth of an inviting, welcoming, and inclusive downtown. She has also volunteered with D.A. Blodgett, LaughFest, and ArtPrize.

In her free time, Maddie enjoys live music, travel, supporting local nonprofits near and dear to her, and home improvement projects. She also enjoys spending time with friends and family including the newest addition to the family - her pup, Ella!

# LEADING HEARTS & MINDS

The University of Michigan Health-West Foundation utilizes philanthropy to advance our nonprofit health system's ability to deliver world-class care. As sponsors, you are **partners in the transformation of medicine** in West Michigan.

From supporting **access to world-renowned expertise**, to **expanded primary care options** in the community, to **leading-edge technological advancements in care**, UM Health-West is always innovating & improving.

Why? We believe that our patients are counting on us to do so. We are grateful that **they can count on you** to improve lives and inspire gratitude through your generosity.

This vision is not possible without the commitment of all you – supporters who are true partners in our quest to make West Michigan a better, healthier place for all.

Thank you for **Leading Hearts & Minds** with the University of Michigan Health-West Foundation!



## SPONSORSHIP OPPORTUNITIES are available.

For information, please contact Maddie at 616-252-5018 or [madeline.schaab@umhwest.org](mailto:madeline.schaab@umhwest.org).





# VITALITY GALA

**DEVOS PLACE**  
**APRIL 23, 2022**

PRESENTED BY



**BUIST ELECTRIC**  
Raising The Standard

Join us for a glamorous, black-tie gala highlighting Women's Health Services. At University of Michigan Health-West, women's health encompasses lifelong relationships with multiple service providers. From preventative care, physical and mental wellness and gynecological care of acute sub-specialty treatment, UMH-West is there for patients through every stage of life.

For more information visit: [uofmhealthwest.org/gala](https://uofmhealthwest.org/gala)



# METRO WAY 5K

**UM HEALTH-WEST VILLAGE GREEN**  
**JULY 21, 2022**

PRESENTED BY



Run for fun with University of Michigan Health-West! This family-friendly event exemplifies our enduring commitment to West Michigan. Even the name of the event, honoring our organization's previous name, reflects our legacy of making a lasting difference in the health of our communities. All proceeds from the 5K support free and low-cost educational health and wellness classes for our neighbors and patients.

For more information visit: [uofmhealthwest.org/metroway5k](https://uofmhealthwest.org/metroway5k)



# BID & BENEFIT

**THE HIGH FIVE GR**  
**SEPTEMBER 15, 2022**

PRESENTED BY



Join the impACT Board for a live and silent auction in celebration of preventative and primary care as a foundation of good health. As donors, you reinforce our ability to offer expanded primary care options in the community, and leading-edge technological advancements in preventative care.

For more information visit: [uofmhealthwest.org/bidbenefit](https://uofmhealthwest.org/bidbenefit)

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ADDRESSEE  
ORGANIZATION  
ADDRESS LINE 1  
ADDRESS LINE 2  
CSZ

## UPCOMING EVENTS

### VITALITY Gala

Saturday, April 23

### Metro Way 5K

Thursday, July 21

### Bid & Benefit

Thursday, September 15



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